

MINNESOTA SWIMMING 2022-2023 TIME STANDARDS

LONG COURSE METERS

Effective: 10/1/22

Adopted: 10/27/22

BRNZ	SLVR	GOLD	CH	ZONE	Event	ZONE	CH	GOLD	SLVR	BRNZ	
Girls 8 & Under					Boys 8 & Under						
1:08.89	:59.39	:52.29	*:47.46	:32.79	50 Free	:32.79	*:51.39	:56.49	1:04.19	1:14.39	
2:40.39	2:18.29	2:01.69	1:50.59	1:13.09	100 Free	1:12.89	*1:57.49	2:09.19	2:26.79	2:50.29	
1:20.79	1:09.59	1:01.29	:55.69	:38.89	50 Back	:38.89	*:59.29	1:05.19	1:14.09	1:25.99	
1:34.59	1:21.49	1:11.79	*1:05.19	:43.09	50 Breast	:42.69	*1:07.29	1:14.09	1:24.19	1:37.59	
1:33.09	1:20.29	1:10.59	*1:04.19	:36.69	50 Fly	:36.29	*1:10.09	1:17.09	1:27.59	1:41.69	
Girls 10 & Under/Girls 9-10					Boys 10 & Under/Boys 9-10						
:52.99	:45.69	:40.19	*:36.59	:32.79	50 Free	:32.79	*:37.49	:41.29	:46.99	:54.49	
2:01.09	1:44.39	1:31.89	*1:23.49	1:13.09	100 Free	1:12.89	*1:23.79	1:32.19	1:44.69	2:01.49	
4:25.99	3:49.29	3:21.79	*3:03.39	2:39.79	200 Free	2:36.59	*3:05.89	3:24.49	3:52.39	4:29.49	
9:29.99	8:11.39	7:12.39	*6:33.09	5:34.99	400 Free	5:29.59	*6:29.19	7:08.09	8:06.49	9:24.29	
1:03.59	:54.89	:48.29	*43.89	:38.89	50 Back	:38.89	*:45.49	:50.09	:56.89	1:05.99	
2:17.89	1:58.89	1:44.59	*1:35.09	1:23.89	100 Back	1:22.89	*1:37.19	1:46.89	2:01.39	2:20.89	
1:13.59	1:03.39	:55.79	*:50.69	:43.09	50 Breast	:42.69	*:54.49	:59.99	1:08.09	1:18.99	
2:43.49	2:20.89	2:03.99	*1:52.69	1:34.89	100 Breast	1:33.79	*1:56.69	2:08.39	2:25.89	2:49.29	
1:02.19	:53.59	:47.19	*:42.89	:36.59	50 Fly	:36.29	*:47.59	:52.29	:59.49	1:08.99	
2:32.79	2:11.79	1:55.89	*1:45.39	1:24.59	100 Fly	1:23.59	*1:59.99	2:11.99	2:29.99	2:53.99	
5:00.19	4:18.79	3:47.69	*3:26.99	2:59.59	200 IM	2:58.39	*3:35.99	3:57.59	4:29.99	5:13.19	
Girls 11-12					Boys 11-12						
:45.89	:39.59	:34.79	*:31.69	:30.39	50 Free	:29.29	*:32.39	:35.59	:40.49	:46.89	
1:42.79	1:28.69	1:17.99	*1:10.89	1:06.09	100 Free	1:03.89	*1:10.79	1:17.89	1:28.49	1:42.69	
3:45.69	3:14.49	2:51.19	*2:35.59	2:23.19	200 Free	2:19.49	*2:37.59	2:53.39	3:16.99	3:48.59	
7:58.09	6:52.19	6:02.69	*5:29.69	5:01.69	400 Free	4:55.09	*5:31.89	6:05.09	6:54.79	8:01.19	
15:49.39	13:38.39	12:00.19	*10:54.69	10:31.79	800 Free	10:22.09	11:33.09	12:42.39	14:26.39	16:44.99	
32:29.19	28:00.39	24:38.69	22:24.29	20:14.59	1500 Free	19:49.19	21:57.69	24:09.39	27:27.09	31:50.59	
:54.29	:46.79	:41.19	*:37.49	:34.49	50 Back	:33.69	*:38.99	:42.89	:48.79	:56.49	
1:58.99	1:42.59	1:30.29	*1:22.09	1:15.39	100 Back	1:12.99	*1:24.39	1:32.79	1:45.49	2:02.39	
4:11.59	3:36.89	3:10.89	*2:53.49	2:40.69	200 Back	2:36.69	3:00.49	3:18.49	3:45.59	4:41.69	
1:01.29	:52.79	:46.49	*:42.29	:38.49	50 Breast	:37.49	:44.59	:49.09	:55.79	1:04.69	
2:13.69	1:55.29	1:41.49	*1:32.29	1:24.79	100 Breast	1:22.19	*1:36.99	1:46.59	2:01.19	2:20.59	
4:47.09	4:07.49	3:37.79	*3:17.99	3:02.79	200 Breast	2:56.59	*3:26.39	3:46.99	4:17.99	4:59.29	
:50.49	:43.49	:38.29	*:34.79	:32.39	50 Fly	:31.89	*:36.69	:40.29	:45.79	:53.09	
2:03.69	1:46.59	1:33.79	*1:25.29	1:13.09	100 Fly	1:10.89	*1:23.99	1:32.39	1:44.99	2:01.79	
4:33.39	3:55.69	3:27.39	*3:08.59	2:40.99	200 Fly	2:37.49	*3:05.59	3:24.19	3:51.99	4:29.09	
4:16.69	3:41.29	3:14.69	*2:56.99	2:41.89	200 IM	2:37.79	*2:58.79	3:16.59	3:43.39	4:19.19	
9:24.19	8:06.39	7:07.99	6:29.09	5:45.49	400 IM	5:37.79	*6:28.19	7:06.99	8:05.29	9:22.89	
Girls 13-14					Boys 13-14						
:42.99	:37.09	:32.69	:29.69	:29.19	50 Free	:27.09	*:28.39	:31.19	:35.49	:41.19	
1:34.39	1:21.39	1:11.59	*1:05.19	1:03.29	100 Free	:59.09	*1:02.59	1:08.79	1:18.19	1:30.69	
3:23.09	2:55.09	2:34.09	2:20.09	2:16.89	200 Free	2:08.89	*2:17.29	2:30.99	2:51.59	3:18.99	
7:09.69	6:10.49	5:25.99	4:56.39	4:48.19	400 Free	4:34.29	*4:54.59	5:23.99	6:08.19	7:07.09	
14:40.39	12:38.99	11:07.89	*10:07.19	9:53.99	800 Free	9:30.29	*9:55.39	10:54.89	12:24.19	14:23.19	
28:23.09	24:28.19	21:31.99	*19:34.59	18:56.49	1500 Free	18:09.39	*19:23.89	21:20.29	24:14.79	28:07.59	
1:48.19	1:33.29	1:22.09	*1:14.59	1:10.69	100 Back	1:05.89	*1:13.69	1:21.09	1:32.09	1:46.79	
3:49.99	3:18.29	2:54.49	*2:38.59	2:31.19	200 Back	2:23.09	*2:38.69	2:54.49	3:18.29	3:49.99	
2:04.69	1:47.49	1:34.59	*1:25.99	1:20.19	100 Breast	1:14.59	*1:23.59	1:31.89	1:44.49	2:01.19	
4:30.29	3:52.99	3:25.09	*3:06.39	2:52.59	200 Breast	2:41.39	*3:02.39	3:20.69	3:47.99	4:24.49	
1:45.99	1:31.39	1:20.49	*1:13.09	1:08.09	100 Fly	1:03.89	*1:12.99	1:20.29	1:31.29	1:45.89	
4:09.89	3:35.39	3:09.59	*2:52.39	2:31.69	200 Fly	2:22.19	*2:45.69	3:02.29	3:27.09	4:00.19	
3:51.39	3:19.49	2:55.59	2:39.59	2:33.89	200 IM	2:25.09	*2:35.39	2:50.89	3:14.19	3:45.29	
8:16.69	7:08.19	6:16.79	5:42.59	5:26.49	400 IM	5:08.59	*5:43.09	6:17.39	7:08.89	8:17.49	
Girls 15-16/Girls 17 & Over/Senior					BONUS		BONUS		Boys 15-16/Boys 17 & Over/Senior		
:42.05	:36.25	:31.90	*:29.00	:29.58	50 Free	:27.05	*:26.52	:29.17	:33.15	:38.45	
1:30.13	1:17.70	1:08.38	*1:02.16	1:03.40	100 Free	:58.25	*:57.11	1:02.82	1:11.39	1:22.81	
3:14.21	2:47.43	2:27.33	*2:13.64	2:16.31	200 Free	2:06.57	*2:04.09	2:16.59	2:35.19	2:59.99	
6:53.99	5:57.89	5:14.06	4:45.51	4:51.22	400 Free	4:32.23	*4:26.89	4:53.59	5:33.69	6:27.09	
14:10.53	12:13.21	10:45.23	*9:46.57	9:58.30	800 Free	9:25.68	*9:14.59	10:10.09	11:33.29	13:24.19	
27:47.46	23:57.46	21:04.97	*19:09.97	19:32.97	1500 Free	18:19.96	*17:58.39	19:46.29	22:27.99	26:03.69	
1:44.34	1:29.95	1:19.16	*1:11.96	1:13.40	100 Back	1:08.16	*1:06.82	1:13.50	1:23.53	1:36.89	
3:43.07	3:12.30	2:49.22	*2:33.84	2:36.92	200 Back	2:26.90	2:24.02	2:38.42	3:00.03	3:28.83	
2:01.29	1:44.56	1:32.02	*1:23.65	1:25.32	100 Breast	1:17.04	*1:15.53	1:23.08	1:34.41	1:49.52	
4:16.80	3:41.38	3:14.81	*2:57.10	3:00.64	200 Breast	2:45.90	*2:42.65	2:58.92	3:23.31	3:55.84	
1:40.91	1:26.99	1:16.55	*1:09.59	1:10.98	100 Fly	1:04.62	*1:03.35	1:09.69	1:19.19	1:31.86	
3:50.52	3:18.73	2:54.88	*2:38.98	2:42.16	200 Fly	2:28.30	*2:25.39	2:39.99	3:01.79	3:30.89	
3:42.79	3:11.99	2:48.95	*2:33.59	2:36.66	200 IM	2:23.64	2:20.82	2:34.90	2:56.03	3:24.19	
7:58.69	6:52.69	6:03.19	5:30.09	5:36.69	400 IM	5:12.82	5:06.69	5:37.39	6:23.39	7:24.79	

CH times are for MNSI State Meets. BRONZE, SILVER, and GOLD Standards are used for other MNSI Championship meets including MRC and MAC
 ZONE times are the 2021-2024 "AAA" National Age Group (NAG) Time Standard. Bonus times are for Senior State Meet

* CH time standards were limited by the allowed change. Allowed change is 1% slower or faster for 14& under and 1% faster and no slower for Senior.

all other MNSI (non zone) standards are dependent on CHAMP

See Senior Time Standards for Futures and Junior National Cuts and Bonus Cuts for Winter and Summer

See USA Swimming Website for NAG Time Standards