

FALL 2024

WELCOME

RED WING SWIM CLUB



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Presentation](#)



Meet Your Head Coach

Welcome! I'm excited to share my coaching journey with you.

I began my coaching career while still a swimmer with the Rochester Swim Club during my junior and senior years of high school, transitioning from the pool to the deck with a passion for guiding younger swimmers. After a 12-year competitive swimming career, I took my love for the sport to a new level by coaching. My college years saw me as an assistant coach for the Ames-ISU YMCA team through a work-study position, and I moved on to become the head coach at the Marshalltown YMCA.

Returning to Rochester after college, I took on the role of Head Coach for the Mayo Girls swimming team, followed by serving as the Boys assistant coach. In 1994, I joined the Rochester Swim Club Orcas as a full-time assistant coach, eventually becoming the Director of Developmental Programs. I managed the Learn to Swim School, 8 & Under swimmers, developmental 10 & Unders, and also contributed to the Masters program and various age group programs.

In 2000, I founded Med-City Aquatics, where as the Program Director and Head Coach, I led the team to win the Class A State Championship in our first year and qualified nine swimmers for Sectionals. After leaving full-time coaching in 2002, I worked part-time with the Rochester Family Y for two seasons before transitioning to a "grown-up" job with Schwan's Home Service. Currently, I work for Bauer Built Tire Center as the Inside Commercial Sales Consultant.

I am a Life Plus Member of the American Swimming Coaches Association and earned a Level 3 Certification in 2002. My journey reflects a deep commitment to the sport, from grassroots development to high level competitive swimming.

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ASSISTANT COACH OVERVIEW



Coach Amy



Coach Tina



Coach Jill



Coach Kathleen

GENERAL FALL / WINTER SESSION SCHEDULE



Bronze Group

Mon – Wed, Fri

Bronze I 6:15 – 7:15

Bronze II 7:15 – 8:15

Silver Group

Tues – Fri 6:15–7:45

Senior/Junior/Gold Group

Mon 7:00–8:30

Tue–Friday: 6:30–8:30



Inclement Weather & School Closure Policies

- Inclement Weather Policy: If schools are canceled due to inclement weather, practice is also canceled.
- Scheduled Holidays: Practice will continue on scheduled holidays unless it's a custodian holiday.

GROUP BILLING AND FEES

Important Session Updates

- No Fee Changes: While there are no changes to the fees, the Fall/Winter Only sessions have been adjusted due to the timing of Thanksgiving, affecting the number of weeks for each session.
- Registration Reminder: First fees due October 1st. Please register early to finalize staffing and schedules.

Membership Renewal

- Returning Swimmers
 - Please renew USA Swimming membership.
 - Membership expires December 31st for Fall/Winter swimmers; earlier for Spring/Summer.
 - Club Registrar will send invitation link for renewal closer to due date.

Referral Program

- Help Us Grow! Recommend a friend: Receive \$25 for each new swimmer who signs up for at least one session.

Special Offers for High School Swimmers

- HS Girls: Register for Winter Session to swim the rest of Fall Session free after HS Team.
- HS Boys: Register for Fall Session to swim the rest of Winter Session free after HS Team.

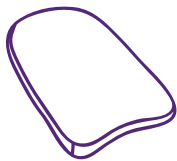
Swim Meet Fees

- Swim Meet Fees vary based on the host club's choice.
- Details to Follow: Types of meets and fees will be discussed later.
- Billing Information: Meet fees are applied to your account and billed on the first of the month after the competition.

RWSC GEAR

Practice Preparation

- Dedicated Swim Bag: Swimmers should pack their own bag to promote responsibility and good habits.
- Essential Gear
 - Practice Suit: Always have a backup.
 - Team Suits: Reserved for competitions (available in Team Store).
 - Additional Items: 2 towels, 2 pairs of goggles, Short socks for fins, Water bottle, Hair tie or cap for long hair.
- Team Caps
 - New swimmers receive a free cap at their first meet.
 - Extra caps available for purchase:
 - Silicone: \$10
 - Latex: \$7
- Team Gear: Fins and kickboards available for general use.



RWSC GEAR

Purchasing Resources

- Team Store
 - Shop at SwimOutlet.com (link on our website homepage).
- Seasonal Orders
 - Team-branded gear, equipment, and clothing ordered 2-3 times a year.
 - Fall order aligns with Christmas delivery.
- Upcoming Orders
 - Stay tuned for a team gear and swimsuit order later this fall/early winter!



HELPFUL CONTACT INFORMATION



Head Coach: Tim Mann

headcoach@redwingswimclub.org



Board President: Todd Holzer

president@redwingswimclub.org



Board Vice President:

Nikki Lewis



Treasurer: Amanda Nodolf

treasurer@redwingswimclub.org



Secretary: Erika Babcock

secretary@redwingswimclub.org

Fundraising: fundraising@redwingswimclub.org | General Info: info@redwingswimclub.org

WEEKLY COMMUNICATION

Weekly Communication: Coaches' Update: Parents will receive a weekly update from Coach Tim with details on upcoming meets and practice schedules.

VOLUNTEERING



Every season, our Mini-Meets at the Twin Bluff Middle School pool provide essential opportunities for both swimmers and parents to grow and learn together. To enhance these events and strengthen our team culture, we rely on the commitment of our dedicated volunteers. Volunteering is more than just a task; it's a vital part of our swim team community, embraced by every family.

Whether you're new to the swimming world or have been with us for a while, your involvement is invaluable. Don't worry if you lack experience—you'll quickly find your rhythm. By volunteering, you'll not only witness your child's progress firsthand but also forge connections with fellow swimmers and parents, helping to cultivate a vibrant team spirit for the Red Wing Swim Club.

TEAM BUILDING ACTIVITIES

Having fun outside of swim practice is essential for building strong bonds and fostering team camaraderie.

Here are some of the exciting events we enjoy together:

- Halloween Party
- Holiday Party
- Movie Night
- Car Wash
- River City Days Dunk Tank
- River City Days Parade
- Alexandria Lake Swim
- Wild Hockey Game
- Awards Banquet
- Bowling
- End of Year Pool Party



FUNDRAISERS

The Red Wing Swim Club relies on donations and fundraising to help cover our budget, especially since we've moved away from hosting large weekend meets. To keep things fair and fun, we're now focusing on three major events **Heggie's Pizza Sale**, **Salsalicioius** and **Swim-A-Thon**, where families can either participate or choose a \$100 buyout option. This way, everyone can get involved, and families have the chance to earn credits toward registration and other fees.



MEETS & COMPETITION

Red Wing Swim Club is a competitive swimming program. The way we measure the success of what we are coaching is by evaluating the swimmer's performance improvement in both time and technique. Meet participation is an **EXPECTATION**, but not a **REQUIREMENT**.

All swimmers are automatically entered in the Mini-meets that we host. Silver and above swimmers are automatically entered in USAS meets. Bronze swimmers may enter with coach approval. If a swimmer is not going to enter a meet, then parents must decline meets prior to the deadline or final entry is submitted to avoid being charged meet fees. Coaches will enter the swimmers in their events – all swimmers will swim each race eventually, and we usually discuss what they are swimming prior to the final entry being submitted.



TENTATIVE MEET SCHEDULE

Mini Meet Schedule: (All Swimmers Automatically Entered)

- Halloween Mini Meet | October 24th
- Holiday Mini Meet | December 12th
- Valentine 's Mini Meet | February 6th
- Fall/Winter Mini Champs | March 27th

USA Swimming Schedule: (Silver and above swimmers automatically Entered)

To Be Determined Once Host Club Posts Information. No Qualifying Times Required

Finals Meets: Qualifying Times Required

- Single Age State | December 5-7, 2025
- Minnesota Bronze Championships | February 21-22, 2026
- MN Short Course Regional Championships | February 27-March 1, 2026
- Minnesota 10 & Under State Championships | March 7-8, 2026
- Minnesota Senior State Championships | March 12-15, 2026
- Speedo Sectionals | March 12-15, 2026
- Minnesota 11-14 State Championships | March 19-22, 2026

TENTATIVE MEET SCHEDULE

HELPFUL APPS



Meet Mobile

Access real-time meet results and standings from anywhere at any time, allowing friends and family to follow along, while also viewing pre-race rankings, heat/lane assignments, individual and team scores, and filtering favorites for completed results and upcoming schedules—essential for meets without hard copies of programs, especially for younger swimmers needing reminders.



SportsEngine Motion

Formerly On Deck – this sports team app is for parents, fans and athletes. You can check the team's latest schedule, sign up for meets, check results and best times, and find all the information needed at the meet, including pool addresses and event details.



Swimmertry

Helps you get the most out of the sport you love by providing the latest swimming news, race metrics, and live meet results. Search for any USA Swimming athlete, then choose your favorites to get updates whenever they compete in a meet or achieve a goal. Analyze a swimmer's races, track goals and time standards, and view progressions using Swimmertry™'s unique data visualizations.



USA Swimming

The USA Swimming app provides members and fans with access to membership details, event ticketing, on-demand videos, news, official gear, SafeSport resources, and a team-finding tool, along with exclusive perks for Supporters Club members.

SWIM MEET TIPS

SWIMMERS:

- Pack an extra pair of goggles and swim cap just in case. Bring snacks and hydration (granola bars, cereal, easy to digest snacks).
- No iPads or other devices that be a distraction.
- Bring a sweatshirt, robe or parka to wear between events. Talk to coach before and after each race. Be a great teammate and cheer for others.
- Wear RWSC spirit wear (both parents and swimmers) Swim fast and have fun!

PARENTS:

- Swimmers are not allowed in the bleachers to visit parents. If you would like to talk with your swimmer please go to the hallway.
- Parents are not allowed on deck unless you are volunteering. Your swimmers will find their coaches and teammates and find a place to sit on deck.

| | | | |
|-----|-----|----|-----------|
| E6 | H28 | L8 | 100 Free |
| E7 | H27 | L7 | 50 Fly |
| E8 | H29 | L5 | 50 Back |
| E9 | H24 | L6 | 50 Breast |
| E10 | H25 | L6 | 50 Free |

BE READY TO GO

It is highly recommended that you provide your swimmer with their heat and lane assignments for the meet. The coaches do a great job of getting kids ready for their events, but it is very helpful for the kids to know what events they are swimming and what heat/lane they will be swimming in. Many families write on their swimmers arms in sharpie or some provide a notecard as shown. Use the programs above to find your swimmer's event, heat and lane.

E6 H28 L8. (Event 6, Heat 28, Lane 8)

It is also helpful for parents (and some of the swimmers!) to have a complete meet sheet so that they understand the flow of events during the meet. These sheets become available on the website or OnDeck app a few days before the event.





A Quick Guide TO PARENT VOLUNTEERING

FOR RED WING SWIM CLUB HOME MEETS

Every season, our Mini-Meets at Twin Bluff Middle School pool serve as vital moments for swimmers and parents alike to grow and learn together. Yet, to truly elevate these events and nurture our team culture, we rely heavily on the dedication of volunteers. Volunteering isn't just a task; it's a cornerstone of our swim team community, a responsibility shared by each family. Your involvement is invaluable even if you're new to the swimming scene. Don't worry about lacking experience; you'll quickly find your rhythm. Through volunteering, you'll witness your child's progress firsthand, form connections with fellow swimmers and parents, and help build a vibrant team spirit for the Red Wing Swim Club.

Here's a breakdown of the positions along with descriptions, giving you a clear understanding of what you are signing up for:



LANE TIMER

We require 2 volunteers per swim lane. You'll receive a detailed list of each event and heat, along with the swimmers allocated to your lane. Your primary task is to verify the designated swimmer for each heat as they approach the starting block. One timer operates a hand-held stopwatch, while the other holds a "plunger" to provide a secondary time for the touchpad. Upon the official's signal and the swimmer's start, the timer with the stopwatch initiates timing. As the swimmer nears the final lap, both timers monitor the wall closely. When the swimmer touches the touchpad (or wall or crosses the plane), stop the stopwatch and press the plunger. Finally, record the time from the stopwatch on the provided sheet of paper. That's it! Typically, we require 8-12 timers to ensure smooth operations.



HEAD TIMER

An experienced timer oversees the management of timers throughout the meet, providing guidance and support to new timers. Their role includes coordinating all lane timers, ensuring they are prepared and in position for each race. Additionally, they initiate backup stopwatches for every race to mitigate any potential watch malfunctions among the lane timers.



AWARDS

For our regular mini meets, 2-3 volunteers manage the award table near the pool's finish end. One volunteer records the order of finish for each heat and assists the other volunteers in distributing the correct place ribbons to the swimmers after each race. For our Mini Meet "Championships" the volunteers coordinate swimmers receiving medals for the top 8 finishers in each age group for each event.



RUNNERS

We require 1-2 volunteers to collect the sheets from the timers after each event and deliver them to the scoring/administration table. Additionally, he/she will be responsible for obtaining DQ slips from the officials on deck and bringing them to the administration table. During the end-of-season "Mini Meet Championship," they are also responsible for posting results & award labels in the hallway and delivering results to the Awards table.



MEET MARSHAL

We need a minimum of two meet marshals tasked with enforcing warm-up procedures and ensuring order within the swimming venue. Meet marshals must be aged 18 and over and associated with a USA Swimming member club. Warm-ups are not permitted to commence without a meet marshal present on deck. The Meet Referee dismisses meet marshals after the meet, after warm-downs are finished, and locker rooms are vacated.



ANNOUNCER

Announce the names of swimmers for each event and heat after they start, as well as any announcements throughout the duration of the meet.



MEET ADMINISTRATION

Operate the Colorado timing system or Meet Management computer, collaborating closely with the Administrative Official to ensure the seamless flow of the meet. Trainees will receive instruction on how to effectively manage the computer program and timing system.



MEET DIRECTOR

Acts as the General Manager of the meet with some preparation prior to the meet to organize the operations. During the meet – supervise the meet logistics, providing support as required in all other areas. While the Head Coach oversees the technical aspects of the event, the Meet Director manages the meet personnel and ensures a great experience for swimmers and spectators.



CAMERA OPERATOR

Operate the camera for our Live-Stream Broadcast, focusing on capturing the action as swimmers move up and down the pool to provide a great experience for viewers. The camera system is set up ahead of time so the operator is not necessarily responsible for set-up – unless he/she chooses to learn that aspect of the position.



VOLUNTEER CHECK IN

Responsible for organizing parent volunteers pre-meet to ensure proper staffing. Communicate with the meet director on areas of need. At the meet, welcome and assist volunteers in navigating their designated areas and provide guidance in addressing any inquiries they may have. Designate a lead volunteer for each area other than timers (head timer fulfills that role).

TIME STANDARDS EXPLAINED

Purpose of Time Standards

- Measure progress
- Set goals
- Qualify for competitions

Minnesota Swimming Standards

• Annual Review

- Standards set every October
- Includes short course and long course events

• Standard Categories

- Bronze: Entry-level; qualifies for Novice meets and MACs
- Silver: Qualifies for MRCs; not eligible for MACs
- Gold: Pre-Champ; qualifies for MRCs; not eligible for MACs
- Champ: Standard for State Championships; not eligible for MRCs or MACs
- Zones (14&U): Qualifies for Central Zone Championships; limited eligibility at State
- Bonus (15&O): Allows additional events at State for swimmers with Champ time

SHORT COURSE TIME STANDARDS

MINNESOTA SWIMMING 2024-2025 TIME STANDARDS

SHORT COURSE YARDS

Effective: 10/1/24

Updated: 11/15/2024

| BRNZ | SLVR | GOLD | CH | ZONE | Event | ZONE | CH | GOLD | SLVR | BRNZ |
|------------------------------------|----------|----------|-----------|----------|------------|----------------------------------|-----------|----------|----------|----------|
| Girls 8 & Under | | | | | | Boys 8 & Under | | | | |
| :59.69 | :51.49 | :45.29 | :41.19 | :29.59 | 50 Free | :28.69 | :41.79 | :45.89 | :52.19 | 1:00.49 |
| 2:18.49 | 1:59.39 | 1:45.09 | 1:35.49 | 1:04.99 | 100 Free | 1:03.79 | *1:35.59 | 1:45.09 | 1:59.49 | 2:18.59 |
| 1:08.79 | :59.26 | :52.19 | *:47.49 | :34.39 | 50 Back | :33.99 | :49.29 | :54.19 | 1:01.59 | 1:11.49 |
| 1:22.29 | 1:10.99 | 1:02.49 | *:56.79 | :38.89 | 50 Breast | :38.29 | :58.89 | 1:04.79 | 1:13.69 | 1:25.39 |
| 1:17.39 | 1:06.69 | :58.69 | :53.39 | :33.19 | 50 Fly | :32.59 | *:56.59 | 1:02.29 | 1:10.69 | 1:22.09 |
| 2:36.69 | 2:15.09 | 1:58.89 | *1:48.09 | | 100 IM | | *1:50.49 | 2:01.59 | 2:18.09 | 2:40.19 |
| Girls 10 & Under/Girls 9-10 | | | | | | Boys 10 & Under/Boys 9-10 | | | | |
| :47.89 | :41.29 | :36.39 | *:33.09 | :29.59 | 50 Free | :28.69 | :33.49 | :36.79 | :41.79 | :48.49 |
| 1:44.09 | 1:29.79 | 1:18.99 | *1:11.79 | 1:04.99 | 100 Free | 1:03.79 | *1:14.39 | 1:21.79 | 1:32.99 | 1:47.79 |
| 3:49.39 | 3:17.79 | 2:53.99 | 2:38.19 | 2:23.59 | 200 Free | 2:18.99 | *2:44.89 | 3:01.39 | 3:26.09 | 3:59.09 |
| 10:18.79 | 8:53.39 | 7:49.39 | *7:06.79 | 6:18.99 | 500 Free | 6:09.79 | *7:05.79 | 7:48.39 | 8:52.29 | 10:17.49 |
| :54.69 | :47.19 | :41.49 | *:37.79 | :34.39 | 50 Back | :33.99 | *:39.49 | :43.49 | :49.39 | :57.29 |
| 1:59.79 | 1:43.29 | 1:30.89 | *1:22.69 | 1:14.49 | 100 Back | 1:12.49 | *1:24.29 | 1:32.69 | 1:45.39 | 2:02.19 |
| 1:06.19 | :57.09 | :50.19 | *:45.69 | :38.89 | 50 Breast | :38.29 | *:46.69 | :51.29 | :58.29 | 1:07.69 |
| 2:18.69 | 1:59.59 | 1:45.29 | *1:35.69 | 1:24.69 | 100 Breast | 1:22.69 | 1:38.39 | 1:48.19 | 2:02.89 | 2:22.59 |
| :53.99 | :46.59 | :40.99 | *:37.29 | :33.19 | 50 Fly | :32.59 | *:39.79 | :43.79 | :49.79 | :57.79 |
| 2:09.39 | 1:51.59 | 1:38.19 | 1:29.29 | 1:15.99 | 100 Fly | 1:14.59 | *1:35.99 | 1:45.59 | 1:59.99 | 2:19.09 |
| 1:59.69 | 1:43.19 | 1:30.79 | 1:22.59 | | 100 IM | | 1:25.09 | 1:33.59 | 1:46.29 | 2:03.29 |
| 4:21.39 | 3:45.39 | 3:18.39 | 3:00.29 | 2:39.99 | 200 IM | 2:38.39 | *3:09.59 | 3:28.59 | 3:56.99 | 4:34.89 |
| Girls 11-12 | | | | | | Boys 11-12 | | | | |
| :40.99 | :35.39 | :31.19 | *:28.29 | :26.99 | 50 Free | :25.79 | *:28.29 | :31.09 | :35.29 | :40.99 |
| 1:29.39 | 1:17.09 | 1:07.79 | *1:01.69 | :58.69 | 100 Free | :56.19 | 1:01.89 | 1:08.09 | 1:17.39 | 1:29.79 |
| 3:15.39 | 2:48.49 | 2:28.29 | *2:14.79 | 2:07.69 | 200 Free | 2:02.59 | *2:16.89 | 2:30.49 | 2:51.09 | 3:18.39 |
| 8:40.09 | 7:28.39 | 6:34.59 | *5:58.69 | 5:43.29 | 500 Free | 5:29.99 | *6:07.29 | 6:44.09 | 7:39.19 | 8:52.59 |
| 17:47.39 | 15:20.19 | 13:29.79 | 12:16.09 | 11:49.29 | 1000 Free | 11:34.19 | *12:45.99 | 14:02.59 | 15:57.49 | 18:30.69 |
| 29:57.29 | 25:49.39 | 22:43.49 | *20:39.49 | 19:44.39 | 1650 Free | 19:13.19 | *21:26.39 | 23:34.99 | 26:47.89 | 31:05.19 |
| :47.89 | :41.29 | :36.39 | *:33.09 | :30.49 | 50 Back | :29.69 | *:33.59 | :36.99 | :41.99 | :48.69 |
| 1:41.99 | 1:27.89 | 1:17.39 | *1:10.29 | 1:06.19 | 100 Back | 1:02.79 | 1:11.19 | 1:18.29 | 1:28.89 | 1:43.19 |
| 3:40.49 | 3:10.09 | 2:47.29 | *2:32.09 | 2:20.99 | 200 Back | 2:15.89 | *2:33.59 | 2:48.89 | 3:11.99 | 3:42.69 |
| :54.19 | :46.79 | :41.19 | *:37.39 | :34.59 | 50 Breast | :33.29 | :38.19 | :41.99 | :47.79 | :55.39 |
| 1:56.89 | 1:40.79 | 1:28.69 | *1:20.59 | 1:15.09 | 100 Breast | 1:11.39 | *1:23.59 | 1:31.89 | 1:44.49 | 2:01.19 |
| 4:13.39 | 3:38.49 | 3:12.19 | *2:54.79 | 2:41.69 | 200 Breast | 2:34.39 | 2:58.79 | 3:16.69 | 3:43.49 | 4:19.29 |
| :45.59 | :39.29 | :34.59 | :31.39 | :28.99 | 50 Fly | :28.19 | *:32.59 | :35.89 | :40.79 | :47.29 |
| 1:44.59 | 1:30.09 | 1:19.29 | 1:12.09 | 1:05.19 | 100 Fly | 1:02.49 | 1:13.79 | 1:21.19 | 1:32.29 | 1:46.99 |
| 4:05.19 | 3:31.39 | 3:05.99 | *2:49.09 | 2:24.09 | 200 Fly | 2:18.69 | *2:46.39 | 3:02.99 | 3:27.89 | 4:01.19 |
| 1:43.39 | 1:29.19 | 1:18.49 | *1:11.39 | | 100 IM | | 1:12.19 | 1:19.49 | 1:30.29 | 1:44.69 |
| 3:41.79 | 3:11.19 | 2:48.19 | *2:32.99 | 2:24.49 | 200 IM | 2:18.79 | *2:35.49 | 2:50.99 | 3:14.29 | 3:45.39 |
| 7:49.59 | 6:44.79 | 5:56.19 | 5:23.89 | 5:07.79 | 400 IM | 4:56.29 | 5:35.09 | 6:08.69 | 6:58.89 | 8:05.89 |
| Girls 13-14 | | | | | | Boys 13-14 | | | | |
| :37.69 | :32.49 | :28.59 | *:25.99 | :25.59 | 50 Free | :23.49 | *:24.79 | :27.29 | :30.99 | :35.89 |
| 1:21.69 | 1:10.49 | 1:01.99 | *:56.39 | 55.79 | 100 Free | :51.09 | *:53.79 | :59.19 | 1:07.19 | 1:17.99 |
| 2:56.49 | 2:32.09 | 2:13.89 | *2:01.69 | 2:00.69 | 200 Free | 1:51.99 | *1:58.19 | 2:09.99 | 2:27.69 | 2:51.29 |
| 7:51.19 | 6:46.19 | 5:57.49 | *5:24.99 | 5:23.89 | 500 Free | 5:03.09 | *5:21.39 | 5:53.49 | 6:41.69 | 7:45.99 |
| 16:10.29 | 13:56.49 | 12:16.09 | 11:09.19 | 11:08.69 | 1000 Free | 10:26.99 | *10:52.89 | 11:58.09 | 13:36.09 | 15:46.59 |
| 27:28.59 | 23:41.19 | 20:50.69 | 18:56.99 | 18:37.99 | 1650 Free | 17:35.19 | *18:36.29 | 20:27.89 | 23:15.29 | 26:58.59 |
| 42.19 | 36.39 | 31.99 | 29.09 | | 50 Back | | 28.69 | 31.49 | 35.79 | 41.49 |
| 1:31.59 | 1:18.99 | 1:09.49 | *1:03.19 | 1:00.49 | 100 Back | :55.99 | *1:02.19 | 1:08.39 | 1:17.79 | 1:30.19 |
| 3:16.79 | 2:49.69 | 2:29.29 | *2:15.79 | 2:10.69 | 200 Back | 2:01.59 | *2:14.69 | 2:28.09 | 2:48.29 | 3:15.29 |
| 48.99 | 42.19 | 37.19 | 33.99 | | 50 Breast | | 32.59 | 35.89 | 40.79 | 47.29 |
| 1:46.39 | 1:31.69 | 1:20.69 | *1:13.39 | 1:09.69 | 100 Breast | 1:03.29 | *1:10.79 | 1:17.89 | 1:28.49 | 1:42.69 |
| 3:49.39 | 3:17.79 | 2:54.09 | *2:38.19 | 2:30.09 | 200 Breast | 2:17.39 | *2:34.99 | 2:50.49 | 3:13.69 | 3:44.69 |
| 42.09 | 36.29 | 31.99 | 29.09 | | 50 Fly | | 28.29 | 31.09 | 35.39 | 40.99 |
| 1:31.49 | 1:18.89 | 1:09.39 | *1:03.09 | 1:00.39 | 100 Fly | :55.39 | *1:01.39 | 1:07.59 | 1:16.79 | 1:28.99 |
| 3:28.79 | 2:59.99 | 2:38.39 | *2:23.99 | 2:14.49 | 200 Fly | 2:03.19 | *2:24.79 | 2:39.29 | 3:00.99 | 3:29.89 |
| 1:34.49 | 1:21.49 | 1:11.69 | *1:05.19 | | 100 IM | | *1:02.79 | 1:09.09 | 1:18.49 | 1:31.09 |
| 3:19.39 | 2:51.89 | 2:31.29 | *2:17.59 | 2:14.99 | 200 IM | 2:04.09 | *2:14.19 | 2:27.59 | 2:47.69 | 3:14.59 |
| 7:05.89 | 6:07.19 | 5:23.09 | *4:53.79 | 4:47.39 | 400 IM | 4:25.39 | *4:51.39 | 5:20.49 | 6:04.19 | 7:02.49 |
| Girls 15-16/Girls 17 & Over/Senior | | | | | BONUS | Boys 15-16/Boys 17 & Over/Senior | | | | |
| :36.59 | :31.49 | :27.79 | :25.19 | :25.69 | 50 Free | :23.39 | :22.89 | :25.19 | :28.69 | :33.19 |
| 1:17.99 | 1:07.29 | :59.19 | :53.79 | :54.89 | 100 Free | :50.09 | :49.09 | :53.99 | 1:01.39 | 1:11.19 |
| 2:47.19 | 2:24.19 | 2:06.89 | 1:55.29 | 1:57.59 | 200 Free | 1:48.59 | 1:46.39 | 1:57.09 | 2:12.99 | 2:54.29 |
| 7:29.69 | 6:27.69 | 5:41.09 | 5:10.09 | | 500 Free | | 4:50.29 | 5:19.39 | 6:02.89 | 7:00.99 |
| 15:47.19 | 13:36.49 | 11:58.59 | 10:53.19 | | 1000 Free | | 10:15.19 | 11:16.79 | 12:48.99 | 14:52.09 |
| 26:47.39 | 23:05.69 | 20:19.39 | 18:28.49 | | 1650 Free | | 17:30.39 | 19:15.49 | 21:52.99 | 25:23.09 |
| 1:28.09 | 1:15.89 | 1:06.79 | 1:00.69 | 1:02.99 | 100 Back | :57.49 | :56.29 | 1:01.99 | 1:10.39 | 1:21.69 |
| 3:10.59 | 2:44.29 | 2:24.59 | 2:11.39 | 2:14.09 | 200 Back | 2:05.69 | 2:03.19 | 2:15.59 | 2:33.99 | 2:58.69 |
| 1:41.49 | 1:27.49 | 1:16.99 | 1:09.99 | 1:11.39 | 100 Breast | 1:04.69 | 1:03.39 | 1:09.79 | 1:19.29 | 1:31.99 |
| 3:40.69 | 3:10.29 | 2:47.49 | 2:32.19 | 2:35.29 | 200 Breast | 2:21.69 | 2:18.89 | 2:32.79 | 2:53.69 | 3:21.39 |
| 1:26.59 | 1:14.69 | 1:05.69 | :59.69 | 1:00.89 | 100 Fly | :55.69 | :54.59 | 1:00.09 | 1:08.29 | 1:19.19 |
| 3:16.69 | 2:49.49 | 2:29.19 | 2:15.59 | 2:18.39 | 200 Fly | 2:07.59 | 2:05.09 | 2:17.59 | 2:36.39 | 3:01.39 |
| 1:31.19 | 1:18.69 | 1:09.19 | 1:02.89 | 1:04.19 | 100 IM | :59.79 | :58.59 | 1:04.49 | 1:13.29 | 1:24.99 |
| 3:10.09 | 2:43.89 | 2:24.19 | 2:11.09 | 2:13.79 | 200 IM | 2:02.09 | 1:59.69 | 2:11.69 | 2:29.69 | 2:53.59 |
| 6:50.09 | 5:53.49 | 5:11.09 | 4:42.79 | | 400 IM | 4:24.19 | 4:24.19 | 4:50.69 | 5:30.29 | 6:23.09 |

CH times are for MNSI State Meets. BRONZE, SILVER, and GOLD Standards are for other MNSI championship meets like MRC and MAC

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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

LONG COURSE TIME STANDARDS

MINNESOTA SWIMMING 2024-2025 TIME STANDARDS

LONG COURSE METERS

Effective: 10/1/24

Updated: 11/15/2024

| BRNZ | SLVR | GOLD | CH | ZONE | Event | ZONE | CH | GOLD | SLVR | BRNZ |
|------------------------------------|----------|----------|-----------|----------|---------------------------|----------|----------------------------------|----------|----------|----------|
| Girls 8 & Under | | | | | Boys 8 & Under | | | | | |
| 1:08.89 | :59.39 | :52.29 | *:47.59 | :33.69 | 50 Free | :32.99 | *:51.49 | :56.69 | 1:04.39 | 1:14.69 |
| 2:39.69 | 2:17.69 | 2:01.09 | *1:50.09 | 1:14.49 | 100 Free | 1:13.19 | *1:57.49 | 2:09.19 | 2:26.79 | 2:50.29 |
| 1:20.39 | 1:09.29 | 1:00.99 | *:55.49 | :39.49 | 50 Back | :38.99 | *:58.69 | 1:04.59 | 1:13.39 | 1:25.09 |
| 1:34.59 | 1:21.59 | 1:11.79 | *1:05.29 | :44.29 | 50 Breast | :43.59 | *1:08.69 | 1:15.59 | 1:25.89 | 1:39.59 |
| 1:33.19 | 1:20.39 | 1:10.69 | *1:04.29 | :37.29 | 50 Fly | :36.59 | 1:09.22 | 1:16.19 | 1:26.59 | 1:40.39 |
| Girls 10 & Under/Girls 9-10 | | | | | Boys 10 & Under/Boys 9-10 | | | | | |
| :53.29 | :45.89 | :40.39 | :36.79 | :33.69 | 50 Free | :32.99 | *:37.59 | :41.29 | :46.89 | :54.39 |
| 2:01.19 | 1:44.49 | 1:31.99 | *1:23.59 | 1:14.49 | 100 Free | 1:13.19 | 1:23.79 | 1:32.09 | 1:44.69 | 2:01.39 |
| 4:25.99 | 3:49.39 | 3:21.79 | *3:03.49 | 2:43.49 | 200 Free | 2:38.89 | *3:09.69 | 3:28.69 | 3:57.09 | 4:35.09 |
| 9:23.79 | 8:05.99 | 7:07.69 | *6:28.79 | 5:43.69 | 400 Free | 5:36.09 | 6:30.79 | 7:09.89 | 8:08.49 | 9:26.59 |
| 1:03.79 | :54.99 | :48.39 | *:43.99 | :39.49 | 50 Back | :38.99 | *:45.59 | :50.09 | :56.99 | 1:06.09 |
| 2:17.99 | 1:58.99 | 1:44.69 | *1:35.19 | 1:25.59 | 100 Back | 1:24.09 | 1:38.19 | 1:47.99 | 2:02.79 | 2:22.39 |
| 1:13.69 | 1:03.49 | :55.89 | *:50.79 | :44.29 | 50 Breast | :43.59 | *:54.59 | :59.99 | 1:08.19 | 1:19.09 |
| 2:46.79 | 2:23.79 | 2:06.49 | *1:54.99 | 1:38.09 | 100 Breast | 1:36.29 | 1:56.79 | 2:08.39 | 2:25.89 | 2:49.29 |
| 1:02.19 | :53.59 | :47.19 | *:42.89 | :37.29 | 50 Fly | :36.59 | *:47.69 | :52.39 | :59.59 | 1:09.09 |
| 2:33.09 | 2:11.99 | 1:56.19 | 1:45.59 | 1:26.39 | 100 Fly | 1:25.09 | *1:59.99 | 2:11.99 | 2:29.99 | 2:53.99 |
| 5:00.19 | 4:18.79 | 3:47.79 | *3:27.09 | 3:04.19 | 200 IM | 3:00.79 | 3:36.09 | 3:57.69 | 4:30.09 | 5:13.29 |
| Girls 11-12 | | | | | Boys 11-12 | | | | | |
| :46.09 | :39.79 | :34.99 | :31.79 | :30.49 | 50 Free | :29.39 | *:32.39 | :35.69 | :40.49 | :46.99 |
| 1:42.99 | 1:28.79 | 1:18.09 | *1:10.99 | 1:07.19 | 100 Free | 1:04.49 | 1:11.09 | 1:18.29 | 1:28.89 | 1:43.09 |
| 3:45.69 | 3:14.59 | 2:51.19 | *2:35.69 | 2:26.49 | 200 Free | 2:20.79 | *2:37.69 | 2:53.39 | 3:17.09 | 3:48.59 |
| 7:58.09 | 6:52.09 | 6:02.69 | *5:29.69 | 5:08.69 | 400 Free | 4:59.49 | 5:31.89 | 6:05.09 | 6:54.89 | 8:01.19 |
| 16:08.49 | 13:54.89 | 12:14.69 | *11:07.99 | 10:45.49 | 800 Free | 10:28.69 | *11:19.39 | 12:27.29 | 14:09.19 | 16:25.09 |
| 31:56.39 | 27:32.09 | 24:13.79 | *22:01.69 | 20:31.09 | 1500 Free | 20:19.29 | 21:58.69 | 24:10.49 | 27:28.29 | 31:52.09 |
| :55.49 | :47.89 | :42.19 | *:38.29 | :35.19 | 50 Back | :34.29 | *:39.09 | :42.99 | :48.79 | :56.59 |
| 2:00.19 | 1:43.59 | 1:31.19 | 1:22.89 | 1:16.89 | 100 Back | 1:14.29 | 1:24.79 | 1:32.89 | 1:45.59 | 2:02.49 |
| 4:12.19 | 3:37.39 | 3:11.29 | 2:53.89 | 2:43.49 | 200 Back | 2:39.49 | *3:00.49 | 3:18.59 | 3:45.59 | 4:21.69 |
| 1:02.59 | :53.99 | :47.49 | *:43.19 | :39.09 | 50 Breast | :38.09 | *:44.69 | :49.19 | :55.89 | 1:04.79 |
| 2:16.69 | 1:57.79 | 1:43.69 | *1:34.29 | 1:25.89 | 100 Breast | 1:23.09 | 1:36.99 | 1:46.69 | 2:01.29 | 2:20.69 |
| 4:52.89 | 4:12.49 | 3:42.19 | *3:21.99 | 3:06.09 | 200 Breast | 2:59.09 | 3:26.49 | 3:47.09 | 4:18.09 | 4:59.29 |
| :51.59 | :44.49 | :39.09 | *:35.59 | :32.89 | 50 Fly | :31.99 | *:36.69 | :40.29 | :45.79 | :53.19 |
| 2:03.79 | 1:46.69 | 1:33.89 | *1:25.39 | 1:14.79 | 100 Fly | 1:11.69 | *1:25.69 | 1:34.29 | 1:47.09 | 2:04.19 |
| 4:37.29 | 3:58.99 | 3:30.39 | 3:11.19 | 2:45.89 | 200 Fly | 2:40.89 | *3:05.69 | 3:24.19 | 3:52.09 | 4:29.19 |
| 4:16.69 | 3:41.29 | 3:14.79 | *2:57.09 | 2:45.49 | 200 IM | 2:38.29 | 2:59.29 | 3:17.19 | 3:44.09 | 4:19.89 |
| 9:13.09 | 7:56.89 | 6:59.59 | *6:21.49 | 5:52.69 | 400 IM | 5:44.09 | 6:26.49 | 7:05.09 | 8:03.09 | 9:20.29 |
| Girls 13-14 | | | | | Boys 13-14 | | | | | |
| :42.99 | :36.99 | :32.59 | *:29.59 | :29.29 | 50 Free | :26.89 | *:28.49 | :31.29 | :35.59 | :41.19 |
| 1:34.59 | 1:21.59 | 1:11.79 | *1:05.29 | 1:03.79 | 100 Free | :58.99 | *1:02.59 | 1:08.89 | 1:18.29 | 1:30.79 |
| 3:23.19 | 2:55.19 | 2:34.09 | *2:20.09 | 2:17.79 | 200 Free | 2:08.89 | *2:16.79 | 2:30.39 | 2:50.89 | 3:18.29 |
| 7:14.09 | 6:14.29 | 5:29.39 | 4:59.39 | 4:49.19 | 400 Free | 4:33.79 | *4:54.59 | 5:23.99 | 6:08.19 | 7:07.09 |
| 14:49.99 | 12:47.29 | 11:15.19 | 10:13.79 | 10:01.49 | 800 Free | 9:26.19 | 9:53.19 | 10:52.49 | 12:21.49 | 14:20.09 |
| 28:23.09 | 24:28.19 | 21:31.99 | *19:34.59 | 19:13.69 | 1500 Free | 18:07.89 | *19:23.79 | 21:20.19 | 24:14.69 | 28:07.49 |
| 49.89 | 42.99 | 37.89 | 34.39 | | 50 Back | | 33.99 | 37.39 | 42.39 | 49.19 |
| 1:48.29 | 1:33.39 | 1:22.19 | *1:14.69 | 1:10.49 | 100 Back | 1:05.79 | *1:13.69 | 1:21.09 | 1:32.09 | 1:46.79 |
| 3:49.99 | 3:18.29 | 2:54.49 | *2:38.59 | 2:31.89 | 200 Back | 2:22.79 | *2:38.69 | 2:54.59 | 3:18.39 | 3:50.19 |
| 57.49 | 49.49 | 43.59 | 39.59 | | 50 Breast | | 37.99 | 42.39 | 48.09 | 55.75 |
| 2:04.79 | 1:47.59 | 1:34.69 | *1:26.09 | 1:20.39 | 100 Breast | 1:13.69 | *1:23.59 | 1:31.99 | 1:44.49 | 2:01.19 |
| 4:30.29 | 3:53.09 | 3:25.09 | *3:06.49 | 2:53.09 | 200 Breast | 2:39.39 | *3:02.49 | 3:20.79 | 3:48.09 | 4:24.59 |
| 48.79 | 42.09 | 36.99 | 33.69 | | 50 Fly | | 33.49 | 36.89 | 41.89 | 48.59 |
| 1:45.99 | 1:31.39 | 1:20.39 | *1:13.09 | 1:08.59 | 100 Fly | 1:03.09 | *1:12.79 | 1:20.09 | 1:30.99 | 1:45.59 |
| 4:10.09 | 3:35.59 | 3:09.79 | *2:52.49 | 2:33.79 | 200 Fly | 2:21.19 | *2:45.79 | 3:02.29 | 3:27.19 | 4:00.29 |
| 3:51.39 | 3:19.49 | 2:55.59 | *2:39.59 | 2:34.89 | 200 IM | 2:23.69 | *2:35.49 | 2:50.99 | 3:14.29 | 3:45.39 |
| 8:16.29 | 7:07.79 | 6:16.49 | *5:42.29 | 5:28.39 | 400 IM | 5:06.99 | *5:36.89 | 6:10.59 | 7:01.19 | 8:08.49 |
| Girls 15-16/Girls 17 & Over/Senior | | | | | BONUS | BONUS | Boys 15-16/Boys 17 & Over/Senior | | | |
| :41.79 | :35.99 | :31.69 | :28.79 | :29.39 | 50 Free | 26.89 | 26.29 | 28.89 | 32.89 | 38.09 |
| 1:30.19 | 1:17.79 | 1:08.49 | 1:02.19 | 1:03.49 | 100 Free | :57.69 | :56.59 | 1:02.19 | 1:10.69 | 1:21.99 |
| 3:14.29 | 2:47.49 | 2:27.39 | 2:13.99 | 2:16.69 | 200 Free | 2:06.59 | 2:04.09 | 2:16.59 | 2:35.19 | 2:59.99 |
| 6:54.19 | 5:56.99 | 5:14.19 | 4:45.59 | | 400 Free | | 4:26.89 | 4:53.59 | 5:33.69 | 6:27.09 |
| 14:09.29 | 12:12.19 | 10:44.29 | 9:45.69 | | 800 Free | | 9:12.49 | 10:07.79 | 11:39.59 | 13:21.09 |
| 27:39.29 | 23:50.39 | 20:58.79 | 19:04.29 | | 1500 Free | | 17:58.39 | 19:46.29 | 22:27.99 | 26:03.69 |
| 1:43.39 | 1:29.19 | 1:18.49 | 1:11.29 | 1:12.79 | 100 Back | 1:07.49 | 1:06.19 | 1:12.79 | 1:22.69 | 1:35.99 |
| 3:43.19 | 3:12.39 | 2:49.29 | 2:33.89 | 2:36.99 | 200 Back | 2:26.99 | 2:24.09 | 2:38.49 | 3:00.09 | 3:28.89 |
| 2:00.19 | 1:43.69 | 1:31.19 | 1:22.89 | 1:24.59 | 100 Breast | 1:16.29 | 1:14.79 | 1:22.29 | 1:33.49 | 1:48.49 |
| 4:15.99 | 3:40.69 | 3:14.19 | 2:56.49 | 3:00.09 | 200 Breast | 2:45.99 | 2:42.69 | 2:58.99 | 3:23.39 | 3:55.89 |
| 1:39.89 | 1:26.19 | 1:15.79 | 1:08.89 | 1:10.29 | 100 Fly | 1:03.99 | 1:02.79 | 1:08.99 | 1:18.49 | 1:30.99 |
| 3:48.29 | 3:16.79 | 2:53.19 | 2:37.39 | 2:40.59 | 200 Fly | 2:28.39 | 2:25.39 | 2:39.99 | 3:01.79 | 3:30.89 |
| 3:42.79 | 3:11.99 | 2:48.99 | 2:33.59 | 2:36.69 | 200 IM | 2:23.69 | 2:20.89 | 2:34.99 | 2:56.09 | 3:24.19 |
| 7:58.69 | 6:52.69 | 6:03.19 | 5:30.09 | | 400 IM | | 5:06.69 | 5:37.39 | 6:23.39 | 7:24.79 |

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