

MINNESOTA SWIMMING 2023-2024 TIME STANDARDS

SHORT COURSE YARDS

Effective: 10/1/23

Adopted: 9/19/23

BRNZ	SLVR	GOLD	CH	ZONE	Event	ZONE	CH	GOLD	SLVR	BRNZ	
Girls 8 & Under						Boys 8 & Under					
:59.69	:51.39	:45.29	*:41.19	:28.89	50 Free	:28.59	*:41.29	:45.39	:51.59	:59.79	
2:17.79	1:58.79	1:44.59	*1:35.09	1:04.19	100 Free	1:03.69	*1:34.59	1:43.99	1:58.19	2:17.09	
1:09.49	:59.89	:52.69	:47.89	:33.29	50 Back	:33.49	*:48.79	:53.69	1:00.99	1:10.79	
1:21.49	1:10.19	1:01.79	*:56.19	:37.89	50 Breast	:37.29	*:58.29	1:04.19	1:12.89	1:24.49	
1:17.39	1:06.69	:58.69	*:53.39	:32.49	50 Fly	:31.99	*:55.99	1:01.59	1:09.99	1:20.19	
2:38.19	2:16.39	1:59.99	*1:49.09		100 IM		*1:51.59	2:02.79	2:19.49	2:41.89	
Girls 10 & Under/Girls 9-10						Boys 10 & Under/Boys 9-10					
:47.29	:40.79	:35.89	*:32.69	:28.89	50 Free	:28.59	*:33.29	:36.59	:41.59	:48.19	
1:44.99	1:30.59	1:19.69	*1:12.49	1:04.19	100 Free	1:03.69	*1:15.09	1:22.59	1:33.79	1:48.79	
3:47.79	3:16.39	2:52.79	*2:37.09	2:20.89	200 Free	2:16.89	*2:46.49	3:03.09	3:28.09	4:01.39	
10:12.59	8:48.09	7:44.79	*7:02.49	6:10.59	500 Free	6:04.19	*7:10.09	7:53.09	8:57.59	10:23.59	
:55.29	:47.59	:41.89	*:38.09	:33.29	50 Back	:33.49	*:39.89	:43.89	:49.89	:57.89	
1:58.49	1:42.19	1:29.89	*1:21.79	1:11.79	100 Back	1:11.89	*1:25.09	1:33.59	1:46.29	2:03.29	
1:06.79	:57.59	:50.69	:46.09	:37.89	50 Breast	:37.29	*:47.09	:51.79	:58.89	1:08.29	
2:17.29	1:58.39	1:44.19	1:34.69	1:23.09	100 Breast	1:22.19	*1:39.29	1:49.29	2:04.09	2:23.99	
:54.49	:46.99	:41.39	*:37.59	:32.49	50 Fly	:31.99	*:40.19	:44.29	:50.29	:58.29	
2:09.89	1:51.99	1:38.59	*1:29.59	1:14.19	100 Fly	1:13.19	*1:36.89	1:46.59	2:01.09	2:20.49	
2:00.29	1:43.69	1:31.29	*1:22.99		100 IM		*1:24.59	1:32.99	1:45.69	2:02.59	
4:20.89	3:44.89	3:17.89	*2:59.89	2:37.39	200 IM	2:36.19	*3:11.49	3:30.69	3:59.39	4:37.69	
Girls 11-12						Boys 11-12					
:40.59	:34.99	:30.79	*:27.99	:26.59	50 Free	:25.59	*:28.49	:31.39	:35.59	:41.29	
1:28.49	1:16.29	1:07.09	*1:00.99	:57.79	100 Free	:55.79	*1:01.89	1:07.99	1:17.29	1:29.69	
3:17.39	2:50.19	2:29.69	2:16.09	2:05.99	200 Free	2:01.39	*2:18.19	2:31.99	2:52.79	3:20.39	
8:45.39	7:32.89	6:38.59	*6:02.29	5:36.89	500 Free	5:27.89	*6:10.99	6:48.09	7:43.79	8:57.89	
17:57.99	15:48.29	13:37.79	*12:23.39	11:37.79	1000 Free	11:25.59	*12:53.69	14:11.09	16:07.09	18:41.79	
30:15.39	26:04.99	22:57.19	20:51.99	19:33.89	1650 Free	19:08.59	*21:39.29	23:49.19	27:04.09	31:23.99	
:47.29	:40.79	:35.89	*:32.69	:29.99	50 Back	:29.29	*:33.89	:37.29	:42.29	:49.09	
1:40.89	1:26.99	1:16.59	*1:09.59	1:04.69	100 Back	1:02.79	*1:11.89	1:18.99	1:29.79	1:44.19	
3:38.29	3:08.19	2:45.59	2:30.59	2:18.79	200 Back	2:15.19	2:35.09	2:50.59	3:13.79	3:44.79	
:53.59	:46.29	:40.69	*:36.99	:33.79	50 Breast	:32.69	*:38.19	:41.99	:47.79	:55.39	
1:55.69	1:39.79	1:27.79	*1:19.79	1:13.19	100 Breast	1:10.49	*1:22.69	1:30.89	1:43.29	1:59.79	
4:10.79	3:36.29	3:10.29	2:52.99	2:37.89	200 Breast	2:32.49	*2:58.29	3:16.09	3:42.89	4:18.49	
:45.39	:39.19	:34.49	*:31.39	:28.69	50 Fly	:28.19	*:32.89	:36.09	:41.09	:47.59	
1:43.89	1:29.59	1:18.79	*1:11.69	1:04.19	100 Fly	1:02.39	*1:13.09	1:20.39	1:31.29	1:45.89	
4:02.69	3:29.19	3:04.09	*2:47.39	2:21.39	200 Fly	2:16.09	*2:47.99	3:04.79	3:29.99	4:03.59	
1:42.29	1:28.19	1:17.59	1:10.59		100 IM		*1:11.89	1:18.99	1:29.79	1:44.19	
3:39.59	3:09.29	2:46.59	*2:31.39	2:21.59	200 IM	2:17.29	*2:36.99	2:52.69	3:16.19	3:47.59	
7:52.79	6:47.59	5:58.69	5:26.09	5:01.89	400 IM	4:53.19	*5:31.99	6:05.19	6:54.99	8:01.39	
Girls 13-14						Boys 13-14					
:37.89	:32.69	:28.79	:26.19	:25.59	50 Free	:23.49	:24.99	:27.49	:31.19	:36.19	
1:22.49	1:11.09	1:02.59	:56.89	:55.49	100 Free	:51.59	:54.29	:59.69	1:07.89	1:18.69	
2:58.19	2:33.69	2:15.19	2:02.89	1:59.49	200 Free	1:52.39	1:59.29	2:11.29	2:29.19	2:52.99	
7:55.89	6:50.29	6:00.99	5:28.19	5:20.39	500 Free	5:03.79	5:24.59	5:57.09	6:45.79	7:50.69	
16:13.59	13:59.39	12:18.59	11:11.49	11:01.59	1000 Free	10:29.49	10:59.39	12:05.39	13:44.29	15:56.09	
27:27.99	23:40.69	20:50.19	*18:56.59	18:22.79	1650 Free	17:31.99	18:47.49	20:40.19	23:29.39	27:14.79	
1:32.39	1:19.69	1:10.09	*1:03.79	1:00.19	100 Back	:56.19	*1:02.79	1:08.99	1:18.39	1:30.99	
3:18.79	2:51.39	2:30.79	*2:17.09	2:11.09	200 Back	2:02.79	*2:15.99	2:29.59	2:49.99	3:17.19	
1:47.39	1:32.59	1:21.49	*1:14.09	1:09.09	100 Breast	1:03.89	*1:11.49	1:18.59	1:29.29	1:43.59	
3:51.69	3:19.79	2:55.79	*2:39.79	2:29.99	200 Breast	2:18.79	*2:36.49	2:52.09	3:15.59	3:46.89	
1:32.29	1:19.59	1:09.99	*1:03.69	:59.99	100 Fly	:55.89	*1:01.99	1:08.09	1:17.39	1:29.79	
3:30.79	3:01.69	2:39.89	*2:25.39	2:12.79	200 Fly	2:04.29	*2:26.19	2:40.79	3:02.69	3:31.99	
1:35.39	1:22.19	1:12.39	*1:05.79		100 IM		1:03.39	1:09.69	1:19.19	1:31.79	
3:21.39	2:53.59	2:32.79	*2:18.89	2:13.39	200 IM	2:05.69	*2:15.49	2:28.99	2:49.29	3:16.39	
7:10.19	6:10.79	5:26.29	*4:56.69	4:45.69	400 IM	4:28.29	4:54.29	5:23.69	6:07.79	7:06.69	
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	4:50.69	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

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\*\*