

MINNESOTA SWIMMING 2009-2012 TIME STANDARDS
LONG-COURSE METERS

Updated: November 2011

C	B	A	CH	ZONE	EVENT	ZONE	CH	A	B	C
GIRLS 8 & UNDER					BOYS 8 & UNDER					
1:02.99	53.99	47.29	44.99	33.49	50 M Free		33.29	44.99	47.29	53.99
2:22.69	2:02.29	1:46.99	1:41.89	1:14.49	100 M Free		1:13.69	1:41.89	1:46.99	2:02.29
1:14.09	1:03.49	55.59	52.89	39.59	50 M Back		39.69	52.89	55.59	1:03.49
1:22.19	1:10.49	1:01.69	58.69	43.89	50 M Breast		44.09	58.69	1:01.69	1:10.49
1:21.09	1:09.49	1:00.79	57.89	37.69	50 M Fly		36.99	57.89	1:00.79	1:09.49
GIRLS 9 & 10					BOYS 9 & 10					
51.09	43.79	38.29	36.39	33.49	50 M Free		33.29	36.09	37.99	43.59
1:54.79	1:38.39	1:26.09	1:21.89	1:14.49	100 M Free		1:13.69	1:20.59	1:24.69	1:37.29
4:10.09	3:34.39	3:07.69	2:58.49	2:41.89	200 M Free		2:38.09	2:52.39	3:01.19	3:27.99
1:01.29	52.49	45.99	43.69	39.59	50 M Back		39.69	43.89	46.19	53.09
2:13.49	1:54.49	1:40.19	1:35.29	1:26.19	100 M Back		1:25.09	1:33.29	1:38.09	1:52.69
1:07.69	57.99	50.79	48.29	43.89	50 M Breast		44.09	48.49	50.99	58.59
2:29.99	2:08.59	1:52.49	1:46.99	1:36.79	100 M Breast		1:36.79	1:45.99	1:51.39	2:07.89
58.99	50.59	44.29	42.09	37.69	50 M Fly		36.99	40.99	43.09	49.49
2:17.19	1:57.69	1:42.89	1:37.89	1:26.29	100 M Fly		1:25.29	1:36.49	1:41.49	1:56.49
4:40.09	4:00.09	3:30.09	3:19.89	3:02.19	200 M IM		3:01.69	3:18.89	3:28.99	3:59.99
GIRLS 11 & 12					BOYS 11 & 12					
45.39	38.89	34.09	32.39	30.99	50 M Free		29.79	32.59	34.29	39.19
1:38.79	1:24.69	1:14.09	1:10.49	1:07.39	100 M Free		1:05.49	1:11.39	1:14.99	1:25.79
3:31.79	3:01.49	2:38.89	2:31.09	2:24.49	200 M Free		2:21.99	2:34.89	2:42.79	3:06.09
7:26.19	6:22.29	5:34.69	5:18.49	5:04.69	400 M Free		4:59.89	5:27.09	5:43.69	6:32.89
52.49	44.99	39.39	37.39	35.79	50 M Back		35.19	38.69	40.69	46.49
1:51.29	1:35.39	1:23.49	1:19.39	1:15.49	100 M Back		1:15.69	1:23.59	1:27.79	1:40.39
	4:01.99	3:27.59	3:01.49	2:45.19	200 M Back		2:41.69	2:56.39	3:05.39	3:31.99
56.59	48.49	42.49	40.39	38.59	50 M Breast		38.99	43.09	45.29	51.79
2:05.69	1:47.69	1:34.29	1:29.69	1:25.59	100 M Breast		1:24.19	1:32.49	1:37.29	1:51.19
	4:33.49	3:54.59	3:25.19	3:06.69	200 M Breast		3:03.99	3:20.79	3:31.09	4:01.29
48.89	42.19	36.59	34.79	33.29	50 M Fly		32.69	36.19	38.09	43.49
1:50.69	1:34.89	1:23.09	1:18.99	1:14.99	100 M Fly		1:13.49	1:21.49	1:25.49	1:37.69
	4:00.69	3:26.49	3:00.59	2:44.79	200 M Fly		2:43.69	2:58.49	3:07.59	3:34.49
4:01.39	3:26.89	3:01.09	2:52.29	2:44.79	200 M IM		2:42.39	2:58.09	3:07.09	3:33.89
GIRLS 13 & 14					BOYS 13 & 14					
43.69	37.39	32.69	31.09	29.79	50 M Free		27.79	29.09	30.59	34.99
1:34.49	1:20.99	1:10.89	1:07.39	1:04.49	100 M Free		1:00.49	1:03.29	1:06.59	1:15.99
3:23.69	2:54.59	2:32.79	2:25.39	2:19.09	200 M Free		2:11.29	2:17.29	2:24.39	2:44.89
7:05.09	6:04.29	5:18.79	5:03.49	5:03.29	400 M Free		4:37.59	4:50.19	5:04.89	5:48.39
14:29.89	12:25.49	10:36.19	10:20.99	9:53.99	800 M Free		9:36.89	10:03.19	10:18.09	12:06.19
27:44.19	23:46.19	20:17.19	19:48.09	18:56.49	1500 M Free		18:16.09	19:05.89	19:34.19	22:55.59
1:44.59	1:29.69	1:18.39	1:14.59	1:11.39	100 M Back		1:08.19	1:11.39	1:15.09	1:25.79
3:44.79	3:12.69	2:48.49	2:40.39	2:33.49	200 M Back		2:27.29	2:33.99	2:41.89	3:04.99
1:59.49	1:42.39	1:29.59	1:25.29	1:21.59	100 M Breast		1:14.59	1:17.89	1:22.39	1:33.59
4:17.69	3:40.89	3:13.29	3:03.99	2:55.99	200 M Breast		2:46.89	2:54.39	3:03.29	3:29.49
1:42.69	1:28.09	1:17.09	1:13.29	1:10.09	100 M Fly		1:05.09	1:08.09	1:11.69	1:21.89
3:44.39	3:12.49	2:48.29	2:48.29	2:34.19	200 M Fly		2:25.49	2:38.79	2:38.79	3:01.49
3:50.19	3:17.29	2:52.59	2:44.29	2:37.19	200 M IM		2:28.89	2:35.69	2:43.69	3:06.99
8:04.69	6:55.49	6:03.49	5:45.99	5:30.99	400 M IM		5:15.79	5:30.09	5:46.89	6:36.29
GIRLS 15 & 16					BOYS 15 & 16					
42.89	36.79	32.09	30.49	29.19	50 M Free		26.39	27.59	29.09	33.19
1:32.19	1:19.09	1:09.19	1:05.79	1:02.89	100 M Free		57.89	1:00.49	1:03.59	1:12.69
3:17.69	2:49.39	2:28.29	2:21.09	2:14.99	200 M Free		2:05.79	2:11.49	2:18.29	2:37.99
6:54.69	5:55.39	5:11.09	4:55.99	4:43.19	400 M Free		4:26.09	4:38.09	4:52.19	5:33.89
14:15.49	12:13.09	10:25.69	10:10.59	9:44.09	800 M Free		9:11.79	9:36.89	9:51.29	11:32.69
27:28.79	23:33.19	20:07.09	19:37.19	18:45.99	1500 M Free		17:37.29	18:25.29	18:52.59	22:07.19
1:42.49	1:27.89	1:16.79	1:13.09	1:09.89	100 M Back		1:04.79	1:07.69	1:11.19	1:21.39
3:40.59	3:09.19	2:45.49	2:37.49	2:30.69	200 M Back		2:18.69	2:24.99	2:32.39	2:54.19
1:56.39	1:39.79	1:27.39	1:23.09	1:19.49	100 M Breast		1:13.09	1:16.39	1:20.29	1:31.79
4:09.39	3:33.69	3:06.99	2:57.99	2:50.19	200 M Breast		2:39.69	2:46.99	2:55.49	3:20.49
1:39.79	1:25.49	1:14.89	1:11.19	1:08.09	100 M Fly		1:02.09	1:04.89	1:08.29	1:17.99
3:34.59	3:03.99	2:42.69	2:42.69	2:29.09	200 M Fly		2:18.09	2:30.59	2:30.59	2:52.19
3:44.49	3:12.49	2:48.49	2:40.29	2:33.39	200 M IM		2:22.89	2:29.39	2:36.89	2:59.29
7:50.69	6:43.39	5:43.19	5:35.99	5:21.39	400 M IM		4:59.89	5:13.49	5:29.39	6:16.39
GIRLS 17 & 18					BOYS 17 & 18					
42.39	36.29	31.79	30.19	29.19	50 M Free		26.39	26.79	28.19	32.29
1:31.99	1:18.79	1:08.99	1:05.59	1:02.89	100 M Free		57.89	59.19	1:02.29	1:11.19
3:16.99	2:48.89	2:27.79	2:20.59	2:14.99	200 M Free		2:05.79	2:09.19	2:15.89	2:35.29
7:19.29	6:07.39	5:14.49	4:56.49	4:43.19	400 M Free		4:26.09	4:35.19	4:49.09	5:30.09
15:00.29	12:33.99	10:22.49	10:07.59	9:44.09	800 M Free		9:11.79	9:34.09	10:03.19	11:29.19
28:48.19	24:07.29	19:54.99	19:26.39	18:45.99	1500 M Free		17:37.29	18:13.29	18:40.39	21:52.49
1:43.09	1:28.29	1:17.29	1:13.49	1:09.89	100 M Back		1:04.79	1:06.29	1:09.69	1:19.69
3:40.99	3:09.39	2:45.79	2:37.69	2:30.69	200 M Back		2:18.69	2:24.79	2:32.19	2:53.89
1:54.69	1:38.29	1:25.99	1:21.79	1:19.49	100 M Breast		1:13.09	1:15.19	1:18.99	1:30.29
4:08.89	3:33.39	3:06.69	2:57.59	2:50.19	200 M Breast		2:39.69	2:42.99	2:51.29	3:15.79
1:38.59	1:24.49	1:13.99	1:10.29	1:08.09	100 M Fly		1:02.09	1:03.89	1:07.19	1:16.79
3:35.49	3:04.69	2:41.59	2:41.59	2:29.09	200 M Fly		2:18.09	2:26.69	2:26.69	2:47.69
3:42.79	3:10.99	2:47.09	2:38.99	2:33.39	200 M IM		2:22.89	2:24.99	2:32.49	2:54.19
7:52.49	6:44.99	5:54.39	5:37.29	5:21.39	400 M IM		4:59.89	5:08.39	5:23.99	6:21.29