

MINNESOTA SWIMMING 2009-2012 TIME STANDARDS
SHORT COURSE YARDS

Updated: November 2011

C	B	A	CH	ZONE	EVENT	ZONE	CH	A	B	C
GIRLS 8 & UNDER						BOYS 8 & UNDER				
55.59	47.69	41.69	39.69	29.59	50 Y Free	29.19	39.69	41.69	47.69	55.59
2:04.39	1:46.59	1:33.29	1:28.79	1:05.39	100 Y Free	1:04.59	1:28.79	1:33.29	1:46.59	2:04.39
1:04.99	55.69	48.79	46.39	34.59	50 Y Back	30.49	46.39	48.79	55.69	1:04.99
1:12.09	1:01.79	54.09	51.49	38.19	50 Y Breast	38.39	51.49	54.09	1:01.79	1:12.09
1:08.49	58.69	51.39	48.89	33.39	50 Y Fly	33.09	48.89	51.39	58.69	1:08.49
2:18.19	1:58.49	1:43.69	1:38.69		100 Y IM		1:38.69	1:43.69	1:58.49	2:18.19
GIRLS 9 & 10						BOYS 9 & 10				
45.19	38.69	33.89	32.19	29.59	50 Y Free	29.19	31.59	33.29	38.19	44.29
1:40.69	1:26.29	1:15.49	1:11.89	1:05.39	100 Y Free	1:04.59	1:10.79	1:14.39	1:25.49	1:39.19
3:39.09	3:07.79	2:44.39	2:36.39	2:21.79	200 Y Free	2:19.29	2:31.89	2:39.19	3:03.29	3:32.79
53.39	45.79	40.09	38.09	34.59	50 Y Back	34.59	38.29	40.29	46.29	53.79
1:55.19	1:38.69	1:26.39	1:22.19	1:14.39	100 Y Back	1:14.09	1:21.29	1:25.49	1:38.19	1:53.99
58.89	50.49	44.19	41.99	38.19	50 Y Breast	38.39	42.19	44.39	50.99	59.19
2:10.89	1:52.19	1:38.19	1:33.39	1:24.49	100 Y Breast	1:23.79	1:31.79	1:36.59	1:50.29	2:08.69
52.29	44.79	39.19	37.29	33.39	50 Y Fly	33.09	36.69	38.59	44.29	51.49
2:01.49	1:44.09	1:31.09	1:26.69	1:16.49	100 Y Fly	1:15.69	1:25.59	1:29.99	1:43.29	1:59.99
1:55.79	1:39.19	1:26.89	1:22.59		100 Y IM		1:21.09	1:25.29	1:37.39	1:53.69
4:06.59	3:31.39	3:04.99	2:55.99	2:40.39	200 Y IM	2:40.09	2:55.29	3:04.19	3:31.49	4:05.59
GIRLS 11 & 12						BOYS 11 & 12				
39.69	34.09	29.79	28.29	27.09	50 Y Free	26.19	28.59	30.09	34.39	40.09
1:24.79	1:12.69	1:03.59	1:00.49	57.79	100 Y Free	57.39	1:02.69	1:05.89	1:15.39	1:27.89
3:07.99	2:40.99	2:20.99	2:14.09	2:08.19	200 Y Free	2:04.89	2:16.19	2:23.09	2:43.59	3:10.89
8:15.69	7:04.79	6:11.89	5:53.89	5:38.49	500 Y Free	5:34.29	6:04.69	6:23.19	7:17.99	8:30.89
45.59	39.09	34.19	32.49	31.09	50 Y Back	30.49	33.49	35.29	40.29	47.09
1:39.19	1:24.89	1:14.39	1:10.69	1:07.29	100 Y Back	1:05.59	1:12.29	1:15.99	1:26.89	1:41.29
3:29.39	2:59.59	2:36.99	2:29.39	2:22.99	200 Y Back	2:20.19	2:32.89	2:40.69	3:03.79	3:34.29
50.79	43.49	38.59	36.19	34.59	50 Y Breast	33.79	37.29	39.19	44.89	52.29
1:50.09	1:34.39	1:22.59	1:18.59	1:15.09	100 Y Breast	1:13.29	1:20.49	1:24.59	1:36.79	1:52.79
3:57.69	3:23.79	2:58.29	2:49.59	2:42.19	200 Y Breast	2:38.49	2:52.89	3:01.69	3:27.79	4:02.29
43.69	37.39	32.69	31.09	29.69	50 Y Fly	29.09	32.09	33.79	38.59	44.99
1:37.79	1:23.89	1:13.39	1:09.79	1:06.29	100 Y Fly	1:04.59	1:11.69	1:15.39	1:26.19	1:40.49
3:32.99	3:02.69	2:39.79	2:31.99	2:25.39	200 Y Fly	2:22.39	2:35.29	2:43.19	3:06.69	3:37.59
1:39.49	1:25.19	1:14.59	1:10.89		100 Y IM		1:11.49	1:15.19	1:25.99	1:40.19
3:31.59	3:01.39	2:38.79	2:30.99	2:24.39	200 Y IM	2:21.79	2:35.59	2:43.49	3:06.89	3:37.99
GIRLS 13 & 14						BOYS 13 & 14				
38.59	33.09	28.89	27.49	26.29	50 Y Free	24.09	25.19	26.49	30.39	35.39
1:23.69	1:12.59	1:02.69	59.59	56.99	100 Y Free	52.69	55.09	57.89	1:06.09	1:17.09
2:59.59	2:33.99	2:14.69	2:08.19	2:02.69	200 Y Free	1:54.79	1:59.99	2:06.19	2:24.19	2:48.09
7:53.79	6:46.19	5:55.39	5:38.29	5:23.49	500 Y Free	5:07.29	5:21.29	5:37.69	6:25.79	7:30.19
16:16.59	13:57.19	11:54.39	11:37.29	11:06.99	1000 Y Free	10:38.39	11:07.39	11:23.89	13:21.39	15:35.09
27:07.49	23:14.79	19:50.19	19:21.69	18:31.19	1650 Y Free	17:39.39	18:27.59	18:54.79	22:09.89	25:51.79
1:31.89	1:18.79	1:08.99	1:05.59	1:02.79	100 Y Back	58.89	1:01.49	1:04.89	1:14.09	1:26.49
3:17.89	2:49.59	2:28.39	2:21.19	2:14.99	200 Y Back	2:06.69	2:12.49	2:19.29	2:39.09	3:05.69
1:44.29	1:29.39	1:18.19	1:14.39	1:11.19	100 Y Breast	1:06.09	1:09.09	1:12.59	1:22.99	1:36.89
3:43.99	3:11.89	2:47.89	2:39.79	2:32.89	200 Y Breast	2:23.29	2:29.79	2:37.39	2:59.89	3:29.79
1:31.09	1:18.19	1:08.29	1:04.99	1:02.19	100 Y Fly	57.59	1:00.29	1:03.39	1:12.39	1:24.49
3:18.19	2:49.89	2:28.59	2:28.59	2:16.29	200 Y Fly	2:08.59	2:20.29	2:20.29	2:40.49	3:07.19
1:34.89	1:21.49	1:11.19	1:07.09		100 Y IM		1:02.49	1:06.09	1:15.19	1:27.29
3:22.09	2:53.19	2:31.49	2:24.19	2:17.89	200 Y IM	2:08.59	2:14.39	2:21.29	2:41.39	3:08.29
7:06.69	6:05.69	5:20.09	5:04.59	4:51.29	400 Y IM	4:35.49	4:47.99	5:05.59	5:57.69	7:07.29
GIRLS 15 & 16						BOYS 15 & 16				
37.79	32.39	28.29	26.89	25.69	50 Y Free	23.19	24.29	25.59	29.29	34.19
1:21.59	1:09.99	1:01.19	58.19	55.69	100 Y Free	50.59	52.89	55.59	1:03.59	1:14.19
2:54.99	2:29.99	2:11.29	02:04.9	01:59.5	200 Y Free	1:50.09	1:55.09	2:00.99	2:18.19	2:41.29
7:46.29	6:39.69	5:49.79	05:32.9	05:18.5	500 Y Free	4:57.29	5:10.79	5:26.59	6:13.19	7:15.39
16:00.69	13:43.49	11:42.89	11:25.99	10:56.19	1000 Y Free	10:16.19	10:44.19	10:59.99	12:53.39	15:02.39
26:49.09	22:59.29	19:37.29	19:08.99	18:18.99	1650 Y Free	17:13.99	18:00.99	18:27.59	21:37.79	25:14.19
1:29.49	1:16.69	1:07.09	1:03.79	1:00.99	100 Y Back	55.99	58.59	1:01.59	1:10.49	1:22.19
3:13.29	2:45.69	2:24.89	2:17.89	2:11.89	200 Y Back	2:01.29	2:06.79	2:13.29	2:32.39	2:57.69
1:41.69	1:27.19	1:16.19	1:12.49	1:09.39	100 Y Breast	1:03.19	1:05.99	1:09.39	1:19.39	1:32.49
3:38.59	3:07.39	2:43.99	2:35.99	2:29.29	200 Y Breast	2:17.59	2:23.89	2:31.19	2:52.79	3:21.49
1:29.19	1:16.49	1:06.89	1:03.59	1:00.79	100 Y Fly	55.09	57.59	1:00.59	1:09.29	1:20.79
3:12.59	2:45.09	2:24.49	2:24.49	2:12.39	200 Y Fly	2:02.29	2:13.39	2:13.39	2:32.59	2:57.99
1:33.49	1:20.19	1:10.19	1:06.19		100 Y IM		59.69	1:03.39	1:12.39	1:24.49
3:17.49	2:49.29	2:28.09	2:20.89	2:14.79	200 Y IM	2:03.89	2:09.49	2:16.09	2:35.49	3:01.39
6:55.89	5:56.59	5:11.99	4:56.99	4:44.09	400 Y IM	4:23.89	4:35.79	4:49.79	5:31.19	6:26.19
GIRLS 17 & 18						BOYS 17 & 18				
37.49	32.09	28.09	26.59	25.69	50 Y Free	23.19	23.49	24.79	28.39	33.09
1:20.39	1:08.99	1:00.39	57.39	55.69	100 Y Free	50.59	51.39	54.09	1:01.79	1:12.09
2:53.89	2:29.09	2:10.49	2:04.09	1:59.49	200 Y Free	1:50.09	1:53.19	1:58.89	2:15.99	2:38.69
7:43.19	6:36.89	5:47.29	5:30.59	5:18.49	500 Y Free	4:57.29	5:04.49	5:19.89	6:05.59	7:06.49
15:57.89	13:40.89	11:40.19	11:23.89	10:56.19	1000 Y Free	10:16.19	10:36.19	10:51.89	12:43.89	14:51.09
26:34.89	22:46.79	19:26.69	18:58.69	18:18.99	1650 Y Free	17:13.99	17:41.09	18:07.19	21:14.09	24:46.29
1:28.89	1:16.29	1:06.69	1:03.39	1:00.99	100 Y Back	55.99	56.79	59.79	1:08.29	1:19.69
3:12.49	2:44.99	2:24.39	2:17.39	2:11.89	200 Y Back	2:01.29	2:03.69	2:09.99	2:28.59	2:53.29
1:41.19	1:26.69	1:15.89	1:12.09	1:09.39	100 Y Breast	1:03.19	1:04.79	1:08.09	1:17.89	1:30.89
3:37.89	3:06.79	2:43.49	2:35.49	2:29.29	200 Y Breast	2:17.59	2:20.89	2:27.89	2:48.99	3:17.39
1:28.09	1:15.49	1:06.09	1:02.79	1:00.79	100 Y Fly	55.09	56.19	59.09	1:07.49	1:18.79
3:10.29	2:43.09	2:22.69	2:22.69	2:12.39	200 Y Fly	2:02.29	2:09.59	2:09.59	2:28.09	2:52.79
1:33.79	1:20.39	1:10.39	1:06.29		100 Y IM		58.29	1:01.79	1:10.59	1:22.39
3:15.29	2:47.39	2:26.39	2:19.29	2:14.79	200 Y IM	2:03.89	2:06.19	2:12.59	2:31.59	2:56.89
6:55.69	5:56.39	5:11.79	4:56.79	4:44.09	400 Y IM	4:23.89	4:30.69	4:44.39	5:24.99	6:19.19