

MINNESOTA SWIMMING 2016-2017 TIME STANDARDS
LONG COURSE METERS
 Effective 10/18/2016

KEY: "A" or "B" time in **bold** is NOT a NAG Time Standard
 * See MSI Website for Junior National Bonus Event Cuts for both Winter 2016 and Summer 2017 meets
 All C, 8 & Under, 100 IM times are not National Age Group Motivational Time Standards (referred to as NAG).
 CH times are for MSI State meets
 Zone times are the 2017-2020 "AAA" NAG Time standard

Adopted: 10/18/16
 Last saved: 10/18/16

C	B	BB	GIRLS 8 & UNDER			Distance	Stroke	BOYS 8 & UNDER			B	C		
			A	CH	ZONE			ZONE	CH	A			BB	
				10&U	10&U			10&U	10&U					
1:03.39	55.09	51.19	47.59	36.49	32.79	50 Free	32.79	36.39	47.59	51.19	55.09	1:03.39		
2:07.89	1:51.19	1:43.39	1:36.09	1:19.79	1:13.29	100 Free	1:12.99	1:18.79	1:36.09	1:43.39	1:51.19	2:07.89		
1:15.09	1:05.29	1:00.69	56.39	43.89	38.89	50 Back	38.89	43.99	56.39	1:00.69	1:05.29	1:15.09		
1:25.59	1:14.39	1:09.19	1:04.29	49.99	43.09	50 Breast	42.69	51.09	1:04.29	1:09.19	1:14.39	1:25.59		
1:23.59	1:12.69	1:07.59	1:02.79	42.59	36.69	50 Fly	36.29	43.19	1:02.79	1:07.59	1:12.69	1:23.59		
			GIRLS 10 & UNDER / GIRLS 9-10					BOYS 10 & UNDER / BOYS 9-10						
50.69	44.09	39.89	36.59	36.49	32.79	50 Free	32.79	36.39	36.49	39.49	43.59	50.19		
1:57.69	1:42.39	1:31.49	1:20.59	1:19.79	1:13.29	100 Free	1:12.99	1:18.79	1:19.89	1:30.29	1:40.69	1:55.79		
4:19.59	3:45.79	3:20.99	2:56.29	2:51.99	2:39.79	200 Free	2:36.59	2:46.99	2:50.79	3:12.09	3:33.49	4:05.39		
8:45.09	7:36.79	6:51.09	6:05.39	5:50.59	5:34.99	400 Free	5:29.69	5:44.59	5:59.59	6:44.59	7:29.49	8:36.69		
1:03.09	54.89	48.89	43.99	43.89	38.89	50 Back	38.89	43.99	44.09	49.19	55.29	1:03.59		
2:17.09	1:59.19	1:45.99	1:32.89	1:32.79	1:23.89	100 Back	1:23.39	1:32.09	1:32.19	1:43.59	1:55.69	2:12.99		
1:09.59	1:00.49	53.99	50.09	49.99	43.09	50 Breast	42.69	51.09	51.19	53.29	59.69	1:08.69		
2:37.19	2:16.69	2:01.49	1:46.29	1:46.69	1:36.19	100 Breast	1:35.09	1:46.59	1:46.69	1:57.69	2:11.29	2:30.99		
1:01.59	53.59	47.29	42.69	42.59	36.69	50 Fly	36.29	43.19	43.29	45.99	51.79	59.59		
2:29.49	2:09.99	1:52.99	1:38.29	1:38.19	1:24.59	100 Fly	1:23.99	1:36.19	1:36.29	1:51.39	2:07.79	2:26.89		
4:46.69	4:09.39	3:43.19	3:17.09	3:15.09	2:59.59	200 IM	2:58.39	3:12.29	3:15.39	3:40.79	4:06.19	4:42.99		
			GIRLS 11-12					BOYS 11-12						
44.29	38.49	35.79	33.19	31.49	30.49	50 Free	29.39	31.09	32.09	34.69	37.39	42.99		
1:37.19	1:24.49	1:18.49	1:12.49	1:08.09	1:06.39	100 Free	1:03.99	1:07.29	1:09.89	1:15.69	1:21.49	1:33.69		
3:30.99	3:03.49	2:50.39	2:37.29	2:28.09	2:24.19	200 Free	2:19.79	2:25.09	2:32.49	2:45.19	2:57.89	3:24.49		
7:21.29	6:23.89	5:56.49	5:29.09	5:09.89	5:01.69	400 Free	4:55.09	5:01.39	5:21.89	5:48.69	6:15.49	7:11.59		
15:27.39	13:26.79	12:29.19	11:31.59	11:03.59	10:33.99	800 Free	10:22.09	10:54.19	11:18.59	12:15.19	13:11.69	15:09.99		
29:36.79	25:45.79	23:55.39	22:04.99	21:09.79	20:14.59	1500 Free	19:49.19	20:43.29	21:37.39	23:25.49	25:13.59	28:59.79		
50.99	44.29	41.19	37.99	37.29	34.79	50 Back	34.09	37.19	37.49	40.89	44.19	50.79		
1:53.69	1:38.89	1:31.09	1:23.29	1:19.59	1:15.49	100 Back	1:13.89	1:18.39	1:21.49	1:29.09	1:36.79	1:51.29		
3:55.39	3:24.79	3:10.19	2:55.59	2:49.49	2:40.89	200 Back	2:37.79	2:47.69	2:52.19	3:06.49	3:20.79	3:50.79		
56.39	48.99	45.49	42.69	42.59	38.49	50 Breast	37.69	42.19	42.29	45.39	49.29	56.69		
2:05.89	1:49.49	1:41.39	1:33.39	1:30.99	1:25.29	100 Breast	1:22.19	1:31.19	1:31.29	1:38.49	1:46.69	2:02.69		
4:27.49	3:52.69	3:36.09	3:19.49	3:14.49	3:02.79	200 Breast	2:56.59	3:11.09	3:12.59	3:28.69	3:44.69	4:18.29		
47.49	41.29	38.29	35.39	34.69	32.49	50 Fly	31.99	34.79	35.29	38.69	41.99	48.29		
1:50.59	1:36.19	1:28.49	1:20.79	1:18.59	1:13.19	100 Fly	1:10.89	1:17.69	1:18.59	1:26.29	1:33.99	1:38.09		
3:55.59	3:24.89	3:10.69	3:10.59	3:10.49	2:40.99	200 Fly	2:38.79	3:08.49	3:08.59	3:08.69	3:22.09	3:52.29		
3:57.19	3:26.29	3:11.49	2:56.79	2:47.59	2:42.09	200 IM	2:38.49	2:42.99	2:53.89	3:09.29	3:24.69	3:55.29		
8:25.39	7:19.69	6:48.29	6:16.89	6:04.59	5:45.49	400 IM	5:37.99	5:56.09	6:08.69	6:39.39	7:10.19	8:14.49		
			GIRLS 13-14					BOYS 13-14						
42.89	37.29	34.59	31.99	29.59	29.29	50 Free	27.09	28.09	29.49	31.99	34.39	39.59		
1:33.39	1:21.19	1:15.39	1:09.59	1:03.99	1:03.79	100 Free	59.29	1:00.49	1:04.59	1:09.99	1:15.39	1:26.69		
3:21.29	2:55.09	2:42.59	2:30.09	2:18.69	2:17.59	200 Free	2:08.89	2:10.49	2:20.59	2:32.29	2:44.09	3:08.69		
7:02.09	6:07.19	5:40.89	5:14.69	4:54.19	4:48.49	400 Free	4:34.29	4:36.99	4:59.19	5:24.09	5:49.09	6:41.29		
14:28.99	12:35.99	11:41.99	10:47.99	10:02.19	9:53.99	800 Free	9:30.29	9:35.49	10:22.19	11:13.99	12:05.89	13:54.39		
27:42.59	24:06.39	22:23.09	20:39.79	19:23.49	18:56.49	1500 Free	18:09.39	18:29.89	19:48.39	21:27.39	23:06.49	26:33.69		
1:39.99	1:26.99	1:23.59	1:17.09	1:14.29	1:10.69	100 Back	1:06.29	1:11.49	1:12.29	1:18.29	1:24.39	1:37.09		
3:42.09	3:13.19	2:59.39	2:45.59	2:39.39	2:31.79	200 Back	2:23.59	2:32.79	2:36.59	2:49.69	3:02.69	3:29.99		
1:57.59	1:42.29	1:34.99	1:27.69	1:26.29	1:20.39	100 Breast	1:14.59	1:20.69	1:21.29	1:28.09	1:34.89	1:49.09		
4:14.49	3:41.39	3:25.59	3:09.79	3:02.99	2:53.99	200 Breast	2:42.09	2:50.29	2:56.79	3:11.59	3:26.29	3:57.19		
1:40.39	1:27.29	1:21.09	1:14.79	1:12.39	1:08.59	100 Fly	1:03.89	1:08.99	1:09.69	1:15.49	1:21.29	1:33.49		
3:42.19	3:13.29	2:59.49	2:49.69	2:49.59	2:31.89	200 Fly	2:23.19	2:35.39	2:36.19	2:49.19	3:02.19	3:29.49		
3:46.89	3:17.39	3:03.39	2:49.19	2:37.39	2:35.19	200 IM	2:25.59	2:27.59	2:38.79	2:51.99	3:05.29	3:32.99		
7:59.79	6:57.39	6:27.59	5:57.79	5:39.49	5:27.99	400 IM	5:08.59	5:20.99	5:36.59	6:04.69	6:32.69	7:31.39		
			GIRLS 15-16 / GIRLS 17 & OVER / GIRLS SENIOR					BOYS 15-16 / BOYS 17 & OVER / BOYS SENIOR						
				Winter	Summer		Summer	Winter						
				Junior	Junior		Junior	Junior						
				Nationals	Nationals		Nationals	Nationals						
C	B	BB	A	CH			CH	A	BB	B	C			
41.89	36.39	33.79	31.19	29.49	26.99	26.69	50 Free	24.09	24.39	26.89	27.89	30.19	32.59	37.49
1:31.19	1:19.29	1:13.59	1:07.99	1:03.09	58.39	57.79	100 Free	52.19	52.89	57.99	1:01.89	1:07.09	1:12.29	1:23.09
3:16.49	2:50.89	2:38.69	2:26.49	2:16.29	2:05.39	2:04.69	200 Free	1:54.69	1:56.29	2:05.19	2:14.89	2:26.09	2:37.39	3:00.99
6:52.09	5:58.49	5:32.89	5:07.29	4:50.09	4:23.79	4:22.19	400 Free	4:03.59	4:06.29	4:29.69	4:46.09	5:09.89	5:33.69	6:23.59
14:12.09	12:21.29	11:28.39	10:35.39	9:57.39	9:03.49	9:00.29	800 Free	8:24.69	8:33.79	9:21.89	10:00.39	10:50.39	11:40.49	13:25.19
27:16.69	23:43.89	22:02.19	20:20.49	19:19.99	17:20.49	17:14.29	1500 Free	16:08.09	16:14.99	17:59.19	18:59.09	20:33.99	22:08.99	25:27.59
1:41.49	1:28.29	1:21.99	1:15.69	1:13.39	1:05.59	1:04.59	100 Back	45:36.00	59.69	1:07.59	1:08.89	1:14.69	1:20.39	1:32.49
3:37.39	3:09.09	2:55.59	2:42.09	2:37.19	2:20.69	2:18.69	200 Back	2:07.39	2:09.59	2:27.39	2:28.89	2:41.39	2:53.79	3:19.79
1:54.49	1:39.59	1:32.49	1:25.39	1:24.39	1:14.29	1:13.49	100 Breast	1:06.29	1:07.59	1:16.99	1:17.09	1:23.49	1:29.89	1:43.39
4:08.69	3:36.29	3:20.79	3:05.39	2:59.79	2:40.09	2:38.69	200 Breast	2:23.69	2:27.19	2:44.99	2:48.39	3:02.49	3:16.49	3:45.89
1:38.39	1:25.59	1:19.49	1:13.39	1:11.19	1:03.39	1:02.59	100 Fly	56.69	57.39	1:04.99	1:06.29	1:11.79	1:17.39	1:28.99
3:36.39	3:08.19	2:54.79	2:41.39	2:44.79	2:19.59	2:17.39	200 Fly	2:05.49	2:08.19	2:29.59	2:29.69	2:40.39	2:52.69	3:18.49
3:42.49	3:13.49	2:59.69	2:45.89	2:34.59	2:22.49	2:21.39	200 IM	2:08.69	2:10.49	2:22.59	2:31.39	2:43.99	2:56.59	3:22.99
7:48.89	6:47.89	6:18.79	5:49.69	5:35.29	5:01.89	4:58.09	400 IM	4:33.89	4:38.39	5:13.09	5:20.59	5:47.29	6:14.09	7:09.99