

MINNESOTA SWIMMING 2024-2025 TIME STANDARDS

LONG COURSE METERS

Effective: 10/1/25

Adopted: 10/21/25

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	:49.19	:54.09	1:01.49	1:11.39
2:39.69	2:17.69	2:01.09	1:50.09	1:14.49	100 Free	1:13.19	1:55.29	2:06.79	2:24.09	2:47.09
1:19.49	1:08.59	1:00.39	54.89	:39.49	50 Back	:38.99	:57.19	1:02.99	1:11.49	1:22.99
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
2:00.89	1:44.19	1:31.69	1:23.39	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	3:08.59	3:07.39	3:55.69	4:33.39
9:23.79	8:05.99	7:07.69	6:28.79	5:43.69	400 Free	5:36.09	6:24.29	7:02.79	8:00.39	9:17.19
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
1:13.49	1:03.29	:55.69	:50.69	:44.29	50 Breast	:43.59	:54.09	:59.49	1:07.69	1:18.49
2:42.19	2:19.89	2:03.09	1:51.89	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	:32.29	:35.49	:40.29	:46.79
1:42.19	1:28.09	1:07.49	1:10.49	1:07.19	100 Free	1:04.49	1:10.09	1:17.09	1:27.59	1:41.59
3:45.09	3:14.09	2:50.79	2:35.29	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
:54.99	:47.39	:41.69	:37.99	:35.19	50 Back	:34.29	:39.09	:42.99	:48.79	:56.59
1:57.59	1:41.39	1:29.29	1:21.09	1:16.89	100 Back	1:14.29	1:23.19	1:31.59	1:43.99	2:00.69
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	1:35.59	1:45.09	1:59.39	2:18.49
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
1:59.69	1:43.19	1:30.79	1:22.51	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
1:34.29	1:21.29	1:11.59	1:05.09	1:03.79	100 Free	:58.99	1:02.29	1:08.59	1:17.89	1:30.39
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
7:09.39	6:10.09	5:25.69	4:56.09	4:49.19	400 Free	4:33.79	4:52.89	5:22.19	6:06.09	7:04.69
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
:50.69	:43.69	:38.45	:34.99	:33.49	50 Back	:31.09	:34.59	:37.99	:43.19	:50.09
1:48.29	1:33.39	1:22.19	1:14.69	1:10.69	100 Back	1:05.79	1:12.99	1:20.29	1:31.19	1:45.79
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
:57.39	:49.49	:43.59	:39.59	:37.59	50 Breast	:34.59	:37.99	:41.79	:47.49	:55.09
2:03.89	1:46.89	1:33.99	1:25.49	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
:47.39	:40.89	:35.99	:32.69	:31.39	50 Fly	:29.29	:32.39	:35.69	:40.49	:46.99
1:45.99	1:31.39	1:20.39	1:13.09	1:08.59	100 Fly	1:03.09	1:11.15	1:18.29	1:28.99	1:43.19
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	:35.89	31.59	:28.69	29.29	50 Free	:25.79	:26.09	:28.69	32:69	:37.89
1:30.19	1:17.79	1:08.49	1:02.19	1:03.49	100 Free	:57.39	:56.19	1:01.89	1:10.29	1:21.49
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
14:08.59	12:11.49	10:43.79	9:45.19		800 Free		9:12.49	10:07.79	11:39.59	13:21.09
27:33.19	23:45.19	20:54.19	19:00.09		1500 Free		17:58.39	19:46.29	22:27.99	26:03.69
1:42.99	1:28.79	1:18.09	1:10.99	1:12.49	100 Back	1:06.99	1:05.59	1:12.19	1:21.99	1:35.19
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
1:59.69	1:43.19	1:30.79	1:22.49	1:24.19	100 Breast	1:14.99	1:13.59	1:20.89	1:31.89	1:46.59
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	1:02.89	1:01.69	1:07.79	1:17.09	1:29.39
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