

MINNESOTA SWIMMING 2012-2013 TIME STANDARDS

LONG COURSE METERS

Effective 10/01/2012

KEY:

* faster

** slower

Time Updated by Central Zone 10/22/12

Adopted: 9/18/12

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	33.39	50 M Free	32.89	44.99	47.29	53.99	1:02.99
2:22.69	2:02.29	1:46.99	1:41.89	1:13.89*	100 M Free	1:13.39*	1:41.89	1:46.99	2:02.29	2:22.69
1:14.09	1:03.49	55.59	52.89	39.39	50 M Back	39.19	52.89	55.59	1:03.49	1:14.09
1:22.19	1:10.49	1:01.69	58.69	43.69	50 M Breast	43.89	58.69	1:01.69	1:10.49	1:22.19
1:21.09	1:09.49	1:00.79	57.89	37.19	50 M Fly	36.89	57.89	1:00.79	1:09.49	1:21.09
GIRLS 9 & 10					BOYS 9 & 10					
51.09	43.79	38.29	36.39	33.39	50 M Free	32.89	36.09	37.99	43.59	50.59
1:54.79	1:38.39	1:26.09	1:21.89	1:13.89*	100 M Free	1:13.39*	1:20.59	1:24.69	1:37.29	1:52.89
4:10.09	3:34.39	3:07.69	2:58.49	2:41.69*	200 M Free	2:37.49*	2:52.39	3:01.19	3:27.99	4:01.49
1:01.29	52.49	45.99	43.69	39.39	50 M Back	39.19	43.89	46.19	53.09	1:01.59
2:13.49	1:54.49	1:40.19	1:35.29	1:25.79*	100 M Back	1:23.59*	1:33.29	1:38.09	1:52.69	2:10.79
1:07.69	57.99	50.79	48.29	43.69	50 M Breast	43.89	48.49	50.99	58.59	1:07.99
2:29.99	2:08.59	1:52.49	1:46.99	1:36.39*	100 M Breast	1:35.59*	1:45.99	1:51.39	2:07.89	2:28.49
58.99	50.59	44.29	42.09	37.19	50 M Fly	36.89	40.99	43.09	49.49	57.49
2:17.19	1:57.69	1:42.89	1:37.89	1:25.39*	100 M Fly	1:25.09*	1:36.49	1:41.49	1:56.49	2:15.29
4:40.09	4:00.09	3:30.09	3:19.89	3:00.99*	200 M IM	2:59.79*	3:18.89	3:28.99	3:59.99	4:38.69
GIRLS 11 & 12					BOYS 11 & 12					
45.39	38.89	34.09	32.39	30.69	50 M Free	29.79	32.59	34.29	39.19	45.69
1:38.79	1:24.69	1:14.09	1:10.49	1:06.79*	100 M Free	1:04.59*	1:11.39	1:14.99	1:25.79	1:40.09
3:31.79	3:01.49	2:38.89	2:31.09	2:24.39*	200 M Free	2:20.59*	2:34.89	2:42.79	3:06.09	3:36.99
7:26.19	6:22.29	5:34.69	5:18.49	5:01.69*	400 M Free	4:55.09*	5:27.09	5:43.69	6:32.89	7:38.29
52.49	44.99	39.39	37.39	35.29	50 M Back	34.59	38.69	40.69	46.49	54.29
1:51.29	1:35.39	1:23.49	1:19.39	1:15.49	100 M Back	1:14.69*	1:23.59	1:27.79	1:40.39	1:57.09
4:01.99	3:27.59	3:01.49	2:52.69	2:43.19*	200 M Back	2:39.29*	2:56.39	3:05.39	3:31.99	4:07.19
56.59	48.49	42.49	40.39	38.59	50 M Breast	38.09	43.09	45.29	51.79	1:00.89
2:05.69	1:47.69	1:34.29	1:29.69	1:25.59	100 M Breast	1:23.49*	1:32.49	1:37.29	1:51.19	2:09.69
4:33.49	3:54.59	3:25.19	3:15.19	3:04.29*	200 M Breast	3:00.69*	3:20.79	3:31.09	4:01.29	4:41.39
48.89	42.19	36.59	34.79	32.79	50 M Fly	32.39	36.19	38.09	43.49	50.79
1:50.69	1:34.89	1:23.09	1:18.99	1:14.09*	100 M Fly	1:12.49*	1:21.49	1:25.49	1:37.69	1:53.99
4:00.69	3:26.49	3:00.59	2:51.79	2:44.29	200 M Fly	2:39.09*	2:58.49	3:07.59	3:34.49	4:10.09
4:01.39	3:26.89	3:01.09	2:52.29	2:43.79*	200 M IM	2:40.29*	2:58.09	3:07.09	3:33.89	4:09.49
GIRLS 13 & 14					BOYS 13 & 14					
43.69	37.39	32.69	30.09	29.49	50 M Free	27.09	28.19	30.59	34.99	40.79
1:34.49	1:20.99	1:10.89	1:04.29*	1:03.89*	100 M Free	59.89	1:00.89*	1:06.59	1:15.99	1:28.69
3:23.69	2:54.59	2:32.79	2:19.69*	2:17.69*	200 M Free	2:10.19*	2:12.99*	2:24.39	2:44.89	3:12.39
7:05.09	6:04.29	5:18.79	4:58.89*	4:48.69*	400 M Free	4:37.49*	4:42.89*	5:04.89	5:48.39	6:46.49
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	14:04.79
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	26:44.99
1:44.59	1:29.69	1:18.39	1:15.49**	1:10.79*	100 M Back	1:06.79*	1:13.19**	1:15.09	1:25.79	1:39.99
3:44.79	3:12.69	2:48.49	2:40.39	2:31.79*	200 M Back	2:23.79*	2:33.99	2:41.89	3:04.99	3:35.79
1:59.49	1:42.39	1:29.59	1:28.49**	1:20.79*	100 M Breast	1:14.59	1:21.29**	1:22.39	1:33.59	1:49.19
4:17.69	3:40.89	3:13.29	3:03.99	2:54.89*	200 M Breast	2:44.59*	2:54.39	3:03.29	3:29.49	4:04.29
1:42.69	1:28.09	1:17.09	1:15.39**	1:09.19*	100 M Fly	1:04.59*	1:09.99**	1:11.69	1:21.89	1:35.49
3:44.39	3:12.49	2:48.29	2:41.29*	2:31.89*	200 M Fly	2:23.49*	2:32.19*	2:38.79	3:01.49	3:31.69
3:50.19	3:17.29	2:52.59	2:41.79*	2:36.79*	200 M IM	2:26.99*	2:34.99*	2:43.69	3:06.99	3:38.19
8:04.69	6:55.49	6:03.49	5:45.99	5:30.39*	400 M IM	5:11.99*	5:30.09	5:46.89	6:36.29	7:42.39
GIRLS 15 & 16					BOYS 15 & 16					
42.89	36.79	32.09	29.69	29.09	50 M Free	25.59	26.79	29.09	33.19	38.69
1:32.19	1:19.09	1:09.19	1:03.39*	1:02.69*	100 M Free	56.99	57.89	1:03.59	1:12.69	1:24.79
3:17.69	2:49.39	2:28.29	2:16.89*	2:14.99	200 M Free	2:05.59*	2:07.59*	2:18.29	2:37.99	3:04.39
6:54.69	5:55.39	5:11.09	4:49.79*	4:43.19	400 M Free	4:24.69*	4:36.29*	4:52.19	5:33.89	6:29.49
14:15.49	12:13.09	10:25.69	10:06.49*	9:44.09	800 M Free	9:10.59*	9:36.89	9:51.29	11:32.69	13:27.89
27:28.79	23:33.19	20:07.09	19:37.19	18:45.59*	1500 M Free	17:32.09*	18:25.29	18:52.59	22:07.19	25:48.19
1:42.49	1:27.89	1:16.79	1:14.09**	1:09.69*	100 M Back	1:03.89*	1:08.79**	1:11.19	1:21.39	1:34.89
3:40.59	3:09.19	2:45.49	2:37.49	2:28.79*	200 M Back	2:16.49*	2:24.99	2:32.39	2:54.19	3:23.19
1:56.39	1:39.79	1:27.39	1:26.29**	1:19.39*	100 M Breast	1:12.29*	1:19.19**	1:20.29	1:31.79	1:47.09
4:09.39	3:33.69	3:06.99	2:57.99	2:50.19	200 M Breast	2:35.79*	2:46.99	2:55.49	3:20.49	3:53.89
1:39.79	1:25.49	1:14.89	1:12.39**	1:07.69*	100 M Fly	1:01.49*	1:05.29**	1:08.29	1:17.99	1:30.99
3:34.59	3:03.99	2:42.69	2:35.89*	2:28.79*	200 M Fly	2:16.69*	2:24.29*	2:30.59	2:52.19	3:20.89
3:44.49	3:12.49	2:48.49	2:37.69*	2:32.59*	200 M IM	2:20.09*	2:26.89*	2:36.89	2:59.29	3:29.19
7:50.69	6:43.39	5:43.19	5:35.99	5:20.49*	400 M IM	4:57.49*	5:13.49	5:29.39	6:16.39	7:19.19
GIRLS 17 & Over					BOYS 17 & Over					
42.39	36.29	31.79	28.79	29.09	50 M Free	25.59	26.29	28.19	32.29	37.69
1:31.99	1:18.79	1:08.99	1:01.49*	1:02.69*	100 M Free	56.99	56.09	1:02.29	1:11.19	1:22.99
3:16.99	2:48.89	2:27.79	2:12.89*	2:14.99	200 M Free	2:05.59*	2:03.69*	2:15.89	2:35.29	3:01.09
7:19.29	6:07.39	5:14.49	4:44.79*	4:43.19	400 M Free	4:24.69*	4:35.19	4:49.09	5:30.09	6:25.59
15:00.29	12:33.99	10:22.49	10:07.59	9:44.09	800 M Free	9:10.59*	9:34.09	10:03.19	11:29.19	13:24.29
28:48.19	24:07.29	19:54.99	19:26.39	18:45.59*	1500 M Free	17:32.09*	18:13.29	18:40.39	21:52.49	25:31.59
1:43.09	1:28.29	1:17.29	1:12.79*	1:09.69*	100 M Back	1:03.89*	1:07.49**	1:09.69	1:19.69	1:32.99
3:40.99	3:09.39	2:45.79	2:37.59*	2:28.79*	200 M Back	2:16.49*	2:24.79	2:32.19	2:53.89	3:22.89
1:54.69	1:38.29	1:25.99	1:23.49**	1:19.39*	100 M Breast	1:12.29*	1:18.39**	1:18.99	1:30.29	1:45.39
4:08.89	3:33.39	3:06.69	2:57.59	2:50.19	200 M Breast	2:35.79*	2:42.99	2:51.29	3:15.79	3:48.39
1:38.59	1:24.49	1:13.99	1:08.59*	1:07.69*	100 M Fly	1:01.49*	1:03.59*	1:07.19	1:16.79	1:29.59
3:35.49	3:04.69	2:41.59	2:34.89*	2:28.79*	200 M Fly	2:16.69*	2:20.49*	2:26.69	2:47.69	3:15.59
3:42.79	3:10.99	2:47.09	2:33.89*	2:32.59*	200 M IM	2:20.09*	2:24.89*	2:32.49	2:54.19	3:23.09
7:52.49	6:44.99	5:54.39	5:30.69*	5:20.49*	400 M IM	4:57.49*	5:08.39	5:23.99	6:21.29	7:11.99