

MINNESOTA SWIMMING 2026-2027 TIME STANDARDS

LONG COURSE METERS

Effective: 1/1/2027

Adopted: 10/20/26

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	1:09.29	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	3:27.49	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	1:17.49	1:10.49	1:07.19	100 Free	1:04.49	1:10.09	1:17.09	1:27.59	1:41.59
3:44.19	3:13.29	2:50.09	2:34.59	2:26.49	200 Free	2:20.79	2:37.69	2:53.39	3:17.09	3:48.59
7:57.69	6:51.79	6:02.39	5:29.39	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	1:22.29	1:14.79	100 Fly	1:11.69	1:25.69	1:34.29	1:47.09	2:04.19
4:39.49	4:00.89	3:31.99	3:12.69	2:45.89	200 Fly	2:40.89	*3:08.99	3:27.89	3:56.29	4:34.09
4:15.09	3:39.89	3:13.49	2:55.89	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	:31.69	:29.59	:29.29	50 Free	:26.89	:28.39	:31.29	:35.49	:41.19
1:33.99	1:20.99	1:10.39	1:04.79	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	11:07.89	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	:37.89	:34.89	:33.49	50 Back	:31.09	*:33.79	:37.19	:42.29	:49.09
1:48.29	1:33.39	1:20.99	1:14.69	1:10.69	100 Back	1:05.79	1:12.49	1:19.79	1:30.69	1:45.19
3:49.99	3:18.29	2:53.79	2:38.59	2:31.89	200 Back	2:22.79	2:37.79	2:53.59	3:17.29	3:48.89
:57.39	:49.49	:43.09	:39.59	:37.59	50 Breast	:34.59	*:37.39	:41.19	:46.79	:54.29
2:03.89	1:46.89	1:33.99	1:25.49	1:20.39	100 Breast	1:13.69	*1:22.39	1:30.69	1:42.99	1:59.49
4:30.29	3:53.09	3:21.89	3:06.49	2:53.09	200 Breast	2:39.39	*2:59.19	3:17.19	3:43.99	4:19.89
:46.89	:40.39	:35.49	*:32.29	:31.39	50 Fly	:29.29	*:31.69	:34.89	:39.69	:45.99
1:45.99	1:31.39	1:20.39	1:13.09	1:08.59	100 Fly	1:03.09	1:11.19	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	:26.69	:26.09	:28.69	:32.69	:37.89
1:30.99	1:18.39	1:09.09	1:02.79	1:04.09	100 Free	:57.39	:56.19	1:01.89	1:10.29	1:21.49
3:16.19	2:49.09	2:28.79	2:15.29	2:17.99	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		4:29.49	4:56.49	5:36.89	6:30.79
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
49.49	42.69	37.49	34.09	34.79	50 Back	31.99	31.29	34.49	39.19	45.39
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	2:26.29	2:23.39	2:37.79	2:59.29	3:27.99
55.59	47.89	42.19	38.29	39.89	50 Breast	34.99	34.29	37.69	42.89	49.79
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
4:18.39	3:42.79	3:16.09	2:58.19	3:01.79	200 Breast	2:45.99	2:42.69	2:58.99	3:23.39	3:55.89
46.59	40.19	35.29	32.09	32.79	50 Fly	28.99	28.39	31.29	35.49	41.19
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
3:50.39	3:18.69	2:54.79	2:38.89	2:42.09	200 Fly	2:28.39	2:25.39	2:39.99	3:01.79	3:30.89
3:44.89	3:13.89	2:50.59	2:35.09	2:38.19	200 IM	2:25.19	2:22.29	2:36.59	2:57.89	3:26.39
8:03.49	6:56.79	6:06.79	5:33.39		400 IM		5:09.69	5:40.69	6:27.19	7:29.09

CH times are for MNSI State Meets. SILVER Standard is the minimum for MRC

Bronze standard and slower (verifiable times) qualify for the MN Bronze Championship (MBC)

ZONE times are the 2025-2028 "AAA" National Age Group (NAG) Time Standard

*CH time standards went outside of the 1% allowed change, all other MNSI (non zone) standards are dependent on CHAMP