

**Attachment 8 -- 2009 MS Swim Guide
Michigan Swimming, Inc.
Long Course State Championship Meet Standards**

**Time Standards for 2009 Michigan Swimming Long Course State Championship Meet (Q1 Times)
Qualifying Period: July 31, 2008 to entry deadline**

Revised 8 May 2009

GIRLS			10 & UNDER	BOYS		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
31.89	36.39	37.39	50 Freestyle	37.49	36.49	31.89
1:10.89	1:19.49	1:21.79	100 Freestyle	1:22.39*	1:20.29	1:10.59
2:34.79	2:56.09	3:00.19	200 Freestyle	2:58.79	2:54.69	2:33.99
6:56.59	6:07.59	6:20.09	400/500 Freestyle	6:32.09*	6:25.99	6:51.29
37.39	42.99	44.19	50 Backstroke	45.29	43.99	38.19
1:21.09	1:34.39	1:37.19	100 Backstroke	1:39.39	1:36.59	1:22.59
42.69	49.69	51.09	50 Breaststroke	52.19	50.69	44.09
1:32.59	1:44.69	1:48.39	100 Breaststroke	1:54.79	1:50.79	1:36.59
36.49	42.59	43.59*	50 Butterfly	44.29*	44.29	36.79
1:27.59	1:45.19	1:46.39	100 Butterfly	1:50.79	1:49.49	1:30.29
2:56.89	3:17.39	3:24.49	200 IM	3:31.29*	3:24.49	2:59.69
2:16.59	2:32.39	2:37.99*	200 Free Relay**	2:39.49*	2:33.49	2:17.99
2:36.99	2:55.19	3:03.09*	200 Medley Relay**	3:15.29*	3:06.39	2:47.59

GIRLS			11-12	BOYS		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
28.09	31.49	32.19*	50 Freestyle	33.09*	32.59	28.19
1:00.79	1:08.39	1:10.19*	100 Freestyle	1:11.99*	1:11.49	1:01.29
2:10.99	2:28.29	2:31.59	200 Freestyle	2:40.29	2:36.69	2:14.99
5:48.99	5:06.19	5:16.59	400/500 Freestyle	5:23.09	5:12.49	5:55.19
32.89	36.89	37.99	50 Backstroke	39.99	38.89	33.99
1:09.99	1:20.29	1:22.69	100 Backstroke	1:26.19*	1:24.89	1:11.09
2:29.99	2:51.89	2:56.99	200 Backstroke	3:02.39	2:57.19	2:34.89
36.59	41.59	42.79	50 Breaststroke	45.79	44.49	38.39
1:20.19	1:28.79	1:31.99	100 Breaststroke	1:40.49*	1:37.99	1:23.99
2:53.89	3:15.49	3:22.49	200 Breaststroke	3:39.99	3:32.29	3:03.69
31.09	35.09	35.79*	50 Butterfly	37.69*	36.99	32.29
1:10.99	1:22.19	1:23.19	100 Butterfly	1:29.89	1:28.89	1:15.29
2:43.99	3:19.49	3:23.09	200 Butterfly	3:31.29	3:27.49	2:50.69
2:29.99	2:47.99	2:53.99	200 IM	3:01.09	2:54.99	2:36.99
5:22.99	6:05.99	6:16.89	400 IM	6:41.79	6:30.19	5:44.59
1:55.19	2:08.29	2:12.89*	200 Free Relay**	2:19.89	2:15.09	2:00.99
2:09.59	2:24.59	2:31.29*	200 Medley Relay**	2:39.89	2:32.89	2:16.99

* = changed from 2008 standard

** 10 & U and 11-12 age groups will use the 200 Free Relay and the 200 Medley Relay standards as qualifying times for the 400 Free and the 400 Medley Relays at this meet.

Athletes who have swum a time equal to or faster than the time in any event listed here (in any Course) during the qualifying period are qualified to swim the event at this meet.

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WOMEN			13-14 EVENT	MEN		
SCY	SCM	LCM		LCM	SCM	SCY
26.39	29.79	30.59	50 Freestyle	29.29	28.49	25.49
57.59	1:05.09	1:06.79*	100 Freestyle	1:05.39	1:03.49	55.39
2:03.99	2:21.29	2:23.69*	200 Freestyle	2:20.09	2:16.89	2:00.19
5:34.99	4:54.89	5:03.59*	400/500 Freestyle	4:59.59	4:49.79	5:29.99
11:32.99	10:06.49	10:27.09	800/1000 Freestyle	10:20.19	9:59.79	11:05.99
19:36.99	19:20.49	20:00.09	1500/1650 Freestyle	19:50.99	19:11.69	19:09.39
1:04.49	1:15.39	1:17.09*	100 Backstroke	1:16.09	1:13.89	1:02.99
2:19.09	2:40.89	2:44.29*	200 Backstroke	2:43.49	2:38.79	2:18.89
1:15.19	1:24.79	1:27.79	100 Breaststroke	1:26.99	1:23.99	1:13.49
2:42.99	3:03.29	3:09.89	200 Breaststroke	3:11.49	3:04.79	2:39.99
1:05.39	1:16.19	1:16.89*	100 Butterfly	1:16.99	1:16.09	1:04.99
2:24.09	3:02.69	2:57.99*	200 Butterfly	3:04.49	3:01.19	2:32.79
2:21.19	2:39.59	2:44.69*	200 IM	2:42.69*	2:38.29	2:18.19
5:05.99	5:46.09	5:56.39	400 IM	5:53.79	5:43.59	5:03.99
4:06.89	4:23.79	4:32.99*	400 Free Relay	4:32.59*	4:23.19	4:06.59
8:53.99	9:25.99	9:45.49*	800 Free Relay	9:50.69*	9:31.49	8:57.69
4:39.99	5:12.39	5:23.59*	400 Medley Relay	5:30.89*	5:19.49	4:46.29

WOMEN			OPEN EVENT	MEN		
SCY	SCM	LCM		LCM	SCM	SCY
25.79	28.89	29.49*	50 Freestyle	26.49	25.79	22.99
55.19	1:02.79	1:03.69*	100 Freestyle	58.09	56.49	50.19
2:00.49	2:15.39	2:17.99*	200 Freestyle	2:08.09	2:05.19	1:50.99
5:23.99	4:45.79	4:53.19*	400/500 Freestyle	4:35.49	4:26.49	5:01.49
11:11.99	9:48.09	10:08.09	800/1000 Freestyle	9:44.79	9:25.49	10:41.99
18:50.09	18:52.39	19:30.99	1500/1650 Freestyle	18:50.99	18:13.69	17:59.99
1:03.99	1:13.29	1:15.39	100 Backstroke	1:09.59*	1:08.09	57.99
2:16.59	2:36.39	2:40.99*	200 Backstroke	2:31.89*	2:28.19	2:08.99
1:12.39	1:21.59	1:24.49	100 Breaststroke	1:19.69	1:16.99	1:06.99
2:36.99	2:56.49	3:02.89	200 Breaststroke	2:58.69	2:52.49	2:26.99
1:02.99	1:10.49	1:11.29	100 Butterfly	1:05.29*	1:05.39	56.19
2:24.99	2:45.89	2:48.89	200 Butterfly	2:41.49	2:38.59	2:18.99
2:17.59	2:33.69	2:38.99*	200 IM	2:25.99*	2:21.09	2:05.59
4:53.79	5:36.79	5:43.99*	400 IM	5:25.99*	5:19.39	4:36.99
3:51.19	4:07.79	4:16.99*	400 Freestyle Relay	3:55.89	3:46.69	3:29.99
8:30.79	9:04.59	9:23.49	800 Freestyle Relay	8:51.89	8:32.69	7:59.99
4:17.99	4:48.99	4:59.69*	400 Medley Relay	4:49.19	4:39.19	4:10.09

* = changed from 2008 standard

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