

Attachment 4 -- 2009 MS Swim Guide
Michigan Swimming, Inc.
2009 MS District Short Course Championship Meet Standards
Q3 Time Standards

Revised October 2008

10 & UNDER GIRLS
Slower than

33.59
1:15.99
2:50.09*
7:42.89*
40.39
1:27.79
45.59
1:42.79
39.79
1:40.99*
1:26.59
3:16.09*

EVENT

50 Freestyle
100 Freestyle
200 Freestyle
500 Freestyle
50 Backstroke
100 Backstroke
50 Breaststroke
100 Breaststroke
50 Butterfly
100 Butterfly
100 IM
200 IM

10 & UNDER BOYS
Slower than

34.59*
1:19.09
2:55.69
8:05.99*
41.69*
1:32.29*
48.09
1:44.29
42.69
1:40.59
1:30.99
3:24.69

11-12 GIRLS
Slower than

29.09*
1:05.09*
2:24.39*
6:27.99*
35.09
1:16.39
2:48.09*
39.99
1:27.69
3:11.09*
34.19
1:22.99
3:12.59
1:16.29
2:47.59
6:19.89*

EVENT

50 Freestyle
100 Freestyle
200 Freestyle
500 Freestyle
50 Backstroke
100 Backstroke
200 Backstroke
50 Breaststroke
100 Breaststroke
200 Breaststroke
50 Butterfly
100 Butterfly
200 Butterfly
100 IM
200 IM
400 IM

11-12 BOYS
Slower than

30.59
1:09.19
2:32.99
6:42.19
37.09
1:20.19
3:09.59
41.99
1:32.09
3:25.79
36.29
1:26.69
3:23.99
1:20.29
2:55.69
6:30.89

13-18 WOMEN
Slower than

27:59*
59:89*
2:11.69
5:50.99
20:57.09
1:09.59*
2:29.89*
1:20.69
2:55.09
1:10.29*
2:48.59
2:28.99*
5:26.89*

EVENT

50 Freestyle
100 Freestyle
200 Freestyle
500 Freestyle
1650 Freestyle
100 Backstroke
200 Backstroke
100 Breaststroke
200 Breaststroke
100 Butterfly
200 Butterfly
200 IM
400 IM

13-18 MEN
Slower than

27.09*
58.89*
2:11.09
5:53.69
21:19.99
1:10.99*
2:35.99
1:19.49
2:54.49
1:09.99
2:41.99
2:28.99*
5:24.99

* = standard revised this year

The District Meet(s) are the beginning level of the MS Championship meets. Those with a Q3 time which is any time **slower than** the JO (Q2) time standard are eligible to swim that event at a District Championship Meet. Once a swimmer has **met or surpassed** the time standard listed above the swimmer is eligible to swim at the next level championship meet.