

**Attachment 5 -- 2009 MS Swim Guide**  
**Michigan Swimming, Inc.**  
**2009 MS Junior Olympic Short Course Championship Meet Standards**  
**Q2 Time Standards**

Revised October 2008

<b>10 &amp; Under GIRLS SCY</b>			<b>10 &amp; Under BOYS SCY</b>		
<b>(Q1)</b> Slower than	<b>(Q2)</b> Faster than or equal to	<b>EVENT</b>	<b>(Q2)</b> Faster than or equal to	<b>(Q1)</b> Slower than	
31.69*	33.59	50 Freestyle	34.59*	31.59*	
1:09.49*	1:15.99	100 Freestyle	1:19.09	1:10.29*	
2:31.59*	2:50.09*	200 Freestyle	2:55.69	2:35.29*	
6:52.59*	7:42.89*	500 Freestyle	8:05.99*	6:56.99*	
37.29*	40.39	50 Backstroke	41.69*	37.99*	
1:20.29*	1:27.79	100 Backstroke	1:32.29*	1:21.49*	
42.39*	45.59	50 Breaststroke	48.09	43.69*	
1:32.49*	1:42.79	100 Breaststroke	1:44.29	1:35.09*	
35.89*	39.79	50 Butterfly	42.69	37.79*	
1:26.29*	1:40.99*	100 Butterfly	1:40.59	1:32.29*	
1:20.79*	1:26.59	100 IM	1:30.99	1:21.89*	
2:54.39*	3:16.09*	200 IM	3:24.69	2:57.09*	

<b>11-12 GIRLS SCY</b>			<b>11-12 BOYS SCY</b>		
<b>(Q1)</b> Slower than	<b>(Q2)</b> Faster than or equal to	<b>EVENT</b>	<b>(Q2)</b> Faster than or equal to	<b>(Q1)</b> Slower than	
28.09*	29.09*	50 Freestyle	30.59	28.29*	
1:00.79*	1:05.09*	100 Freestyle	1:09.19	1:02.09*	
2:13.39*	2:24.39*	200 Freestyle	2:32.99	2:15.09*	
5:53.49*	6:27.99*	500 Freestyle	6:42.19	6:01.89*	
32.59*	35.09	50 Backstroke	37.09	33.59*	
1:10.29*	1:16.39	100 Backstroke	1:20.19	1:11.99*	
2:31.19*	2:48.09*	200 Backstroke	3:09.59	2:34.79*	
36.59	39.99	50 Breaststroke	41.99	38.09*	
1:20.19	1:27.69	100 Breaststroke	1:32.09	1:22.69*	
2:52.99*	3:11.09*	200 Breaststroke	3:25.79	3:02.79*	
31.29*	34.19	50 Butterfly	36.29	32.29*	
1:11.29*	1:22.99	100 Butterfly	1:26.69	1:14.19*	
2:45.49*	3:12.59	200 Butterfly	3:23.99	2:55.89	
1:10.79*	1:16.29	100 IM	1:20.29	1:13.19*	
2:33.19	2:47.59	200 IM	2:55.69	2:35.89*	
5:25.59*	6:19.89*	400 IM	6:30.89	5:39.19*	

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\* = standard revised this year

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<b>13-18 WOMEN SCY</b>		<b>EVENT</b>	<b>13-18 MEN SCY</b>	
<b>(Q1) Slower than</b>	<b>(Q2) Faster than or equal to</b>		<b>(Q2) Faster than or equal to</b>	<b>(Q1) Slower than</b>
26.69*	27.59*	50 Free, 13-14	27.09*	25.29*
25.89*	27.59*	50 Free, 15-18	27.09*	23.49
57.99	59.89*	100 Free, 13-14	58.89*	55.09*
56.09*	59.89*	100 Free, 15-18	58.89*	51.09*
2:05.49*	2:11.69	200 Free, 13-14	2:11.09	2:01.09*
2:01.99*	2:11.69	200 Free, 15-18	2:11.09	1:51.89*
5:34.99*	5:50.99	500 Free, 13-14	5:53.69	5:25.09*
5:26.29*	5:50.99	500 Free, 15-18	5:53.69	5:04.49*
19:40.99*	20:57.09	1650 Free, 13-14	21:19.99	19:20.29*
18:58.89*	20:57.09	1650 Free, 15-18	21:19.99	18:10.49*
1:06.29*	1:09.59*	100 Back, 13-14	1:10.99*	1:04.09*
1:04.59*	1:09.59*	100 Back, 15-18	1:10.99*	59.19*
2:21.89*	2:29.89*	200 Back, 13-14	2:35.99	2:19.09*
2:19.09*	2:29.89*	200 Back, 15-18	2:35.99	2:09.89*
1:13.99*	1:20.69	100 Breast, 13-14	1:19.49	1:12.49*
1:12.59*	1:20.69	100 Breast, 15-18	1:19.49	1:06.69*
2:41.99*	2:55.09	200 Breast, 13-14	2:54.49	2:38.09*
2:38.69*	2:55.09	200 Breast, 15-18	2:54.49	2:29.99*
1:06.09*	1:10.29*	100 Fly, 13-14	1:09.99	1:03.89*
1:02.99*	1:10.29*	100 Fly, 15-18	1:09.99	57.09*
2:33.19*	2:48.59	200 Fly, 13-14	2:41.99	2:30.69*
2:23.39*	2:48.59	200 Fly, 15-18	2:41.99	2:16.39*
2:22.69*	2:28.99*	200 IM, 13-14	2:28.99*	2:17.39*
2:18.99*	2:28.99*	200 IM, 15-18	2:28.99*	2:07.19*
5:05.89*	5:26.89*	400 IM, 13-14	5:24.99	5:00.69*
4:55.89*	5:26.89*	400 IM, 15-18	5:24.99	4:41.39*

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