

Attachment 7 -- 2009 MS Swim Guide
Michigan Swimming, Inc.
2009 MS 13-14 & Open Short Course State Championship Meet Standards
Q1 Time Standards

Qualifying Period: March 7, 2008 to entry deadline

Revised October 2008

13-14 WOMEN			EVENT	13-14 MEN		
LCM	SCM	SCY		SCY	SCM	LCM
30.59	29.79*	26.69*	50 Freestyle	25.29*	28.49	29.29
1:06.99*	1:05.09*	57.99	100 Freestyle	55.09*	1:03.49*	1:05.39*
2:24.59*	2:21.29*	2:05.49*	200 Freestyle	2:01.09*	2:16.89*	2:20.09*
5:04.89*	4:54.89*	5:34.99*	400/500 Freestyle	5:25.09*	4:49.79*	4:59.59*
10:27.09*	10:06.49*	11:40.99*	800/1000 Freestyle	11:22.99*	9:59.79*	10:20.19*
20:00.09*	19:20.49*	19:40.99*	1500/1650 Freestyle	19:20.29*	19:11.69*	19:50.99*
1:17.59*	1:15.39*	1:06.29*	100 Backstroke	1:04.09*	1:13.89*	1:16.09*
2:45.69*	2:40.89*	2:21.89*	200 Backstroke	2:19.09*	2:38.79*	2:43.49*
1:27.89*	1:24.79*	1:13.99*	100 Breaststroke	1:12.49*	1:23.99*	1:26.99*
3:09.89*	3:03.29*	2:41.99*	200 Breaststroke	2:38.09*	3:04.79*	3:11.49*
1:17.09*	1:16.19*	1:06.09*	100 Butterfly	1:03.89*	1:16.09*	1:16.99*
3:05.99*	3:02.69*	2:33.19*	200 Butterfly	2:30.69*	3:01.19*	3:04.49*
2:45.29*	2:39.59*	2:22.69*	200 IM	2:17.39*	2:38.29*	2:43.99*
5:56.39*	5:46.09*	5:05.89*	400 IM	5:00.69*	5:43.59*	5:53.79*
4:31.99*	4:22.79*	4:05.89*	400 Free Relay	3:59.99*	4:22.19*	4:31.59*
9:43.49*	9:24.29*	8:55.99*	800 Free Relay	8:45.99*	9:24.49*	9:48.69*
5:22.59*	5:11.39*	4:35.99*	400 Medley Relay	4:30.99*	5:18.49*	5:29.89*

OPEN WOMEN			EVENT	OPEN MEN		
LCM	SCM	SCY		SCY	SCM	LCM
29.69	28.89*	25.89*	50 Freestyle	23.49	25.79*	26.49*
1:04.59*	1:02.79*	56.09*	100 Freestyle	51.09*	56.49*	58.09*
2:18.49*	2:15.39*	2:01.99*	200 Freestyle	1:51.89*	2:05.19*	2:08.09*
4:55.49*	4:45.79*	5:26.29*	400/500 Freestyle	5:04.49*	4:26.49*	4:35.49*
10:08.09*	9:48.09*	11:24.99*	800/1000 Freestyle	10:40.19*	9:25.49*	9:44.79*
19:30.99*	18:52.39*	18:58.89*	1500/1650 Freestyle	18:10.49*	18:13.69*	18:50.99*
1:15.39*	1:13.29*	1:04.59*	100 Backstroke	59.19*	1:08.09*	1:10.09*
2:41.49*	2:36.39*	2:19.09*	200 Backstroke	2:09.89*	2:28.19*	2:32.59*
1:24.49*	1:21.59*	1:12.59*	100 Breaststroke	1:06.69*	1:16.99*	1:19.69*
3:02.89*	2:56.49*	2:38.69*	200 Breaststroke	2:29.99*	2:52.49*	2:58.69*
1:11.29*	1:10.49*	1:02.99*	100 Butterfly	57.09*	1:05.39*	1:06.09*
2:48.89*	2:45.89*	2:23.39*	200 Butterfly	2:16.39*	2:35.89*	2:41.49*
2:39.19	2:33.69*	2:18.99*	200 IM	2:07.19*	2:21.09*	2:26.19*
5:46.79*	5:36.79*	4:55.89*	400 IM	4:41.39*	5:19.39*	5:28.89*
4:17.69*	4:08.49*	3:52.89*	400 Freestyle Relay	3:32.99*	3:46.69*	3:55.89*
9:23.49*	9:04.59*	8:29.99*	800 Freestyle Relay	7:50.99*	8:32.69*	8:51.89*
5:08.69*	4:57.99*	4:25.99*	400 Medley Relay	4:09.99*	4:39.19*	4:49.19*

* = standard revised this year

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.