

**ATTACHMENT 3 – 2011 MS Swim Guide
Michigan Swimming, Inc.
A/B/C Long Course Meter (LCM) Time Standards ***

Posted August 2011

A/B/C Long Course Meter (LCM) Time Standards

Female		10 & Under	Male	
B	A		A	B
45.09	36.39	50 Freestyle	36.09	44.29
1:43.99	1:21.89	100 Freestyle	1:20.59	1:41.59
3:48.59	2:58.49	200 Freestyle	2:52.39	3:35.49
7:37.29	6:05.89	400 Freestyle	6:06.79	7:38.49
55.99	43.69	50 Backstroke	43.89	56.39
2:02.39	1:35.29	100 Backstroke	1:33.29	1:58.09
1:01.59	48.29	50 Breaststroke	48.49	1:01.59
2:17.49	1:46.99	100 Breaststroke	1:45.99	2:13.59
55.09	42.09	50 Butterfly	40.99	52.89
2:12.59	1:37.89	100 Butterfly	1:36.49	2:09.79
4:12.99	3:19.89	200 Individual Medley	3:18.89	4:10.69
Female		11-12	Male	
B	A		A	B
39.19	33.69	50 Freestyle	32.59	37.99
1:25.79	1:13.49	100 Freestyle	1:11.39	1:23.29
3:03.89	2:37.69	200 Freestyle	2:34.89	3:00.69
6:27.79	5:32.39	400 Freestyle	5:27.09	6:21.69
13:31.69	11:35.69	800 Freestyle	11:30.99	13:26.19
26:04.19	22:20.69	1500 Freestyle	22:14.19	25:56.49
45.49	38.99	50 Backstroke	38.69	45.69
1:38.89	1:23.29	100 Backstroke	1:23.59	1:39.19
3:30.29	3:00.19	200 Backstroke	2:56.39	3:25.79
49.09	42.09	50 Breaststroke	43.09	51.09
1:49.99	1:33.79	100 Breaststroke	1:32.49	1:49.19
3:57.59	3:23.69	200 Breaststroke	3:20.79	3:54.19
42.39	36.29	50 Butterfly	36.19	42.99
1:38.69	1:22.89	100 Butterfly	1:21.49	1:37.49
3:29.09	2:59.29	200 Butterfly	2:58.49	3:28.29
3:29.69	2:59.79	200 Individual Medley	2:58.09	3:29.59
7:27.89	6:23.99	400 Individual Medley	6:20.19	7:23.49

“C” standards are any times slower than “B” standards.

- From “2009-2012 National A/B Age-Group Motivational Times” published by USA Swimming

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Female		13 - 14	Male	
B	A		A	B
37.89	32.49	50 Freestyle	30.29	35.39
1:22.09	1:10.39	100 Freestyle	1:05.99	1:16.99
2:57.09	2:31.79	200 Freestyle	2:23.29	2:47.09
6:09.39	5:16.59	400 Freestyle	5:02.79	5:53.29
12:35.99	10:47.99	800 Freestyle	10:29.39	12:14.29
24:06.39	20:39.79	1500 Freestyle	19:55.69	23:14.99
1:30.79	1:17.79	100 Backstroke	1:14.49	1:26.89
3:15.29	2:47.39	200 Backstroke	2:40.69	3:07.49
1:43.89	1:28.99	100 Breaststroke	1:21.29	1:34.89
3:43.99	3:11.99	200 Breaststroke	3:01.99	3:32.39
1:29.19	1:16.49	100 Butterfly	1:11.09	1:22.89
3:16.29	2:48.29	200 Butterfly	2:38.79	3:05.19
3:19.99	2:51.49	200 Individual Medley	2:42.39	3:09.49
7:01.19	6:00.99	400 Individual Medley	5:44.49	6:41.89
Female		15 – 16 & Open	Male	
B	A		A	B
37.09	31.79	50 Freestyle	28.79	33.59
1:20.09	1:08.59	100 Freestyle	1:03.09	1:13.59
2:51.79	2:27.19	200 Freestyle	2:17.19	2:39.99
6:00.39	5:08.89	400 Freestyle	4:50.19	5:38.59
12:23.29	10:37.09	800 Freestyle	10:01.89	11:42.19
23:53.09	20:28.39	1500 Freestyle	19:13.39	22:25.59
1:28.99	1:16.29	100 Backstroke	1:10.59	1:22.39
3:11.69	2:44.29	200 Backstroke	2:31.29	2:56.49
1:41.09	1:26.69	100 Breaststroke	1:19.69	1:32.99
3:36.59	3:05.69	200 Breaststroke	2:54.29	3:23.29
1:26.59	1:14.19	100 Butterfly	1:07.69	1:18.99
3:09.69	2:42.69	200 Butterfly	2:30.59	2:55.69
3:15.19	2:47.29	200 Individual Medley	2:35.89	3:01.79
6:48.99	5:50.59	400 Individual Medley	5:27.09	6:21.59

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