

**ATTACHMENT 3 – 2016 MS Swim Guide**  
**Michigan Swimming, Inc.**  
**A/B/C Long Course Meter (LCM) Time Standards \***

Posted October 2015

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

<b>Female</b>		<b>10 &amp; Under</b>	<b>Male</b>	
<b>B</b>	<b>A</b>		<b>A</b>	<b>B</b>
44.99*	36.29*	50 Freestyle	35.69*	43.79*
1:43.09*	1:21.19*	100 Freestyle	1:20.39*	1:41.29*
3:48.49*	2:58.39*	200 Freestyle	2:51.89*	3:34.79*
7:37.29	6:05.89	400 Freestyle	5:59.59*	7:29.49*
55.69*	43.49*	50 Backstroke	43.29*	55.69*
2:01.89*	1:34.79*	100 Backstroke	1:31.69*	1:56.09*
1:01.29*	48.09*	50 Breaststroke	48.19*	1:01.19*
2:16.89*	1:46.49*	100 Breaststroke	1:44.69*	2:11.99*
54.39*	41.49*	50 Butterfly	40.89*	52.79*
2:11.19*	1:36.79*	100 Butterfly	1:36.09*	2:09.39*
4:10.09*	3:17.59*	200 Individual Medley	3:16.89*	4:08.09*
<b>Female</b>		<b>11-12</b>	<b>Male</b>	
<b>B</b>	<b>A</b>		<b>A</b>	<b>B</b>
38.69*	33.39*	50 Freestyle	32.49*	37.79*
1:24.99*	1:12.89*	100 Freestyle	1:10.49*	1:22.19*
3:03.79*	2:37.59*	200 Freestyle	2:33.39*	2:58.99*
6:23.89*	5:29.09*	400 Freestyle	5:21.89*	6:15.49*
13:27.89*	11:32.49*	800 Freestyle	11:22.69*	13:16.49*
25:45.79*	22:04.99*	1500 Freestyle	21:46.39*	25:24.09*
44.89*	38.49*	50 Backstroke	37.99*	44.89*
1:38.89	1:23.29	100 Backstroke	1:22.39*	1:37.79*
3:27.69*	2:57.99*	200 Backstroke	2:53.79*	3:22.79*
49.09	42.09	50 Breaststroke	41.99*	49.89*
1:49.99	1:33.79	100 Breaststroke	1:31.69*	1:48.29*
3:54.59*	3:21.09*	200 Breaststroke	3:17.09*	3:49.99*
41.79*	35.79*	50 Butterfly	35.89*	42.69*
1:37.49*	1:21.89*	100 Butterfly	1:20.39*	1:36.19*
3:29.09	2:59.29	200 Butterfly	2:53.59*	3:22.49*
3:28.39*	2:58.59*	200 Individual Medley	2:55.89*	3:26.99*
7:23.79*	6:20.39*	400 Individual Medley	6:11.49*	7:13.49*

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

From “2013-2016 National A/B Age-Group Motivational Times” published by USA Swimming

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<b>Female</b>		<b>13 - 14</b>	<b>Male</b>	
<b>B</b>	<b>A</b>		<b>A</b>	<b>B</b>
37.59*	32.19*	50 Freestyle	29.49*	34.39*
1:21.29*	1:09.69*	100 Freestyle	1:05.29*	1:16.19*
2:55.19*	2:30.19*	200 Freestyle	2:21.99*	2:45.69*
6:07.39*	5:14.89*	400 Freestyle	5:02.69*	5:53.19*
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
1:30.09*	1:17.19*	100 Backstroke	1:12.89*	1:24.99*
3:13.19*	2:45.59*	200 Backstroke	2:36.79*	3:02.99*
1:42.89*	1:28.19*	100 Breaststroke	1:21.29	1:34.89
3:42.59*	3:10.79*	200 Breaststroke	2:59.49*	3:29.49*
1:28.09*	1:15.49*	100 Butterfly	1:10.39*	1:22.19*
3:13.29*	2:45.69*	200 Butterfly	2:36.59*	3:02.59*
3:19.49*	2:50.99*	200 Individual Medley	2:40.39*	3:07.09*
7:00.49*	6:00.39*	400 Individual Medley	5:40.39*	6:37.09*
<b>Female</b>		<b>15 – 16 &amp; Open</b>	<b>Male</b>	
<b>B</b>	<b>A</b>		<b>A</b>	<b>B</b>
36.99*	31.69*	50 Freestyle	27.89*	32.59*
1:19.79*	1:08.39*	100 Freestyle	1:02.19*	1:12.59*
2:51.79	2:27.19	200 Freestyle	2:16.49*	2:39.19*
6:00.39	5:08.89	400 Freestyle	4:48.69*	5:36.79*
12:23.29	10:37.09	800 Freestyle	10:00.69*	11:40.79*
23:51.99*	20:27.39*	1500 Freestyle	19:07.79*	22:18.99*
1:28.69*	1:15.99*	100 Backstroke	1:09.69*	1:21.29*
3:09.29*	2:42.29*	200 Backstroke	2:28.89*	2:53.79*
1:41.09	1:26.69	100 Breaststroke	1:18.89*	1:31.99*
3:36.59	3:05.69	200 Breaststroke	2:49.99*	3:18.29*
1:26.09*	1:13.89*	100 Butterfly	1:07.09*	1:18.19*
3:09.39*	2:42.29*	200 Butterfly	2:29.09*	2:53.89*
3:14.19*	2:46.39*	200 Individual Medley	2:32.79*	2:58.19*
6:47.89*	5:49.69*	400 Individual Medley	5:24.49*	6:18.59*

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