

Attachment 8 – 2016 MS Swim Guide
Michigan Swimming, Inc.
Long Course State Championship Meet Standards

Time Standards for 2016 Long Course State Championship Meet(s) (Q1 Times)
Qualifying Period: January 1, 2015 to entry deadline

Posted October 2015

GIRLS			EVENT	BOYS		
SCY	SCM	LCM	10 & UNDER	LCM	SCM	SCY
29.79*	34.59*	35.09*	50 Freestyle	36.99*	36.49*	30.09
1:05.39	1:17.39*	1:18.29*	100 Freestyle	1:21.69*	1:20.79*	1:06.69*
2:22.59*	2:50.19*	2:51.19*	200 Freestyle	2:58.79	2:57.79	2:24.79*
6:21.99*	6:01.89*	6:05.69*	400/500 Freestyle	6:28.99*	6:25.19*	6:27.79*
34.79*	42.09*	42.79*	50 Backstroke	44.29*	43.59*	35.69*
1:14.89	1:29.69*	1:31.19*	100 Backstroke	1:34.39*	1:32.89*	1:16.69*
39.69	48.59*	49.19*	50 Breaststroke	52.19	51.59	41.19*
1:27.19	1:45.19*	1:46.69*	100 Breaststroke	1:52.59*	1:51.09*	1:30.09
33.19*	39.59*	40.19*	50 Butterfly	43.69*	43.09*	34.09*
1:18.69	1:38.49*	1:39.79*	100 Butterfly	1:44.99*	1:43.69*	1:20.09*
2:43.09*	3:14.19*	3:17.79*	200 Individual Medley	3:27.49*	3:23.89*	2:47.09*
2:07.49*	2:32.39	2:37.99	200 Free Relay **	2:39.49	2:33.49	2:14.49*
2:25.19*	2:55.19	3:03.09	200 Medley Relay **	3:15.29	3:06.39	2:33.79*
GIRLS			EVENT	BOYS		
SCY	SCM	LCM	11 - 12	LCM	SCM	SCY
26.39*	31.09*	31.59*	50 Freestyle	32.29*	31.79*	26.59*
57.79*	1:07.99*	1:08.89*	100 Freestyle	1:11.09*	1:10.19*	58.29*
2:05.89*	2:29.79*	2:30.79*	200 Freestyle	2:35.49*	2:34.49*	2:07.49
5:36.89*	5:12.19*	5:16.09*	400/500 Freestyle	5:23.09	5:19.29	5:45.49*
30.89*	36.19*	36.89*	50 Backstroke	38.69*	37.99*	31.09
1:05.99*	1:17.89*	1:19.39*	100 Backstroke	1:22.69*	1:21.19*	1:07.19
2:21.79*	2:45.59*	2:52.59*	200 Backstroke	2:59.19*	2:56.19*	2:23.09
34.49*	41.29*	41.89*	50 Breaststroke	43.79*	43.19*	35.09
1:14.49*	1:29.49*	1:30.99*	100 Breaststroke	1:43.29*	1:32.79*	1:16.09
2:43.49*	3:12.89*	3:16.39*	200 Breaststroke	3:24.19*	3:20.69*	2:45.19
29.39*	33.59*	34.19*	50 Butterfly	36.19*	35.59*	29.99
1:05.69*	1:18.49*	1:19.79*	100 Butterfly	1:26.39*	1:25.09*	1:07.89
2:29.89*	3:14.39*	3:17.69*	200 Butterfly	3:30.29*	3:26.99*	2:36.79
2:24.69*	2:50.39	2:53.99	200 Individual Medley	2:58.89*	2:55.29*	2:25.89
5:07.89*	6:05.89*	6:13.99*	400 Individual Medley	6:41.79	6:33.69	5:08.69
1:49.99*	2:08.29	2:12.89	200 Free Relay **	2:19.89	2:15.09	1:52.29*
2:03.89*	2:24.59	2:31.29	200 Medley Relay **	2:39.89	2:32.89	2:09.69*

**** 10 & U and 11-12 age groups will use the 200 Free Relay and the 200 Medley Relay standards as qualifying times for the 400 Free and the 400 Medley Relays at this meet.**

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.

*** Standard changed from last year**

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WOMEN			EVENT	MEN		
SCY	SCM	LCM	13 - 14	LCM	SCM	SCY
25.49*	29.49*	29.99*	50 Freestyle	28.29*	27.79*	23.99*
55.39*	1:03.99*	1:04.89*	100 Freestyle	1:01.69*	1:00.79*	51.49*
1:59.09*	2:21.19*	2:22.19*	200 Freestyle	2:14.49*	2:13.29*	1:51.89*
5:23.29*	4:56.59*	5:00.39*	400/500 Freestyle	4:47.99*	4:44.19*	5:08.49*
11:24.19*	10:15.79	10:27.09	800/1000 Freestyle	10:20.19	10:08.89	10:48.99
18:58.29*	19:40.09	20:00.09	1500/1650 Freestyle	19:50.99	19:30.99	18:04.19*
1:02.19*	1:14.19*	1:15.69*	100 Backstroke	1:12.39*	1:10.89*	59.39*
2:14.69*	2:40.59*	2:43.59*	200 Backstroke	2:35.69*	2:32.89*	2:08.59*
1:11.29	1:24.39*	1:25.89*	100 Breaststroke	1:21.49*	1:19.99*	1:05.79*
2:37.79	3:03.69*	3:07.19*	200 Breaststroke	2:56.49*	2:52.99*	2:25.99
1:01.69*	1:11.99*	1:13.29*	100 Butterfly	1:09.49*	1:08.19*	57.99*
2:21.59*	2:49.69*	2:52.99*	200 Butterfly	2:44.79*	2:41.49*	2:10.09*
2:17.59*	2:39.39*	2:42.99*	200 Individual Medley	2:33.59*	2:29.99*	2:09.09
4:52.89*	5:42.89*	5:50.99*	400 Individual Medley	5:33.09*	5:24.99*	4:34.99
3:53.79*	4:23.79	4:32.99	400 Free Relay	4:32.59	4:23.19	3:38.09*
8:26.89*	9:25.99	9:45.49	800 Free Relay	9:50.69	9:31.49	8:04.39*
4:20.19*	5:12.39	5:23.59	400 Medley Relay	5:30.89	5:19.49	4:03.29*
WOMEN			EVENT	MEN		
SCY	SCM	LCM	OPEN	LCM	SCM	SCY
25.09*	28.49*	28.99*	50 Freestyle	26.29*	25.79*	22.39*
54.39	1:01.79*	1:02.69*	100 Freestyle	57.29*	56.39*	48.69
1:57.69*	2:14.89*	2:15.89*	200 Freestyle	2:05.59*	2:04.59*	1:47.99*
5:15.69	4:45.99*	4:49.79*	400/500 Freestyle	4:29.69*	4:25.89*	4:52.29*
10:54.09*	9:56.79	10:08.09	800/1000 Freestyle	9:38.79	9:27.49	10:39.79
18:18.79*	19:10.99	19:30.99	1500/1650 Freestyle	18:43.99*	18:23.99*	18:06.69*
1:00.69*	1:10.59*	1:12.09*	100 Backstroke	1:07.39*	1:05.89*	55.79
2:10.69*	2:33.19*	2:36.19*	200 Backstroke	2:27.79*	2:24.79*	2:02.19
1:09.39*	1:22.19*	1:23.69*	100 Breaststroke	1:15.69*	1:14.19*	1:02.29*
2:31.09*	3:00.29*	3:03.79*	200 Breaststroke	2:48.69*	2:45.19*	2:17.59*
1:00.09*	1:08.89*	1:10.19*	100 Butterfly	1:03.29*	1:01.29*	53.69
2:13.99*	2:41.19*	2:44.49*	200 Butterfly	2:29.59*	2:26.29*	2:02.99*
2:13.69*	2:32.19*	2:35.79*	200 Individual Medley	2:24.19*	2:20.59*	2:02.09*
4:44.29*	5:33.29*	5:41.39*	400 Individual Medley	5:20.29*	5:12.19*	4:21.99*
3:46.39*	4:07.79	4:16.99	400 Freestyle Relay	3:55.89	3:46.69	3:29.99
8:12.09*	9:04.59	9:23.49	800 Freestyle Relay	8:51.89	8:32.69	7:32.29*
4:11.49*	4:48.99	4:59.69	400 Medley Relay	4:49.19	4:39.19	3:51.59*

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