

**ATTACHMENT 2 – 2015 MS Swim Guide
Michigan Swimming, Inc.
A/B/C Short Course Yard (SCY) Time Standards ***

Posted Sept. 2014

A/B/C Short Course Yard (SCY) Time Standards

Female		10 & Under	Male	
B	A		A	B
39.49*	31.89*	50 Freestyle	31.39*	38.49*
1:30.69*	1:11.39*	100 Freestyle	1:10.19*	1:28.49*
3:20.19	2:36.39	200 Freestyle	2:31.29*	3:09.09*
8:30.49	6:48.39	500 Freestyle	6:42.29*	8:22.79*
48.59*	37.99*	50 Backstroke	37.79*	48.59*
1:45.09*	1:21.79*	100 Backstroke	1:20.09*	1:41.39*
53.59	41.99	50 Breaststroke	41.89*	53.19*
1:58.79*	1:32.39*	100 Breaststroke	1:30.19*	1:53.69*
47.99*	36.69*	50 Butterfly	36.19*	46.69*
1:55.49*	1:25.29*	100 Butterfly	1:24.79*	1:54.09*
1:43.39*	1:21.39*	100 Individual Medley	1:20.39*	1:40.39*
3:40.39*	2:54.19*	200 Individual Medley	2:53.69*	3:38.89*
Female		11-12	Male	
B	A		A	B
34.09*	29.39*	50 Freestyle	28.39*	33.09*
1:13.59	1:03.09	100 Freestyle	1:01.89*	1:12.19*
2:41.19*	2:18.19*	200 Freestyle	2:14.79*	2:37.19*
7:09.29*	6:07.99*	500 Freestyle	6:02.59*	7:02.99*
14:48.09*	12:41.19*	1000 Freestyle	12:29.09*	14:33.89*
25:01.49*	21:26.99*	1650 Freestyle	21:11.79*	24:43.79*
38.79*	33.29*	50 Backstroke	33.09*	38.99*
1:26.29*	1:12.69*	100 Backstroke	1:10.79*	1:24.09*
2:59.49*	2:33.79*	200 Backstroke	2:30.29*	2:55.29*
43.69*	37.49*	50 Breaststroke	36.89*	43.79*
1:35.79*	1:21.69*	100 Breaststroke	1:19.29*	1:33.59*
3:25.79*	2:56.39*	200 Breaststroke	2:49.39*	3:17.69*
37.29*	31.89*	50 Butterfly	31.69*	37.69*
1:26.29*	1:12.49*	100 Butterfly	1:10.59*	1:24.49*
3:02.39*	2:36.39*	200 Butterfly	2:32.69*	2:58.09*
1:25.29*	1:13.09*	100 Individual Medley	1:11.09*	1:23.19*
3:02.49*	2:36.39*	200 Individual Medley	2:33.79*	3:00.99*
6:28.59*	5:33.09*	400 Individual Medley	5:25.79*	6:20.09*

“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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Female		13 - 14	Male	
B	A		A	B
32.89*	28.19*	50 Freestyle	25.99*	30.39*
1:11.39*	1:01.19*	100 Freestyle	56.89*	1:06.29*
2:33.89*	2:11.99*	200 Freestyle	2:03.89*	2:24.49*
6:51.79	5:52.99	500 Freestyle	5:33.89*	6:29.49*
14:08.89	12:07.59	1000 Freestyle	11:30.19*	13:25.19*
23:34.19	20:12.19	1650 Freestyle	19:15.69	22:28.29
1:18.29*	1:07.09*	100 Backstroke	1:03.09*	1:13.59*
2:48.39*	2:24.29*	200 Backstroke	2:15.79*	2:38.39*
1:29.39*	1:16.59*	100 Breaststroke	1:10.79*	1:22.59*
3:13.99*	2:46.29*	200 Breaststroke	2:34.69*	3:00.49*
1:17.69*	1:06.59*	100 Butterfly	1:01.89*	1:12.19*
2:52.39*	2:27.79*	200 Butterfly	2:17.49*	2:40.39*
2:53.19*	2:28.49*	200 Individual Medley	2:18.79*	2:41.89*
6:08.49*	5:15.89*	400 Individual Medley	4:55.69*	5:44.99*
Female		15 – 16 & Open	Male	
B	A		A	B
32.29*	27.69*	50 Freestyle	24.79*	28.99*
1:09.99*	59.99*	100 Freestyle	54.19*	1:03.29*
2:30.79*	2:09.29*	200 Freestyle	1:58.59*	2:18.29*
6:41.29*	5:43.99*	500 Freestyle	5:21.19*	6:14.69*
13:51.09*	11:52.39*	1000 Freestyle	11:05.99*	12:56.99*
23:06.29*	19:48.19*	1650 Freestyle	18:39.99*	21:46.69*
1:16.29*	1:05.39*	100 Backstroke	59.79*	1:09.69*
2:44.79*	2:21.19*	200 Backstroke	2:09.89*	2:31.59*
1:28.29	1:15.69	100 Breaststroke	1:07.89*	1:19.19*
3:09.99	2:42.79	200 Breaststroke	2:28.09*	2:52.79*
1:16.19*	1:05.29*	100 Butterfly	58.99*	1:08.79*
2:46.79*	2:22.99*	200 Butterfly	2:11.39*	2:33.29*
2:48.89*	2:24.79*	200 Individual Medley	2:12.29*	2:34.29*
5:58.49*	5:07.29*	400 Individual Medley	4:43.99*	5:31.39*

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