**Attachment 7 – 2016 MS Swim Guide
Michigan Swimming, Inc.**

**2016 Short Course 13-14 & Open State Championship Meet Standards (Q1 Times)**

**Qualifying Period: January 1, 2015 to Entry Deadline**

**Posted January 2016**

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| **GIRLS** | **EVENT** | **BOYS** |
| **LCM** | **SCM** | **SCY** | **13-14** | **SCY** | **SCM** | **LCM** |
| 29.59 | 28.99 | 26.09\* | 50 Freestyle | 24.79\* | 27.39 | 27.89 |
| 1:03.69 | 1:02.59 | 56.59\* | 100 Freestyle | 53.79\* | 59.29 | 1:00.29 |
| 2:18.19 | 2:15.29 | 2:02.59\* | 200 Freestyle | 1:57.49\* | 2:09.39 | 2:12.09 |
| 4:55.39 | 4:47.49 | 5:32.49\* | 500/400 Freestyle | 5:19.09\* | 4:35.39 | 4:42.99 |
| 10:07.69 | 9:55.49 | 11:26.59 | 1,000/800 Freestyle | 11.19.19 | 9:49.09 | 10:01.09 |
| 19:41.29 | 19:08.59 | 19:23.49 | 1,650/1,500 Freestyle | 19:02.79\* | 18:41.39 | 19:13.19 |
| 1:12.89 | 1:10.69 | 1:03.99\* | 100 Backstroke | 1:01.79\* | 1:07.99 | 1:10.09 |
| 2:36.69 | 2:32.69 | 2:18.09\* | 200 Backstroke | 2:13.69\* | 2:27.19 | 2:31.09 |
| 1:22.99 | 1:21.19 | 1:13.49\* | 100 Breaststroke | 1:08.49\* | 1:15.49 | 1:17.19 |
| 3:00.89 | 2:58.59 | 2:41.39\* | 200 Breaststroke | 2:31.59\* | 2:46.99 | 2:49.09 |
| 1:11.49 | 1:10.49 | 1:03.89\* | 100 Butterfly | 1:00.29\* | 1:06.39 | 1:07.29 |
| 2:44.19 | 2:42.59 | 2:26.79\* | 200 Butterfly | 2:20.69\* | 2:33.79 | 2:35.39 |
| 2:39.99 | 2:35.79 | 2:20.59\* | 200 Individual Medley | 2:13.09\* | 2:26.99 | 2:30.99 |
| 5:44.19 | 5:34.69 | 5:02.19\* | 400 Individual Medley | 4:49.99\* | 5:16.69 | 5:25.69 |
| 4:36.99 | 4:30.99 | 4:03.99 | 400 Freestyle Relay | 3:57.99 | 4:23.99 | 4:29.99 |
| 10:01.89 | 9:49.99 | 8:51.99 | 800 Freestyle Relay | 8:41.99 | 9:38.99 | 9:50.99 |
| 5:03.99 | 4:55.99 | 4:25.99 | 400 Medley Relay | 4:24.99 | 4:54.99 | 5:02.99 |

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| **GIRLS** | **EVENT** | **BOYS** |
| **LCM** | **SCM** | **SCY** | **OPEN** | **SCY** | **SCM** | **LCM** |
| 28.59 | 28.09 | 25.19 | 50 Freestyle | 22.99\* | 25.49 | 25.89 |
| 1:01.69 | 1:00.59 | 54.49 | 100 Freestyle | 49.79\* | 55.19 | 56.19 |
| 2:13.99 | 2:11.19 | 1:58.59\* | 200 Freestyle | 1:50.39\* | 2:01.29 | 2:03.79 |
| 4:44.69 | 4:37.09 | 5:20.29\* | 500/400 Freestyle | 5:01.39\* | 4:19.59 | 4:26.79 |
| 9:58.99 | 9:46.99 | 11:17.89\* | 1,000/800 Freestyle | 10:39.79 | 9:14.89 | 9:26.79 |
| 19:11.39 | 18:39.59 | 19:07.69\* | 1,650/1,500 Freestyle | 18:10.49 | 17:56.59 | 18:27.19 |
| 1:10.59 | 1:08.49 | 1:01.79\* | 100 Backstroke | 57.69\* | 1:03.49 | 1:05.49 |
| 2:30.99 | 2:27.09 | 2:13.09\* | 200 Backstroke | 2:06.09\* | 2:18.29 | 2:21.89 |
| 1:20.79 | 1:19.09 | 1:11.49\* | 100 Breaststroke | 1:05.39\* | 1:12.49 | 1:14.09 |
| 2:55.29 | 2:53.09 | 2:36.59\* | 200 Breaststroke | 2:25.89\* | 2:39.49 | 2:41.49 |
| 1:08.99 | 1:07.99 | 1:01.49\* | 100 Butterfly | 55.89\* | 1:01.69 | 1:02.59 |
| 2:36.39 | 2:34.79 | 2:20.19\* | 200 Butterfly | 2:10.79\* | 2:23.09 | 2:24.59 |
| 2:34.19 | 2:30.09 | 2:15.89\* | 200 Individual Medley | 2:04.69\* | 2:17.19 | 2:20.99 |
| 5:31.79 | 5:22.59 | 4:52.19\* | 400 Individual Medley | 4:34.69\* | 4:52.59 | 5:10.69 |
| 4:17.99 | 4:12.99 | 3:47.99 | 400 Freestyle Relay | 3:29.99 | 3:52.99 | 3:57.99 |
| 9:24.99 | 9:12.99 | 8:18.99 | 800 Freestyle Relay | 7:43.99 | 8:34.99 | 8:44.99 |
| 4:59.99 | 4:50.99 | 4:21.99 | 400 Medley Relay | 4:04.99 | 4:31.99 | 4:39.99 |

**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.**

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