

**Attachment 7 -- 2010 MS Swim Guide
Michigan Swimming, Inc.
2010 MS 13-14 & Open Short Course State Championship Meet Standards
Q1 Time Standards**

Qualifying Period: January 1, 2009 to entry deadline

Revised September 2009

13-14 WOMEN			EVENT	13-14 MEN		
LCM	SCM	SCY		SCY	SCM	LCM
30.59	29.79	26.69	50 Freestyle	25.29	28.49	29.29
1:05.99	1:05.09	57.79*	100 Freestyle	55.09	1:03.49	1:05.39
2:22.99	2:21.29	2:05.09*	200 Freestyle	2:01.09	2:16.89	2:20.09
4:59.89	4:54.89	5:32.99*	400/500 Freestyle	5:25.09	4:49.79	4:59.59
10:20.99	10:06.49	11:35.99*	800/1000 Freestyle	11:19.99*	9:59.79	10:20.19
19:54.09	19:20.49	19:35.99*	1500/1650 Freestyle	19:17.99*	19:11.69	19:50.99
1:16.99	1:15.39	1:05.99*	100 Backstroke	1:04.09	1:13.89	1:16.09
2:44.29	2:40.89	2:21.59*	200 Backstroke	2:18.69*	2:38.79	2:43.49
1:27.89	1:24.79	1:13.99	100 Breaststroke	1:12.49	1:23.99	1:26.99
3:09.89	3:03.29	2:41.99	200 Breaststroke	2:38.09	3:04.79	3:11.49
1:16.59	1:16.19	1:05.59*	100 Butterfly	1:03.39*	1:16.09	1:15.99
2:57.99	3:02.69	2:27.99*	200 Butterfly	2:30.69	3:01.19	3:04.49
2:45.29	2:39.59	2:22.69	200 IM	2:17.39	2:38.29	2:43.99
5:55.39	5:46.09	5:03.89*	400 IM	4:59.99*	5:43.59	5:53.79
4:31.99	4:22.79	4:05.89	400 Free Relay	3:59.99	4:22.19	4:31.59
9:43.49	9:24.29	8:55.99	800 Free Relay	8:45.99	9:24.49	9:48.69
5:22.59	5:11.39	4:35.99	400 Medley Relay	4:30.99	5:18.49	5:29.89

OPEN WOMEN			EVENT	OPEN MEN		
LCM	SCM	SCY		SCY	SCM	LCM
29.69	28.89	25.89	50 Freestyle	23.49	25.79	26.49
1:03.69	1:02.79	55.99*	100 Freestyle	50.89*	56.49	58.09
2:17.99	2:15.39	2:01.29*	200 Freestyle	1:51.89	2:05.19	2:08.09
4:53.19	4:45.79	5:25.29*	400/500 Freestyle	5:03.99*	4:26.49	4:35.49
10:08.09	9:48.09	11:20.99*	800/1000 Freestyle	10:40.19	9:25.49	9:44.79
19:30.99	18:52.39	18:58.89	1500/1650 Freestyle	18:10.49	18:13.69	18:50.99
1:15.39	1:13.29	1:04.59	100 Backstroke	59.19	1:08.09	1:10.09
2:40.99	2:36.39	2:18.59*	200 Backstroke	2:09.19*	2:28.19	2:31.89
1:24.49	1:21.59	1:13.09*	100 Breaststroke	1:06.69	1:16.99	1:19.69
3:02.89	2:56.49	2:39.69*	200 Breaststroke	2:27.99*	2:52.49	2:58.69
1:11.29	1:10.49	1:02.99	100 Butterfly	57.09	1:05.39	1:06.09
2:48.89	2:45.89	2:23.39	200 Butterfly	2:15.99*	2:35.89	2:41.49
2:38.99	2:33.69	2:18.29*	200 IM	2:06.99*	2:21.09	2:25.99
5:43.99	5:36.79	4:54.29*	400 IM	4:40.99*	5:19.39	5:25.99
4:17.69	4:08.49	3:52.89	400 Freestyle Relay	3:31.99*	3:46.69	3:54.89
9:23.49	9:04.59	8:29.99	800 Freestyle Relay	7:47.99*	8:32.69	8:49.89
5:08.69	04:58.0	4:25.99	400 Medley Relay	4:08.99*	4:39.19	4:48.19

* = standard revised this year

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.