

**ATTACHMENT 2 -- 2010 MS Swim Guide  
Michigan Swimming, Inc.  
A,B,C Short Course Yard Invitational Meet Standards**

September 2009

<b>Female</b>		<b>8 &amp; Under</b>	<b>Male</b>	
<b>B</b>			<b>B</b>	
19.09		25 Freestyle	19.09	
44.49		50 Freestyle	44.49	
1:43.49		100 Freestyle	1:43.49	
24.59		25 Backstroke	24.59	
54.59		50 Backstroke	54.59	
28.69		25 Breaststroke	28.69	
1:02.99		Breaststroke	1:02.99	
26.19		25 Butterfly	26.19	
58.49		50 Butterfly	58.49	
1:55.99		100 Individual Medley	1:55.99	

<b>Female</b>		<b>10 &amp; Under</b>	<b>Male</b>	
<b>B</b>	<b>A</b>		<b>A</b>	<b>B</b>
38.79	33.79	50 Freestyle	33.29	38.19
1:28.99	1:15.89	100 Freestyle	1:14.19	1:29.99
3:11.99	2:46.99	200 Freestyle	2:44.99	3:11.29
9:06.19	7:44.89	500 Freestyle	7:42.99	8:58.59
46.99	41.09	50 Backstroke	40.29	46.49
1:44.49	1:30.49	100 Backstroke	1:28.99	1:43.99
51.59	44.99	50 Breaststroke	45.49	51.69
1:54.99	1:37.99	100 Breaststroke	1:38.89	1:51.99
48.99	40.09	50 Butterfly	39.99	50.49
1:52.99	1:34.99	100 Butterfly	1:32.99	1:52.99
1:39.49	1:26.49	100 Individual Medley	1:24.99	1:39.99
3:40.99	3:11.99	200 Individual Medley	3:11.99	3:44.19

<b>Female</b>		<b>11-12</b>	<b>Male</b>	
<b>B</b>	<b>A</b>		<b>A</b>	<b>B</b>
34.09	29.99	50 Freestyle	29.99	34.29
1:16.79	1:05.99	100 Freestyle	1:05.99	1:16.99
2:48.99	2:23.39	200 Freestyle	2:22.99	2:48.99
7:25.59	6:19.99	500 Freestyle	6:17.99	7:21.99
40.99	36.29	50 Backstroke	36.29	42.19
1:30.49	1:18.99	100 Backstroke	1:18.29	1:32.99
3:22.29	2:55.89	200 Backstroke	2:55.09	3:32.99
45.49	39.69	50 Breaststroke	39.39	46.19
1:38.99	1:25.49	100 Breaststroke	1:26.19	1:40.99
3:41.09	3:11.89	200 Breaststroke	3:12.89	3:45.79
40.49	33.99	50 Butterfly	34.09	41.99
1:35.99	1:18.49	100 Butterfly	1:19.09	1:38.99
3:33.29	2:56.29	200 Butterfly	2:56.89	3:40.69
1:26.99	1:15.99	100 Individual Medley	1:16.49	1:27.99
3:09.99	2:44.49	200 Individual Medley	2:44.69	3:11.99
6:49.69	6:06.59	400 Individual Medley	6:07.09	7:09.99

**"C" standards are anything slower than "B" cutoffs**

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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>
32.59	28.19	50 Freestyle	27.09	30.49
1:09.99	1:01.69	100 Freestyle	59.09	1:06.99
2:35.99	2:16.09	200 Freestyle	2:09.99	2:27.99
6:49.99	6:13.99	500 Freestyle	5:54.99	6:34.99
14:59.99	13:09.99	1000 Freestyle	12:39.99	13:59.99
25:59.99	22:34.99	1650 Freestyle	21:19.99	23:44.99
1:24.99	1:13.49	100 Backstroke	1:12.49	1:20.99
3:05.99	2:40.99	200 Backstroke	2:33.99	2:59.99
1:34.49	1:21.99	100 Breaststroke	1:18.49	1:27.99
3:22.49	2:56.99	200 Breaststroke	2:52.99	3:11.99
1:24.49	1:11.99	100 Butterfly	1:08.99	1:22.99
3:22.99	2:44.99	200 Butterfly	2:39.99	3:09.99
3:00.99	2:34.99	200 Individual Medley	2:29.99	2:53.49
6:31.99	5:36.99	400 Individual Medley	5:21.99	6:19.99

<b>Female</b>		<b>Open</b>	<b>Male</b>	
<b>B</b>	<b>A</b>		<b>A</b>	<b>B</b>
32.59	28.39	50 Freestyle	26.39	30.49
1:09.99	1:01.49	100 Freestyle	57.09	1:06.99
2:35.99	2:13.99	200 Freestyle	2:06.99	2:27.99
6:49.99	5:59.99	500 Freestyle	5:44.99	6:34.99
14:59.99	12:59.99	1000 Freestyle	12:19.99	13:59.99
25:59.99	22:34.99	1650 Freestyle	20:39.99	23:44.99
1:24.99	1:12.99	100 Backstroke	1:09.99	1:20.99
3:05.99	2:39.99	200 Backstroke	2:31.99	2:59.99
1:34.49	1:21.99	100 Breaststroke	1:15.49	1:27.99
3:22.49	2:55.99	200 Breaststroke	2:44.99	3:11.99
1:24.49	1:10.49	100 Butterfly	1:05.99	1:22.99
3:22.99	2:44.99	200 Butterfly	2:32.99	3:09.99
3:00.99	2:33.49	200 Individual Medley	2:24.99	2:53.49
6:31.99	5:34.99	400 Individual Medley	5:14.99	6:19.99