

Attachment 5 -- 2010 MS Swim Guide
Michigan Swimming, Inc.
2010 MS Junior Olympic Short Course Championship Meet Standards
Q2 Time Standards

Qualifying Period: January 1, 2009 to entry deadline

September 2009

| 10 & Under GIRLS | | | 10 & Under BOYS | | |
|-----------------------------|------------------------------------|------------------|------------------------------------|--------------------|--|
| SCY | | | SCY | | |
| (Q1) | (Q2) | EVENT | (Q2) | (Q1) | |
| Slower than | Faster than or equal to | | Faster than or equal to | Slower than | |
| 31.69 | 33.59 | 50 Freestyle | 34.59 | 31.59 | |
| 1:09.49 | 1:15.99 | 100 Freestyle | 1:19.09 | 1:10.29 | |
| 2:31.59 | 2:50.09 | 200 Freestyle | 2:55.69 | 2:35.29 | |
| 6:50.59* | 7:42.89 | 500 Freestyle | 8:05.99 | 6:56.99 | |
| 37.29 | 40.39 | 50 Backstroke | 41.69 | 37.99 | |
| 1:20.29 | 1:27.79 | 100 Backstroke | 1:32.29 | 1:21.49 | |
| 42.09* | 45.59 | 50 Breaststroke | 48.09 | 43.69 | |
| 1:32.49 | 1:42.79 | 100 Breaststroke | 1:44.29 | 1:35.09 | |
| 35.89 | 39.79 | 50 Butterfly | 42.69 | 37.19* | |
| 1:26.29 | 1:40.99 | 100 Butterfly | 1:40.59 | 1:31.29* | |
| 1:19.99* | 1:26.59 | 100 IM | 1:30.99 | 1:21.89 | |
| 2:54.39 | 3:16.09 | 200 IM | 3:24.69 | 2:57.09 | |

| 11-12 GIRLS | | | 11-12 BOYS | | |
|--------------------|------------------------------------|------------------|------------------------------------|--------------------|--|
| SCY | | | SCY | | |
| (Q1) | (Q2) | EVENT | (Q2) | (Q1) | |
| Slower than | Faster than or equal to | | Faster than or equal to | Slower than | |
| 27.89* | 29.09 | 50 Freestyle | 30.59 | 28.29 | |
| 1:00.79 | 1:05.09 | 100 Freestyle | 1:09.19 | 1:02.09 | |
| 2:13.39 | 2:24.39 | 200 Freestyle | 2:32.99 | 2:14.59* | |
| 5:53.49 | 6:27.99 | 500 Freestyle | 6:42.19 | 6:01.89 | |
| 32.59 | 35.09 | 50 Backstroke | 37.09 | 33.29* | |
| 1:10.09* | 1:16.39 | 100 Backstroke | 1:20.19 | 1:11.69* | |
| 2:31.19 | 2:48.09 | 200 Backstroke | 3:09.59 | 2:34.79 | |
| 36.59 | 39.99 | 50 Breaststroke | 41.99 | 37.79* | |
| 1:20.19 | 1:27.69 | 100 Breaststroke | 1:32.09 | 1:21.69* | |
| 2:51.99* | 3:11.09 | 200 Breaststroke | 3:25.79 | 2:59.99* | |
| 31.19* | 34.19 | 50 Butterfly | 36.29 | 32.29 | |
| 1:11.29 | 1:22.99 | 100 Butterfly | 1:26.69 | 1:13.99* | |
| 2:45.49 | 3:12.59 | 200 Butterfly | 3:23.99 | 2:55.89 | |
| 1:10.79 | 1:16.29 | 100 IM | 1:20.29 | 1:12.89* | |
| 2:32.89* | 2:47.59 | 200 IM | 2:55.69 | 2:35.49* | |
| 5:25.59 | 6:19.89 | 400 IM | 6:30.89 | 5:36.19* | |

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* = standard revised this year

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| 13-18 WOMEN | | 13-18 MEN | |
|--------------------|------------------------------------|------------------------------------|--------------------|
| SCY | | SCY | |
| (Q1) | (Q2) | (Q2) | (Q1) |
| Slower than | Faster than or equal to | Faster than or equal to | Slower than |
| EVENT | | | |
| 26.69 | 27.59 | 50 Free, 13-14 | 27.09 |
| 25.89 | 27.59 | 50 Free, 15-18 | 27.09 |
| 57.79* | 59.89 | 100 Free, 13-14 | 58.89 |
| 55.99* | 59.89 | 100 Free, 15-18 | 58.89 |
| 2:05.09* | 2:11.69 | 200 Free, 13-14 | 2:11.09 |
| 2:01.29* | 2:11.69 | 200 Free, 15-18 | 2:11.09 |
| 5:32.99* | 5:50.99 | 500 Free, 13-14 | 5:53.69 |
| 5:25.29* | 5:50.99 | 500 Free, 15-18 | 5:53.69 |
| 11:35.99* | 12:33.39* | 1000 Free, 13-14 | 12:35.59* |
| 11:20.99* | 12:33.39* | 1000 Free, 15-18 | 12:35.59* |
| 19:35.99* | 20:57.09 | 1650 Free, 13-14 | 21:19.99 |
| 18:58.89 | 20:57.09 | 1650 Free, 15-18 | 21:19.99 |
| 1:05.99* | 1:09.59 | 100 Back, 13-14 | 1:10.99 |
| 1:04.59 | 1:09.59 | 100 Back, 15-18 | 1:10.99 |
| 2:21.59* | 2:29.89 | 200 Back, 13-14 | 2:35.99 |
| 2:18.59* | 2:29.89 | 200 Back, 15-18 | 2:35.99 |
| 1:13.99 | 1:20.69 | 100 Breast, 13-14 | 1:19.49 |
| 1:13.09* | 1:20.69 | 100 Breast, 15-18 | 1:19.49 |
| 2:41.99 | 2:55.09 | 200 Breast, 13-14 | 2:54.49 |
| 2:39.69* | 2:55.09 | 200 Breast, 15-18 | 2:54.49 |
| 1:05.59* | 1:10.29 | 100 Fly, 13-14 | 1:09.99 |
| 1:02.99 | 1:10.29 | 100 Fly, 15-18 | 1:09.99 |
| 2:27.99* | 2:48.59 | 200 Fly, 13-14 | 2:41.99 |
| 2:23.39 | 2:48.59 | 200 Fly, 15-18 | 2:41.99 |
| 2:22.69 | 2:28.99 | 200 IM, 13-14 | 2:28.99 |
| 2:18.29* | 2:28.99 | 200 IM, 15-18 | 2:28.99 |
| 5:03.89* | 5:26.89 | 400 IM, 13-14 | 5:24.99 |
| 4:54.29* | 5:26.89 | 400 IM, 15-18 | 5:24.99 |

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