

**Attachment 7 -- 2011 MS Swim Guide  
Michigan Swimming, Inc.  
2011 MS 13-14 & Open Short Course State Championship Meet Standards  
Q1 Time Standards**

**Qualifying Period: January 1, 2010 to entry deadline**

Posted October 2010

<b>13-14 WOMEN</b>			<b>EVENT</b>	<b>13-14 MEN</b>		
<b>LCM</b>	<b>SCM</b>	<b>SCY</b>		<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
30.29*	29.79	26.39*	50 Freestyle	25.29	28.49	29.29
1:05.29*	1:05.09	57.09*	100 Freestyle	54.89*	1:03.49	1:05.19*
2:21.79*	2:21.29	2:03.89*	200 Freestyle	1:59.99*	2:16.89	2:18.79*
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
1:16.19*	1:15.39	1:05.09*	100 Backstroke	1:04.09	1:13.89	1:16.09
2:44.29	2:40.89	2:21.59	200 Backstroke	2:18.09*	2:38.79	2:42.79*
1:27.79	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	1:02.39*	1:16.09	1:14.99*
2:57.99	3:02.69	2:27.99	200 Butterfly	2:26.69*	3:01.19	2:59.99*
2:44.09*	2:39.59	2:22.09*	200 IM	2:16.89*	2:38.29	2:42.19*
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
5:17.59*	5:11.39	4:29.99*	400 Medley Relay	4:30.99	5:18.49	5:29.89

  

<b>OPEN WOMEN</b>			<b>EVENT</b>	<b>OPEN MEN</b>		
<b>LCM</b>	<b>SCM</b>	<b>SCY</b>		<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
29.39*	28.89	25.79*	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
1:14.89*	1:13.29	1:03.99*	100 Backstroke	59.19	1:08.09	1:09.59
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	1:05.29
2:48.89	2:45.89	2:23.39	200 Butterfly	2:15.99	2:35.89	2:41.49
2:38.79*	2:33.69	2:18.09*	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
9:17.49*	9:04.59	8:22.99*	800 Freestyle Relay	7:47.99	8:32.69	8:49.89
5:08.69	4:57.99	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.**