

**ATTACHMENT 3 -- 2009 MS Swim Guide**  
**Michigan Swimming, Inc.**  
**A, B, C Long Course Meter Invitational Meet Standards**

Posted October 2008

**8 & Under**

<b>GIRLS</b>			<b>BOYS</b>	
<b>B</b>			<b>B</b>	
50.19		50 Freestyle		50.19
1:58.39		100 Freestyle		1:58.39
1:01.59		50 Backstroke		1:01.59
1:11.09		50 Breaststroke		1:11.09
1:05.99		50 Butterfly		1:05.99

**10 & Under**

<b>GIRLS</b>			<b>BOYS</b>	
<b>B</b>	<b>A</b>		<b>A</b>	<b>B</b>
43.69	38.09	50 Freestyle	37.59	43.09
1:41.79	1:26.79	100 Freestyle	1:27.59	1:39.49
3:38.09	3:09.79	200 Freestyle	3:07.49	3:37.39
8:27.29	7:05.99	400 Freestyle	7:07.99	8:23.59
52.99	46.39	50 Backstroke	45.49	52.49
1:59.49	1:43.49	100 Backstroke	1:41.79	1:58.89
58.19	50.79	50 Breaststroke	51.29	58.29
2:11.49	1:52.09	100 Breaststroke	1:53.09	2:08.09
55.19	45.19	50 Butterfly	45.09	56.89
2:09.19	1:48.59	100 Butterfly	1:46.29	2:09.19
4:11.09	3:38.19	200 Individual Medley	3:38.19	4:14.69

**11-12**

<b>GIRLS</b>			<b>BOYS</b>	
<b>B</b>	<b>A</b>		<b>A</b>	<b>B</b>
38.49	33.79	50 Freestyle	33.79	38.69
1:27.79	1:15.49	100 Freestyle	1:15.49	1:28.09
3:11.99	2:42.99	200 Freestyle	2:42.49	3:11.99
6:37.59	5:39.09	400 Freestyle	5:37.29	6:34.39
46.29	40.99	50 Backstroke	40.99	47.59
1:43.49	1:30.29	100 Backstroke	1:29.49	1:46.29
3:43.69	3:14.99	200 Backstroke	3:19.09	3:56.99
51.29	44.79	50 Breaststroke	44.39	52.09
1:53.19	1:37.79	100 Breaststroke	1:38.59	1:55.49
4:03.59	3:34.39	200 Breaststroke	3:38.29	4:11.19
45.69	38.39	50 Butterfly	38.49	47.39
1:49.79	1:29.79	100 Butterfly	1:30.39	1:53.09
4:10.29	3:33.29	200 Butterfly	3:30.89	4:14.69
3:35.89	3:06.89	200 Individual Medley	3:07.09	3:38.09
7:29.69	6:46.59	400 Individual Medley	6:41.09	7:43.99

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

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**13-14**

<b>WOMEN</b>			<b>MEN</b>	
<b>B</b>	<b>A</b>		<b>A</b>	<b>B</b>
36.79	31.79	50 Freestyle	30.59	34.39
1:21.19	1:10.49	100 Freestyle	1:07.59	1:16.59
2:57.29	2:34.59	200 Freestyle	2:27.69	2:48.19
6:05.59	5:33.79	400 Freestyle	5:16.79	5:52.49
13:36.49	11:44.99	800 Freestyle	11:18.19	12:29.59
26:34.49	23:04.79	1500 Freestyle	21:48.29	24:16.39
1:37.79	1:23.99	100 Backstroke	1:22.89	1:32.59
3:31.39	3:02.89	200 Backstroke	2:54.99	3:24.49
1:48.09	1:33.79	100 Breaststroke	1:29.79	1:40.59
3:50.09	3:21.09	200 Breaststroke	3:16.49	3:38.19
1:36.69	1:22.29	100 Butterfly	1:18.89	1:34.89
3:50.69	3:07.49	200 Butterfly	3:01.79	3:35.89
3:25.69	2:56.09	200 Individual Medley	2:50.39	3:17.19
7:25.39	6:22.89	400 Individual Medley	6:05.79	7:11.69

**Open**

<b>WOMEN</b>			<b>MEN</b>	
<b>B</b>	<b>A</b>		<b>A</b>	<b>B</b>
36.79	32.09	50 Freestyle	29.79	34.39
1:21.19	1:10.29	100 Freestyle	1:05.29	1:16.59
2:57.29	2:32.29	200 Freestyle	2:24.29	2:48.19
6:05.89	5:21.29	400 Freestyle	5:07.89	5:52.49
13:36.49	11:35.99	800 Freestyle	11:00.29	12:29.59
26:34.39	23:04.79	1500 Freestyle	21:07.29	24:16.39
1:37.39	1:23.49	100 Backstroke	1:19.99	1:32.59
3:31.39	3:01.79	200 Backstroke	2:52.69	3:24.49
1:48.09	1:33.29	100 Breaststroke	1:24.29	1:40.59
3:50.09	3:19.99	200 Breaststroke	3:07.49	3:38.19
1:38.69	1:20.59	100 Butterfly	1:15.99	1:34.89
3:50.69	3:07.49	200 Butterfly	2:53.79	3:35.89
3:25.69	2:54.39	200 Individual Medley	2:44.79	3:17.19
7:25.39	6:20.59	400 Individual Medley	5:57.89	7:11.69