

**Attachment 8 -- 2008 MS Swim Guide  
Michigan Swimming, Inc.  
Long Course State Championship Meet Standards**

**Time Standards for 2008 Michigan Swimming Long Course State Championship Meet (Q1 Times)  
Qualifying Period: August 2, 2007 to entry deadline**

**Revised 17 June 2008**

GIRLS			10 & UNDER EVENT	BOYS		
SCY	SCM	LCM		LCM	SCM	SCY
31.89*	36.39*	37.39*	50 Freestyle	37.49*	36.49*	31.89*
1:10.89	1:19.49*	1:21.79*	100 Freestyle	1:22.69*	1:20.29*	1:10.99*
2:34.79*	2:56.09*	3:00.19*	200 Freestyle	2:58.79*	2:54.69*	2:33.99*
6:56.59*	6:07.59*	6:20.09*	400/500 Freestyle	6:39.09*	6:25.99*	6:58.29*
37.39	42.99*	44.19*	50 Backstroke	45.29*	43.99*	38.19
1:21.09*	1:34.39*	1:37.19*	100 Backstroke	1:39.39*	1:36.59*	1:22.59
42.69*	49.69*	51.09*	50 Breaststroke	52.19*	50.69*	44.09*
1:32.59*	1:44.69*	1:48.39*	100 Breaststroke	1:54.79*	1:50.79*	1:36.59*
36.79*	42.59*	43.79*	50 Butterfly	45.59*	44.29*	37.89
1:27.59*	1:45.19*	1:46.39*	100 Butterfly	1:50.79	1:49.49	1:30.29*
2:56.89*	3:17.39*	3:24.49*	200 IM	3:31.89*	3:24.49*	3:00.09*
2:15.99*	2:31.79*	2:37.29*	200 Free Relay**	2:37.99*	2:32.49*	2:16.59*
2:35.99*	2:54.19*	3:02.09*	200 Medley Relay**	3:13.89*	3:05.39*	2:46.09*

  

GIRLS			11-12 EVENT	BOYS		
SCY	SCM	LCM		LCM	SCM	SCY
28.19	31.49*	32.39*	50 Freestyle	33.49*	32.59*	28.39
1:00.99*	1:08.39*	1:10.39*	100 Freestyle	1:13.59*	1:11.49*	1:01.69*
2:10.99*	2:28.29*	2:31.59*	200 Freestyle	2:40.29*	2:36.69*	2:14.99*
5:48.99*	5:06.19*	5:16.59*	400/500 Freestyle	5:23.09*	5:12.49*	5:55.19*
32.89*	36.89*	37.99*	50 Backstroke	39.99*	38.89*	33.99
1:09.99*	1:20.29*	1:22.69*	100 Backstroke	1:27.39*	1:24.89*	1:12.29*
2:29.99*	2:51.89*	2:56.99*	200 Backstroke	3:02.39*	2:57.19*	2:34.89*
36.59	41.59*	42.79*	50 Breaststroke	45.79	44.49	38.39*
1:20.19*	1:28.79*	1:31.99*	100 Breaststroke	1:41.49	1:37.99*	1:24.99*
2:53.89*	3:15.49*	3:22.49*	200 Breaststroke	3:39.99*	3:32.29*	3:03.69*
31.29*	35.09*	36.09*	50 Butterfly	38.09*	36.99*	32.59
1:10.99*	1:22.19*	1:23.19*	100 Butterfly	1:29.89*	1:28.89*	1:15.29
2:43.99*	3:19.49*	3:23.09*	200 Butterfly	3:31.29	3:27.49	2:50.69
2:29.99*	2:47.99*	2:53.99*	200 IM	3:01.09*	2:54.99*	2:36.99*
5:22.99*	6:05.99*	6:16.89*	400 IM	6:41.79*	6:30.19*	5:44.59*
1:54.19*	2:07.49*	2:12.09*	200 Free Relay**	2:19.89*	2:15.09*	2:00.99*
2:08.99*	2:23.99*	2:30.59*	200 Medley Relay**	2:39.89*	2:32.89*	2:16.99*

\* = changed from 2007 standard

\*\* 10 & U and 11-12 age groups will use the 200 Free Relay and the 200 Medley Relay standards as qualifying times for the 400 Free and the 400 Medley Relays at this meet.

**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.**

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Long Course State Championship Meet Standards**

**Time Standards for 2008 Michigan Swimming Long Course State Championship Meet (Q1 Times)  
Qualifying Period: August 2, 2007 to entry deadline**

<b>WOMEN</b>			<b>13-14 EVENT</b>	<b>MEN</b>		
<b>SCY</b>	<b>SCM</b>	<b>LCM</b>		<b>LCM</b>	<b>SCM</b>	<b>SCY</b>
26.39*	29.79*	30.59*	50 Freestyle	29.29*	28.49*	25.49
57.89*	1:05.09*	1:06.99*	100 Freestyle	1:05.39*	1:03.49*	55.39
2:05.09*	2:21.29*	2:24.59*	200 Freestyle	2:20.09*	2:16.89*	2:00.19*
5:36.99*	4:54.89*	5:04.89*	400/500 Freestyle	4:59.59*	4:49.79*	5:29.99*
11:32.99*	10:06.49*	10:27.09*	800/1000 Freestyle	10:20.19*	9:59.79*	11:05.99*
19:36.99*	19:20.49*	20:00.09*	1500/1650 Freestyle	19:50.99*	19:11.69*	19:09.39*
1:04.99*	1:15.39*	1:17.59*	100 Backstroke	1:16.09*	1:13.89*	1:02.99*
2:20.69*	2:40.89*	2:45.69*	200 Backstroke	2:43.49*	2:38.79*	2:18.89*
1:15.19*	1:24.79*	1:27.79*	100 Breaststroke	1:26.99*	1:23.99*	1:13.49*
2:42.99*	3:03.29*	3:09.89*	200 Breaststroke	3:11.49*	3:04.79*	2:39.99*
1:05.99*	1:16.19*	1:17.09*	100 Butterfly	1:16.99*	1:16.09*	1:04.99*
2:30.99*	3:02.69*	3:05.99*	200 Butterfly	3:04.49*	3:01.19*	2:32.79*
2:21.99*	2:39.59*	2:45.29*	200 IM	2:43.99*	2:38.29*	2:19.59*
5:05.99*	5:46.09*	5:56.39*	400 IM	5:53.79*	5:43.59*	5:03.99*
4:05.89*	4:22.79*	4:31.99*	400 Free Relay	4:31.59*	4:22.19*	4:05.59*
8:51.99*	9:24.29*	9:43.49*	800 Free Relay	9:48.69*	9:29.49*	8:55.69*
4:38.99*	5:11.39*	5:22.59*	400 Medley Relay	5:29.89*	5:18.49*	4:45.29*

<b>WOMEN</b>			<b>OPEN EVENT</b>	<b>MEN</b>		
<b>SCY</b>	<b>SCM</b>	<b>LCM</b>		<b>LCM</b>	<b>SCM</b>	<b>SCY</b>
25.99	28.89*	29.69	50 Freestyle	26.49*	25.79*	22.99*
55.79*	1:02.79*	1:04.59	100 Freestyle	58.09*	56.49*	50.19*
2:01.09*	2:15.39*	2:18.49*	200 Freestyle	2:08.09*	2:05.19*	1:50.99*
5:25.99*	4:45.79*	4:55.49*	400/500 Freestyle	4:35.49*	4:26.49*	5:01.49*
11:11.99*	9:48.09*	10:08.09*	800/1000 Freestyle	9:44.79*	9:25.49*	10:41.99*
18:50.09*	18:52.39*	19:30.99*	1500/1650 Freestyle	18:50.99*	18:13.69*	17:59.99*
1:03.99*	1:13.29*	1:15.39	100 Backstroke	1:10.09*	1:08.09*	58.59*
2:17.19*	2:36.39*	2:41.49*	200 Backstroke	2:32.59*	2:28.19*	2:09.59*
1:12.39*	1:21.59*	1:24.49*	100 Breaststroke	1:19.69*	1:16.99*	1:06.99*
2:36.99*	2:56.49*	3:02.89*	200 Breaststroke	2:58.69*	2:52.49*	2:26.99*
1:02.99*	1:10.49*	1:11.29*	100 Butterfly	1:06.09	1:05.39*	56.99*
2:24.99*	2:45.89*	2:48.89*	200 Butterfly	2:41.49*	2:38.59*	2:18.99*
2:17.79*	2:33.69*	2:39.19*	200 IM	2:26.19*	2:21.09*	2:05.99*
4:54.99*	5:36.79*	5:46.79*	400 IM	5:28.89*	5:19.39*	4:39.99*
3:51.89*	4:08.49*	4:17.69*	400 Freestyle Relay	3:55.89*	3:46.69*	3:29.99*
8:30.79*	9:04.59*	9:23.49*	800 Freestyle Relay	8:51.89*	8:32.69*	7:59.99*
4:26.99*	4:57.99*	5:08.69*	400 Medley Relay	4:49.19*	4:39.19*	4:10.09*

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