

Attachment 8 -- 2006 MS Swim Guide
Michigan Swimming, Inc.
Long Course State Championship Meet Standards

Time Standards for 2006 Michigan Swimming Long Course State Championship Meet (Q1 Times)
Qualifying Period: August 4, 2005 to entry deadline

Revised 24 May 2006

GIRLS			10 & UNDER	BOYS		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
31.69*	35.39*	37.59*	50 Freestyle	38.39*	35.99*	32.19*
1:10.99*	1:19.29*	1:23.89*	100 Freestyle	1:25.79*	1:20.39*	1:11.99*
2:35.59	2:53.69	3:03.79*	200 Freestyle	3:09.49*	2:54.99	2:36.79
6:56.59*	6:04.49*	6:52.89	400/500 Freestyle	7:03.09*	6:18.69	7:12.79
37.39*	41.79*	45.09*	50 Backstroke	46.59*	42.69*	38.19*
1:21.79*	1:31.29*	1:37.09	100 Backstroke	1:42.49*	1:32.49*	1:22.79*
42.19*	47.09*	51.19*	50 Breaststroke	52.99*	49.29	44.09
1:33.79*	1:44.69*	1:52.59*	100 Breaststroke	1:56.49*	1:48.09*	1:36.79*
36.79*	41.09*	44.19	50 Butterfly	46.39*	42.49*	37.99*
1:27.99*	1:38.29*	1:51.19*	100 Butterfly	1:50.29*	1:43.79*	1:32.99*
2:57.49	3:18.09	3:30.69*	200 IM	3:39.49*	3:24.99*	3:03.59*
2:18.09	2:34.19	2:38.09	200 Free Relay	2:41.79	2:34.69*	2:18.59*
2:45.99*	3:05.29*	3:16.99	200 Medley Relay	3:18.09	3:07.69	2:48.09

GIRLS			11-12	BOYS		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
28.29*	31.59*	32.69	50 Freestyle	33.89*	32.19*	28.79*
1:01.79*	1:08.99*	1:11.89*	100 Freestyle	1:13.79*	1:09.99	1:02.69
2:14.89	2:30.59	2:36.99*	200 Freestyle	2:41.69*	2:32.09*	2:16.19*
6:01.09*	5:15.99*	5:32.49	400/500 Freestyle	5:46.69*	5:21.99*	6:07.99*
33.19*	37.09*	38.69*	50 Backstroke	40.39	37.69	33.69
1:11.19*	1:19.49*	1:25.19*	100 Backstroke	1:27.39	1:21.09*	1:12.59*
2:33.79	2:51.69	3:02.09*	200 Backstroke	3:12.69	2:59.49*	2:40.79*
36.59	40.89	43.59*	50 Breaststroke	45.29*	43.19	38.69
1:20.39	1:29.79	1:35.59	100 Breaststroke	1:40.79*	1:33.79*	1:23.99*
2:53.89	3:14.09	3:26.69*	200 Breaststroke	3:41.59*	3:25.29*	3:03.89*
31.59*	35.29*	36.49	50 Butterfly	38.09*	36.19*	32.39*
1:12.49*	1:20.99*	1:27.59	100 Butterfly	1:31.39*	1:24.59*	1:15.79*
2:49.39*	3:09.09*	3:28.89*	200 Butterfly	3:30.29*	3:11.89*	2:51.89*
2:33.39	2:51.19	2:59.79	200 IM	3:06.99*	2:56.69*	2:38.29*
5:37.39*	6:16.59*	6:35.99	400 IM	6:48.39*	6:33.19*	5:52.29*
2:01.39*	2:15.49*	2:22.39	200 Free Relay	2:22.79	2:19.29*	2:04.79*
2:21.99*	2:38.49*	2:54.79	200 Medley Relay	2:56.19	2:43.19	2:26.19

* = changed from 2005 standard

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 2005 Michigan Swimming Long Course State Championship Meet (Q1 Times)
Qualifying Period: August 4, 2005 to entry deadline

WOMEN			13-14	MEN		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
26.89	30.09	30.89*	50 Freestyle	30.09	28.59*	25.59*
57.89	1:04.69	1:08.29*	100 Freestyle	1:05.69*	1:02.09*	55.59*
2:06.69*	2:21.49*	2:28.29*	200 Freestyle	2:23.99*	2:17.29*	2:02.99*
5:40.59	4:57.99	5:08.09	400/500 Freestyle	5:06.79*	4:49.09	5:30.39
11:55.49*	10:25.99*	10:55.89*	800/1000 Freestyle	10:46.89*	10:15.09*	11:42.99*
19:56.09*	19:52.59*	21:03.09*	1500/1650 Freestyle	20:21.99*	19:36.49*	19:39.99*
1:07.79	1:15.69	1:19.59*	100 Backstroke	1:16.79*	1:12.59	1:04.99
2:26.49*	2:43.49*	2:50.99*	200 Backstroke	2:46.49*	2:37.69*	2:21.29*
1:15.69*	1:24.49*	1:29.69*	100 Breaststroke	1:28.99*	1:22.89*	1:14.19*
2:44.09	3:03.19	3:14.09*	200 Breaststroke	3:11.99	3:03.59	2:44.49
1:06.59	1:14.39	1:18.59*	100 Butterfly	1:17.09*	1:12.39*	1:04.79*
2:34.79*	2:52.79*	3:11.79*	200 Butterfly	3:06.09*	2:54.19	2:35.99
2:25.19	2:42.09	2:48.49	200 IM	2:44.69*	2:36.29	2:19.99
5:13.29*	5:49.69*	6:03.59*	400 IM	6:03.09*	5:43.49	5:07.69
4:11.89	not offered	4:37.29	400 Free Relay	4:26.79	not offered	4:05.59*
9:16.09	not offered	10:08.39	800 Free Relay	9:46.09	not offered	8:55.69*
4:58.49	not offered	5:22.89	400 Medley Relay	5:16.59	not offered	4:55.29*

WOMEN			OPEN	MEN		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
26.09	29.19	29.79*	50 Freestyle	26.99	26.29	23.49
56.89	1:03.49	1:04.89	100 Freestyle	59.49	57.59*	51.59*
2:03.19	2:17.49	2:19.99*	200 Freestyle	2:10.19*	2:05.99*	1:52.89*
5:32.59*	4:50.99*	4:59.99	400/500 Freestyle	4:40.29*	4:28.59	5:06.99
11:39.99*	10:12.49*	10:27.29	800/1000 Freestyle	10:00.69	9:41.19*	11:04.29*
19:29.99*	19:26.49*	20:08.49	1500/1650 Freestyle	19:43.89*	18:36.39*	18:39.69*
1:05.99	1:13.69	1:16.29	100 Backstroke	1:11.99*	1:06.69*	59.69*
2:22.39	2:38.99	2:45.79*	200 Backstroke	2:37.79	2:25.89*	2:10.69*
1:13.99	1:22.59	1:27.39*	100 Breaststroke	1:19.69	1:15.79*	1:07.89*
2:42.89	3:01.89	3:11.29*	200 Breaststroke	2:59.99*	2:51.39*	2:33.49*
1:04.09*	1:11.59*	1:13.49*	100 Butterfly	1:06.29*	1:04.09	57.39
2:29.69	2:47.09	2:56.99*	200 Butterfly	2:46.49*	2:33.59*	2:17.59*
2:20.99	2:37.39	2:40.29*	200 IM	2:30.79*	2:22.59*	2:07.69*
5:05.19	5:40.69	5:52.99*	400 IM	5:34.89*	5:18.59*	4:45.39*
4:09.89	not offered	4:35.79	400 Freestyle Relay	4:15.59	not offered	3:53.79*
9:02.79	not offered	9:57.59	800 Freestyle Relay	9:23.49	not offered	8:37.39*
4:56.39	not offered	5:22.09	400 Medley Relay	4:59.99	not offered	4:39.09

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