

Attachment 8 – 2017 MS Swim Guide
Michigan Swimming, Inc.
Long Course State Championship Meet Standards

WOMEN			EVENT	MEN		
SCY	SCM	LCM	13 - 14	LCM	SCM	SCY
26.09*	29.49	29.99	50 Freestyle	28.29	27.79	24.79*
56.59*	1:03.99	1:04.89	100 Freestyle	1:01.69	1:00.79	53.79*
2:02.59*	2:21.19	2:22.19	200 Freestyle	2:14.49	2:13.29	1:57.49*
5:32.49*	4:56.59	5:00.39	400/500 Freestyle	4:47.99	4:44.19	5:19.09*
11:26.59*	10:15.79	10:27.09	800/1000 Freestyle	10:20.19	10:08.89	11.19.19
19:23.49*	19:40.09	20:00.09	1500/1650 Freestyle	19:50.99	19:30.99	19:02.79*
1:03.99*	1:14.19	1:15.69	100 Backstroke	1:12.39	1:10.89	1:01.79*
2:18.09*	2:40.59	2:43.59	200 Backstroke	2:35.69	2:32.89	2:13.69*
1:13.49*	1:24.39	1:25.89	100 Breaststroke	1:21.49	1:19.99	1:08.49*
2:41.39*	3:03.69	3:07.19	200 Breaststroke	2:56.49	2:52.99	2:31.59*
1:03.89*	1:11.99	1:13.29	100 Butterfly	1:09.49	1:08.19	1:00.29*
2:26.79*	2:49.69	2:52.99	200 Butterfly	2:44.79	2:41.49	2:20.69*
2:20.59*	2:39.39	2:42.99	200 Individual Medley	2:33.59	2:29.99	2:13.09*
5:02.19*	5:42.89	5:50.99	400 Individual Medley	5:33.09	5:24.99	4:49.99*
4:03.99*	4:23.79	4:32.99	400 Free Relay	4:32.59	4:23.19	3:57.99*
8:51.99*	9:25.99	9:45.49	800 Free Relay	9:50.69	9:31.49	8:41.99*
4:25.99*	5:12.39	5:23.59	400 Medley Relay	5:30.89	5:19.49	4:24.99*

WOMEN			EVENT	MEN		
SCY	SCM	LCM	OPEN	LCM	SCM	SCY
25.19*	28.49	28.99	50 Freestyle	26.29	25.79	22.99*
54.49*	1:01.79	1:02.69	100 Freestyle	57.29	56.39	49.79*
1:58.59*	2:14.89	2:15.89	200 Freestyle	2:05.59	2:04.59	1:50.39*
5:20.29*	4:45.99	4:49.79	400/500 Freestyle	4:29.69	4:25.89	5:01.39*
11:17.89*	9:56.79	10:08.09	800/1000 Freestyle	9:38.79	9:27.49	10:39.79*
19:07.69*	19:10.99	19:30.99	1500/1650 Freestyle	18:43.99	18:23.99	18:10.49*
1:01.79*	1:10.59	1:12.09	100 Backstroke	1:07.39	1:05.89	57.69*
2:13.09*	2:33.19	2:36.19	200 Backstroke	2:27.79	2:24.79	2:06.09*
1:11.49*	1:22.19	1:23.69	100 Breaststroke	1:15.69	1:14.19	1:05.39*
2:36.59*	3:00.29	3:03.79	200 Breaststroke	2:48.69	2:45.19	2:25.89*
1:01.49*	1:08.89	1:10.19	100 Butterfly	1:03.29	1:01.29	55.89*
2:20.19*	2:41.19	2:44.49	200 Butterfly	2:29.59	2:26.29	2:10.79*
2:15.89*	2:32.19	2:35.79	200 Individual Medley	2:24.19	2:20.59	2:04.69*
4:52.19*	5:33.29	5:41.39	400 Individual Medley	5:20.29	5:12.19	4:34.69*
3:47.99*	4:07.79	4:16.99	400 Freestyle Relay	3:55.89	3:46.69	3:29.99*
8:18.99*	9:04.59	9:23.49	800 Freestyle Relay	8:51.89	8:32.69	7:43.99*
4:21.99*	4:48.99	4:59.69	400 Medley Relay	4:49.19	4:39.19	4:04.99*

Qualifying Period is 1/1/2016 through the entry deadline.

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.

* Standard changed from last year