

**Attachment 5 -- 2010 MS Swim Guide**  
**Michigan Swimming, Inc.**  
**2010 MS Junior Olympic Short Course Championship Meet Standards**  
**Q2 Time Standards**

**Qualifying Period: January 1, 2009 to entry deadline**

September 2009

<b>10 &amp; Under GIRLS</b>		<b>EVENT</b>	<b>10 &amp; Under BOYS</b>	
<b>SCY</b>			<b>SCY</b>	
<b>(Q1)</b> Slower than	<b>(Q2)</b> Faster than or equal to		<b>(Q2)</b> Faster than or equal to	<b>(Q1)</b> Slower than
31.69	33.59	50 Freestyle	34.59	31.59
1:09.49	1:15.99	100 Freestyle	1:19.09	1:10.29
2:31.59	2:50.09	200 Freestyle	2:55.69	2:35.29
6:52.59	7:42.89	500 Freestyle	8:05.99	6:56.99
37.29	40.39	50 Backstroke	41.69	37.99
1:20.29	1:27.79	100 Backstroke	1:32.29	1:21.49
42.39	45.59	50 Breaststroke	48.09	43.69
1:32.49	1:42.79	100 Breaststroke	1:44.29	1:35.09
35.89	39.79	50 Butterfly	42.69	37.79
1:26.29	1:40.99	100 Butterfly	1:40.59	1:32.29
1:20.79	1:26.59	100 IM	1:30.99	1:21.89
2:54.39	3:16.09	200 IM	3:24.69	2:57.09

<b>11-12 GIRLS</b>		<b>EVENT</b>	<b>11-12 BOYS</b>	
<b>SCY</b>			<b>SCY</b>	
<b>(Q1)</b> Slower than	<b>(Q2)</b> Faster than or equal to		<b>(Q2)</b> Faster than or equal to	<b>(Q1)</b> Slower than
28.09	29.09	50 Freestyle	30.59	28.29
1:00.79	1:05.09	100 Freestyle	1:09.19	1:02.09
2:13.39	2:24.39	200 Freestyle	2:32.99	2:15.09
5:53.49	6:27.99	500 Freestyle	6:42.19	6:01.89
32.59	35.09	50 Backstroke	37.09	33.59
1:10.29	1:16.39	100 Backstroke	1:20.19	1:11.99
2:31.19	2:48.09	200 Backstroke	3:09.59	2:34.79
36.59	39.99	50 Breaststroke	41.99	38.09
1:20.19	1:27.69	100 Breaststroke	1:32.09	1:22.69
2:52.99	3:11.09	200 Breaststroke	3:25.79	3:02.79
31.29	34.19	50 Butterfly	36.29	32.29
1:11.29	1:22.99	100 Butterfly	1:26.69	1:14.19
2:45.49	3:12.59	200 Butterfly	3:23.99	2:55.89
1:10.79	1:16.29	100 IM	1:20.29	1:13.19
2:33.19	2:47.59	200 IM	2:55.69	2:35.89
5:25.59	6:19.89	400 IM	6:30.89	5:39.19

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\* = **standard revised this year**

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<b>13-18 WOMEN</b>		<b>13-18 MEN</b>		
<b>SCY</b>		<b>SCY</b>		
<b>(Q1)</b>	<b>(Q2)</b>	<b>(Q2)</b>	<b>(Q1)</b>	
<b>Slower than</b>	<b>Faster than or equal to</b>	<b>Faster than or equal to</b>	<b>Slower than</b>	
<b>EVENT</b>				
26.69	27.59	50 Free, 13-14	27.09	25.29
25.89	27.59	50 Free, 15-18	27.09	23.49
57.99	59.89	100 Free, 13-14	58.89	55.09
56.09	59.89	100 Free, 15-18	58.89	51.09
2:05.49	2:11.69	200 Free, 13-14	2:11.09	2:01.09
2:01.99	2:11.69	200 Free, 15-18	2:11.09	1:51.89
5:34.99	5:50.99	500 Free, 13-14	5:53.69	5:25.09
5:26.29	5:50.99	500 Free, 15-18	5:53.69	5:04.49
11:35.99	12:33.39*	1000 Free, 13-14	12:35.59*	11:19.99
11:20.99	12:33.39*	1000 Free, 15-18	12:35.59*	10:40.19
19:40.99	20:57.09	1650 Free, 13-14	21:19.99	19:20.29
18:58.89	20:57.09	1650 Free, 15-18	21:19.99	18:10.49
1:06.29	1:09.59	100 Back, 13-14	1:10.99	1:04.09
1:04.59	1:09.59	100 Back, 15-18	1:10.99	59.19
2:21.89	2:29.89	200 Back, 13-14	2:35.99	2:19.09
2:19.09	2:29.89	200 Back, 15-18	2:35.99	2:09.89
1:13.99	1:20.69	100 Breast, 13-14	1:19.49	1:12.49
1:12.59	1:20.69	100 Breast, 15-18	1:19.49	1:06.69
2:41.99	2:55.09	200 Breast, 13-14	2:54.49	2:38.09
2:38.69	2:55.09	200 Breast, 15-18	2:54.49	2:29.99
1:06.09	1:10.29	100 Fly, 13-14	1:09.99	1:03.89
1:02.99	1:10.29	100 Fly, 15-18	1:09.99	57.09
2:33.19	2:48.59	200 Fly, 13-14	2:41.99	2:30.69
2:23.39	2:48.59	200 Fly, 15-18	2:41.99	2:16.39
2:22.69	2:28.99	200 IM, 13-14	2:28.99	2:17.39
2:18.99	2:28.99	200 IM, 15-18	2:28.99	2:07.19
5:05.89	5:26.89	400 IM, 13-14	5:24.99	5:00.69
4:55.89	5:26.89	400 IM, 15-18	5:24.99	4:41.39

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