

Attachment 4 -- 2010 MS Swim Guide
Michigan Swimming, Inc.
2010 MS District Short Course Championship Meet Standards
Q3 Time Standards

September 2009

10 & UNDER GIRLS Slower than	EVENT	10 & UNDER BOYS Slower than
33.59	50 Freestyle	34.59
1:15.99	100 Freestyle	1:19.09
2:50.09	200 Freestyle	2:55.69
7:42.89	500 Freestyle	8:05.99
40.39	50 Backstroke	41.69
1:27.79	100 Backstroke	1:32.29
45.59	50 Breaststroke	48.09
1:42.79	100 Breaststroke	1:44.29
39.79	50 Butterfly	42.69
1:40.99	100 Butterfly	1:40.59
1:26.59	100 IM	1:30.99
3:16.09	200 IM	3:24.69
11-12 GIRLS Slower than	EVENT	11-12 BOYS Slower than
29.09	50 Freestyle	30.59
1:05.09	100 Freestyle	1:09.19
2:24.39	200 Freestyle	2:32.99
6:27.99	500 Freestyle	6:42.19
35.09	50 Backstroke	37.09
1:16.39	100 Backstroke	1:20.19
2:48.09	200 Backstroke	3:09.59
39.99	50 Breaststroke	41.99
1:27.69	100 Breaststroke	1:32.09
3:11.09	200 Breaststroke	3:25.79
34.19	50 Butterfly	36.29
1:22.99	100 Butterfly	1:26.69
3:12.59	200 Butterfly	3:23.99
1:16.29	100 IM	1:20.29
2:47.59	200 IM	2:55.69
6:19.89	400 IM	6:30.89
13-18 WOMEN Slower than	EVENT	13-18 MEN Slower than
27:59	50 Freestyle	27.09
59:89	100 Freestyle	58.89
2:11.69	200 Freestyle	2:11.09
5:50.99	500 Freestyle	5:53.69
20:57.09	1650 Freestyle	21:19.99
1:09.59	100 Backstroke	1:10.99
2:29.89	200 Backstroke	2:35.99
1:20.69	100 Breaststroke	1:19.49
2:55.09	200 Breaststroke	2:54.49
1:10.29	100 Butterfly	1:09.99
2:48.59	200 Butterfly	2:41.99
2:28.99	200 IM	2:28.99
5:26.89	400 IM	5:24.99

* = standard revised this year

The District Meet(s) are the beginning level of the MS Championship meets. Those with a Q3 time which is any time **slower than** the JO (Q2) time standard are eligible to swim that event at a District Championship Meet. Once a swimmer has **met or surpassed** the time standard listed above the swimmer is eligible to swim at the next level championship meet.