

**Attachment 7 -- 2008 MS Swim Guide
Michigan Swimming, Inc.
13-14 & Open Short Course State Championship Meet Standards**

**Q1 Time Standards
2008 MS 13-14 & Open Short Course State Championship Meet**

Qualifying Period: March 9, 2007 to entry deadline

Revised September 2007

WOMEN			13-14 EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
30.59	30.09	26.89	50 Freestyle	25.49*	28.49*	29.29*
1:05.99	1:04.79	57.99	100 Freestyle	55.39*	1:01.79*	1:03.69*
2:22.49	2:20.79	2:06.09	200 Freestyle	2:03.59	2:17.99	2:21.29
5:02.69*	4:56.29*	5:38.69*	400/500 Freestyle	5:30.39	4:49.09	4:59.09
10:32.89*	10:21.59*	11:50.49*	800/1000 Freestyle	11:42.99	10:15.09	10:36.19
20:20.59	19:52.59	19:56.09	1500/1650 Freestyle	19:39.99	19:36.49	20:10.29
1:15.89*	1:14.89*	1:07.09*	100 Backstroke	1:04.99	1:12.59	1:14.79
2:43.69*	2:41.59*	2:24.79*	200 Backstroke	2:20.49*	2:36.79*	2:41.69*
1:26.89*	1:24.29*	1:15.49*	100 Breaststroke	1:13.79*	1:22.39*	1:25.39*
3:06.19*	3:02.79*	2:43.79*	200 Breaststroke	2:42.09*	3:00.89*	3:07.49*
1:14.99	1:14.49	1:06.69	100 Butterfly	1:04.89*	1:12.39*	1:13.39*
2:54.29	2:53.09	2:35.09	200 Butterfly	2:32.49*	2:50.19*	2:54.29*
2:44.09*	2:40.89*	2:24.19*	200 IM	2:19.39*	2:35.59*	2:41.29*
5:51.09*	5:46.39*	5:10.39*	400 IM	5:07.69	5:43.49	5:53.69
4:42.99*	4:30.29*	4:07.89*	400 Free Relay	4:05.59	4:32.89*	4:43.92*
10:03.99*	10:03.59*	8:59.99*	800 Free Relay	8:55.69	9:55.59*	9:59.69*
5:20.79*	5:13.09*	4:40.99*	400 Medley Relay	4:45.29*	5:18.69*	5:29.89*

WOMEN			OPEN EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
29.69	29.19	26.09	50 Freestyle	23.49	26.29	27.09
1:04.09*	1:03.09*	56.49*	100 Freestyle	51.69	57.69	59.49
2:18.29*	2:16.69*	2:02.49*	200 Freestyle	1:53.09*	2:06.19*	2:09.19*
4:53.59*	4:48.69*	5:29.99*	400/500 Freestyle	5:06.99	4:28.59	4:37.89
10:21.99*	10:09.79*	11:36.99*	800/1000 Freestyle	11:08.29	9:44.69	10:04.79
19:49.89*	19:23.49*	19:26.99*	1500/1650 Freestyle	18:43.69*	18:40.29*	19:12.59*
1:13.69*	1:12.79*	1:05.19*	100 Backstroke	59.69	1:06.69	1:08.69
2:39.49*	2:37.69*	2:21.29*	200 Backstroke	2:10.99*	2:26.19*	2:30.59*
1:24.79*	1:22.19*	1:13.69*	100 Breaststroke	1:07.99*	1:15.89*	1:18.69*
3:03.69*	3:00.19*	2:41.49*	200 Breaststroke	2:34.09*	2:51.99*	2:58.29*
1:11.79	1:11.39	1:03.89	100 Butterfly	57.69	1:04.39	1:05.19
2:44.29*	2:43.49*	2:26.49*	200 Butterfly	2:18.99	2:35.19	2:37.99
2:39.39*	2:36.59*	2:20.29*	200 IM	2:07.69	2:22.59	2:27.69
5:38.29*	5:34.79*	4:59.99*	400 IM	4:48.99	5:22.59	5:32.19
4:37.39*	4:28.39*	3:59.89*	400 Freestyle Relay	3:49.99*	4:15.59*	4:25.89*
9:49.79*	9:47.69*	8:45.79*	800 Freestyle Relay	8:20.79*	9:16.79*	9:24.79*
5:19.09*	5:07.49*	4:35.99*	400 Medley Relay	4:25.09*	4:56.19*	5:06.49*

* = standard revised this year

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.