

Attachment 10 – 2010 MS Swim Guide
Michigan Swimming, Inc.
Long Course Senior Meet Standards

Posted April 18, 2010

2010 Qualifying Time Standards for June 11 OLY and July 8 EGRA Long Course Senior Meets

No time conversions are permitted. There are no qualifying standards for relays that are offered per the meet announcement; however, there are no 'relay only swimmers.' Athletes must be entered in the meet to swim a relay. For seeding purposes coaches should submit a reasonably accurate aggregate seed time for relays rather than a NT.

2010 Time Standards for MS LCM Senior Meets						
	Women				Men	
LCM	SCM	SCY	Event	SCY	SCM	LCM
31.79	30.99	27.99	50 Freestyle	25.29	27.99	28.79
1:08.59	1:07.09	1:00.79	100 Freestyle	55.19	1:00.99	1:03.09
2:27.19	2:23.99	2:10.39	200 Freestyle	2:00.09	2:12.69	2:17.19
5:08.89	5:03.99	5:47.39	400 Freestyle	5:24.29	4:43.79	4:50.19
10:37.09	10:26.49	11:55.89	800 Freestyle	11:12.19	9:48.29	10:01.89
20:28.39	19:51.99	19:58.89	1500 Freestyle	18:47.99	18:41.39	19:13.39
1:16.29	1:13.59	1:06.59	100 Backstroke	1:01.09	1:07.49	1:10.59
2:44.29	2:38.99	2:23.89	200 Backstroke	2:12.39	2:26.29	2:31.29
1:26.69	1:23.59	1:15.69	100 Breaststroke	1:08.89	1:16.09	1:19.69
3:05.69	2:59.89	2:42.79	200 Breaststroke	2:30.09	2:45.89	2:54.29
1:14.19	1:13.29	1:06.29	100 Butterfly	1:00.09	1:06.39	1:07.69
2:42.69	2:39.59	2:24.49	200 Butterfly	2:13.39	2:27.39	2:30.59
2:47.29	2:42.49	2:26.99	200 IM	2:15.09	2:29.29	2:35.89
5:50.59	5:42.39	5:09.89	400 IM	4:47.79	5:18.09	5:27.09
			200 Free Relay			
			400 Free Relay			
			800 Free Relay			
			200 Medley Relay			
			400 Medley Relay			

Athletes who have swum a time equal to or faster than the time in any event listed here (in any course) are qualified to swim the event at these meets.