

**Attachment 5 -- 2011 MS Swim Guide**  
**Michigan Swimming, Inc.**  
**2011 MS Junior Olympic Short Course Championship Meet Standards**  
**Q2 Time Standards**

**Qualifying Period: January 1, 2010 to entry deadline**

Posted October 2010

| <b>10 &amp; Under GIRLS</b> |   | <b>EVENT</b>     | <b>10 &amp; Under BOYS</b>                |                            |
|-----------------------------|---|------------------|---|----------------------------|
| <b>SCY</b>                  |   |                  | <b>SCY</b>                                |                            |
| <b>(Q1)</b><br>Slower than  | <b>(Q2)</b><br>Faster than<br>or equal to |                  | <b>(Q2)</b><br>Faster than<br>or equal to | <b>(Q1)</b><br>Slower than |
| 31.49*                      | 33.59                                     | 50 Freestyle     | 34.59                                     | 31.29*                     |
| 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                                   | 2:34.99*                   |
| 6:50.59                     | 7:42.89                                   | 500 Freestyle    | 8:05.99                                   | 6:55.99*                   |
| 37.09*                      | 40.39                                     | 50 Backstroke    | 41.69                                     | 37.39*                     |
| 1:20.09*                    | 1:27.79                                   | 100 Backstroke   | 1:32.29                                   | 1:20.59*                   |
| 42.09                       | 45.59                                     | 50 Breaststroke  | 48.09                                     | 43.39*                     |
| 1:32.49                     | 1:42.79                                   | 100 Breaststroke | 1:44.29                                   | 1:34.19*                   |
| 35.89                       | 39.79                                     | 50 Butterfly     | 42.69                                     | 37.19                      |
| 1:26.29                     | 1:40.99                                   | 100 Butterfly    | 1:40.59                                   | 1:31.29                    |
| 1:19.99                     | 1:26.59                                   | 100 IM           | 1:30.99                                   | 1:21.09*                   |
| 2:54.39                     | 3:16.09                                   | 200 IM           | 3:24.69                                   | 2:56.49*                   |

| <b>11-12 GIRLS</b>         |   | <b>EVENT</b>     | <b>11-12 BOYS</b>                         |                            |
|----------------------------|---|------------------|---|----------------------------|
| <b>SCY</b>                 |   |                  | <b>SCY</b>                                |                            |
| <b>(Q1)</b><br>Slower than | <b>(Q2)</b><br>Faster than<br>or equal to |                  | <b>(Q2)</b><br>Faster than<br>or equal to | <b>(Q1)</b><br>Slower than |
| 27.89                      | 29.09                                     | 50 Freestyle     | 30.59                                     | 28.09*                     |
| 1:00.79                    | 1:05.09                                   | 100 Freestyle    | 1:09.19                                   | 1:01.59*                   |
| 2:13.39                    | 2:24.39                                   | 200 Freestyle    | 2:32.99                                   | 2:14.59                    |
| 5:53.49                    | 6:27.99                                   | 500 Freestyle    | 6:42.19                                   | 6:00.59*                   |
| 32.59                      | 35.09                                     | 50 Backstroke    | 37.09                                     | 33.29                      |
| 1:10.09                    | 1:16.39                                   | 100 Backstroke   | 1:20.19                                   | 1:11.69                    |
| 2:31.19                    | 2:48.09                                   | 200 Backstroke   | 3:09.59                                   | 2:34.79                    |
| 36.59                      | 39.99                                     | 50 Breaststroke  | 41.99                                     | 37.79                      |
| 1:20.19                    | 1:27.69                                   | 100 Breaststroke | 1:32.09                                   | 1:21.69                    |
| 2:51.99                    | 3:11.09                                   | 200 Breaststroke | 3:25.79                                   | 2:59.99                    |
| 31.09*                     | 34.19                                     | 50 Butterfly     | 36.29                                     | 32.29                      |
| 1:11.29                    | 1:22.99                                   | 100 Butterfly    | 1:26.69                                   | 1:13.99                    |
| 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                                   | 1:12.79*                   |
| 2:32.49*                   | 2:47.59                                   | 200 IM           | 2:55.69                                   | 2:35.49                    |
| 5:25.59                    | 6:19.89                                   | 400 IM           | 6:30.89                                   | 5:35.79*                   |

The Junior Olympic Meet is the next level of Championship Meet after the District Championship Meet. Those with times **slower than the Q1** time but **faster than or equal to** the Q2 (JO standards) as listed above are eligible to swim that event at the JO Championship Meet. Swimmers who have met or surpassed the Q1 State Meet time standard (the "slower than" column) are **not** eligible to swim that event in the JOs. Once a swimmer has **met or surpassed** the Q1 time standard in an event the swimmer is eligible for the State Championship Meet. The JO Meet has a 13-18 age group which differs from the State Championship Meet (which is 13-14 and Open).

\* = standard revised this year

**Attachment 5 -- 2011 MS Swim Guide**  
**Michigan Swimming, Inc.**  
**2011 MS Junior Olympic Short Course Championship Meet Standards**  
**Q2 Time Standards**

**Qualifying Period: January 1, 2010 to entry deadline**

| <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<br/>or equal to</b> | <b>Faster than<br/>or equal to</b> | <b>Slower than</b> |          |
| <b>EVENT</b>       |                                    |                                    |                    |          |
| 26.39*             | 27.59                              | 50 Free, 13-14                     | 27.09              | 25.29    |
| 25.79*             | 27.59                              | 50 Free, 15-18                     | 27.09              | 23.49    |
| 57.09*             | 59.89                              | 100 Free, 13-14                    | 58.89              | 54.89*   |
| 55.99              | 59.89                              | 100 Free, 15-18                    | 58.89              | 50.89    |
| 2:03.89*           | 2:11.69                            | 200 Free, 13-14                    | 2:11.09            | 1:59.99* |
| 2:01.29            | 2:11.69                            | 200 Free, 15-18                    | 2:11.09            | 1:51.89  |
| 5:32.99            | 5:50.99                            | 500 Free, 13-14                    | 5:53.69            | 5:25.09  |
| 5:25.29            | 5:50.99                            | 500 Free, 15-18                    | 5:53.69            | 5:03.99  |
| 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 |
| 19:35.99           | 20:57.09                           | 1650 Free, 13-14                   | 21:19.99           | 19:17.99 |
| 18:58.89           | 20:57.09                           | 1650 Free, 15-18                   | 21:19.99           | 18:10.49 |
| 1:05.09*           | 1:09.59                            | 100 Back, 13-14                    | 1:10.99            | 1:04.09  |
| 1:03.99*           | 1:09.59                            | 100 Back, 15-18                    | 1:10.99            | 59.19    |
| 2:21.59            | 2:29.89                            | 200 Back, 13-14                    | 2:35.99            | 2:18.09* |
| 2:18.59            | 2:29.89                            | 200 Back, 15-18                    | 2:35.99            | 2:09.19  |
| 1:13.99            | 1:20.69                            | 100 Breast, 13-14                  | 1:19.49            | 1:12.49  |
| 1:13.09            | 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  |
| 2:39.69            | 2:55.09                            | 200 Breast, 15-18                  | 2:54.49            | 2:27.99  |
| 1:05.59            | 1:10.29                            | 100 Fly, 13-14                     | 1:09.99            | 1:02.39* |
| 1:02.99            | 1:10.29                            | 100 Fly, 15-18                     | 1:09.99            | 57.09    |
| 2:27.99            | 2:48.59                            | 200 Fly, 13-14                     | 2:41.99            | 2:26.69* |
| 2:23.39            | 2:48.59                            | 200 Fly, 15-18                     | 2:41.99            | 2:15.99  |
| 2:22.09*           | 2:28.99                            | 200 IM, 13-14                      | 2:28.99            | 2:16.89* |
| 2:18.09*           | 2:28.99                            | 200 IM, 15-18                      | 2:28.99            | 2:06.99  |
| 5:03.89            | 5:26.89                            | 400 IM, 13-14                      | 5:24.99            | 4:59.99  |
| 4:54.29            | 5:26.89                            | 400 IM, 15-18                      | 5:24.99            | 4:40.99  |

The Junior Olympic Meet is the next level of Championship Meet after the District Championship Meet. Those with times **slower than the Q1** time but **faster than or equal to** the Q2 (JO standards) as listed above are eligible to swim that event at the JO Championship Meet. Swimmers who have met or surpassed the Q1 State Meet time standard (the "slower than" column) are **not** eligible to swim that event in the JOs. Once a swimmer has **met or surpassed** the Q1 time standard in an event the swimmer is eligible for the State Championship Meet. The JO Meet has a 13-18 age group which differs from the State Championship Meet (which is 13-14 and Open).

\* = standard revised this year