

ATTACHMENT 2 – 2011 MS Swim Guide
Michigan Swimming, Inc.
A/B/C Short Course Yard (SCY) Time Standards *

Posted August 2011

A/B/C Short Course Yard (SCY) Time Standards

Female		10 & Under	Male	
B	A		A	B
39.79	32.19	50 Freestyle	31.59	38.89
1:31.29	1:11.89	100 Freestyle	1:10.79	1:29.19
3:20.19	2:36.39	200 Freestyle	2:31.89	3:09.89
8:30.49	6:48.39	500 Freestyle	6:44.59	8:25.79
48.79	38.09	50 Backstroke	38.29	49.19
1:45.69	1:22.19	100 Backstroke	1:21.29	1:42.89
53.59	41.99	50 Breaststroke	42.19	53.59
1:59.99	1:33.39	100 Breaststroke	1:31.79	1:55.69
48.79	37.29	50 Butterfly	36.69	47.29
1:57.49	1:26.69	100 Butterfly	1:25.59	1:55.19
1:44.99	1:22.59	100 Individual Medley	1:21.09	1:41.29
3:42.69	2:55.99	200 Individual Medley	2:55.29	3:40.89
Female		11-12	Male	
B	A		A	B
34.29	29.49	50 Freestyle	28.59	33.39
1:13.59	1:03.09	100 Freestyle	1:02.69	1:13.09
2:43.19	2:19.89	200 Freestyle	2:16.19	2:38.89
7:10.79	6:09.29	500 Freestyle	6:04.69	7:05.49
15:00.29	12:51.69	1000 Freestyle	12:42.89	14:50.09
25:16.19	21:39.59	1650 Freestyle	21:23.59	24:57.49
39.59	33.89	50 Backstroke	33.49	39.49
1:27.99	1:14.19	100 Backstroke	1:12.29	1:25.79
3:01.89	2:35.89	200 Backstroke	2:32.89	2:58.39
44.09	37.79	50 Breaststroke	37.29	44.29
1:36.39	1:22.19	100 Breaststroke	1:20.49	1:35.09
3:26.39	2:56.89	200 Breaststroke	2:52.89	3:21.69
37.79	32.39	50 Butterfly	32.09	38.19
1:27.19	1:13.19	100 Butterfly	1:11.69	1:25.79
3:04.99	2:38.59	200 Butterfly	2:35.29	3:01.19
1:26.29	1:13.99	100 Individual Medley	1:11.49	1:23.69
3:03.79	2:37.59	200 Individual Medley	2:35.59	3:03.09
6:32.19	5:36.09	400 Individual Medley	5:28.89	6:23.69

“C” standards are any times slower than “B” standards.

- From “2009-2012 National A/B Age-Group Motivational Times” published by USA Swimming

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Female		13 - 14	Male	
B	A		A	B
33.39	28.69	50 Freestyle	26.29	30.69
1:12.49	1:02.19	100 Freestyle	57.39	1:06.99
2:36.09	2:13.79	200 Freestyle	2:05.29	2:26.09
6:51.79	5:52.99	500 Freestyle	5:35.19	6:31.09
14:08.89	12:07.59	1000 Freestyle	11:36.39	13:32.49
23:34.19	20:12.19	1650 Freestyle	19:15.69	22:28.29
1:19.89	1:08.49	100 Backstroke	1:04.19	1:14.89
2:51.79	2:27.29	200 Backstroke	2:18.19	2:41.29
1:30.59	1:17.59	100 Breaststroke	1:12.09	1:24.09
3:14.59	2:46.79	200 Breaststroke	2:36.29	3:02.39
1:19.09	1:07.79	100 Butterfly	1:02.89	1:13.29
2:53.39	2:28.59	200 Butterfly	2:20.29	2:43.69
2:55.49	2:30.49	200 Individual Medley	2:20.29	2:43.69
6:10.79	5:17.79	400 Individual Medley	5:00.49	5:50.59
Female		15 – 16 & Open	Male	
B	A		A	B
32.69	27.99	50 Freestyle	25.29	29.49
1:10.89	1:00.79	100 Freestyle	55.19	1:04.39
2:32.09	2:10.39	200 Freestyle	2:00.09	2:20.09
6:45.29	5:47.39	500 Freestyle	5:24.29	6:18.39
13:55.19	11:55.89	1000 Freestyle	11:12.19	13:04.19
23:18.79	19:58.89	1650 Freestyle	18:47.99	21:55.89
1:17.69	1:06.59	100 Backstroke	1:01.09	1:11.29
2:47.89	2:23.89	200 Backstroke	2:12.39	2:34.39
1:28.29	1:15.69	100 Breaststroke	1:08.89	1:20.39
3:09.99	2:42.79	200 Breaststroke	2:30.09	2:55.09
1:17.39	1:06.29	100 Butterfly	1:00.09	1:10.09
2:48.59	2:24.49	200 Butterfly	2:13.39	2:35.59
2:51.49	2:26.99	200 Individual Medley	2:15.09	2:37.69
6:01.49	5:09.89	400 Individual Medley	4:47.79	5:35.79

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