

**Attachment 1 – 2016 GRNSA Swim Guide
Grand Rapids Novi Sad Aquatics
2016 The Last Chance Meet SCM Standards (Q2 Times)**

Qualifying Period: January 1, 2015 to Entry Deadline

Posted April 2016

GIRLS			EVENT	BOYS		
SCY	SCM	LCM	10 & UNDER	LCM	SCM	SCY
33.59	37.45	38.13	50 Freestyle	39.76	38.7	34.59
1:15.99	1:24.50	1:25.96	100 Freestyle	1:30.6	1:27.87	1:19.09
2:50.09	3:08.47	3:12.41	200 Freestyle	3:20.79	3:14.67	2:55.69
7:42.89	6:41.47	6:52.56	500/400 Freestyle	7:15.87	7:06.68	8:05.99
40.39	44.87	46.43	50 Backstroke	48.93	46.32	41.69
1:27.79	1:37.53	1:40.56	100 Backstroke	1:47.94	1:42.53	1:32.29
45.59	50.69	51.98	50 Breaststroke	55.72	53.38	48.09
1:42.79	1:54.30	1:56.81	100 Breaststroke	2:00.43	1:55.76	1:44.29
39.79	44.21	45.53	50 Butterfly	48.79	47.55	42.69
1:40.99	1:52.20	1:53.86	100 Butterfly	1:54.57	1:52.05	1:40.59
1:26.59	1:36.20	Not Offered	100 Individual Medley	Not Offered	1:41.09	1:30.99
3:16.09	3:37.66	3:43.59	200 Individual Medley	3:46.17	3:37.85	3:16.09

GIRLS			EVENT	BOYS		
SCY	SCM	LCM	11 - 12	LCM	SCM	SCY
29.09	32.43	33.02	50 Freestyle	35.16	34.23	30.59
1:05.09	1:12.38	1:13.63	100 Freestyle	1:19.26	1:16.87	1:09.19
2:24.39	2:39.99	2:43.34	200 Freestyle	2:53.93	2:48.63	2:32.19
6:27.99	5:36.50	5:45.80	500/400 Freestyle	6:00.71	5:53.11	6:42.19
35.09	38.98	40.33	50 Backstroke	43.53	41.21	37.09
1:16.39	1:24.87	1:27.50	100 Backstroke	1:33.79	1:29.09	1:20.19
2:48.09	3:06.75	3:11.66	200 Backstroke	3:38.17	3:30.63	3:09.59
39.99	44.47	45.60	50 Breaststroke	48.66	46.61	41.99
1:27.69	1:37.51	1:39.65	100 Breaststroke	1:46.34	1:42.22	1:32.09
3:11.09	3:32.49	3:35.19	200 Breaststroke	3:57.09	3:48.43	3:25.79
34.19	37.98	39.12	50 Butterfly	41.47	40.43	36.29
1:22.99	1:32.20	1:33.56	100 Butterfly	1:38.74	1:36.57	1:26.69
3:12.59	3:33.97	3:36.15	200 Butterfly	3:52.87	3:47.24	3:23.99
1:16.29	1:24.76	Not Offered	100 Individual Medley	Not Offered	1:29.20	1:20.29
2:47.59	3:06.03	3:11.09	200 Individual Medley	3:22.64	3:15.19	2:55.69
6:19.89	7:01.68	7:13.66	400 Individual Medley	7:31.90	7:14.27	6:30.89

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.

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SCY	SCM	LCM	13-18	LCM	SCM	SCY
29.29	30.43	30.98	50 Freestyle	31.14	30.31	27.09
58.59	1:05.15	1:06.28	100 Freestyle	1:06.54	1:04.54	58.09
2:10.79	2:24.92	2:27.95	200 Freestyle	2:28.33	2:23.81	2:09.79
5:47.39	5:01.29	5:09.62	400/500 Freestyle	5:11.92	5:05.35	5:47.79
1:08.99	1:16.65	1:19.03	100 Backstroke	1:23.15	1:18.98	1:11.09
2:27.89	2:44.30	2:48.63	200 Backstroke	2:59.16	2:52.97	2:35.69
1:18.89	1:27.72	1:29.65	100 Breaststroke	1:30.64	1:27.12	1:18.49
2:52.39	3:11.69	3:14.13	200 Breaststroke	3:15.91	3:08.47	2:49.79
1:08.89	1:16.54	1:17.67	100 Butterfly	1:17.78	1:16.07	1:08.29
2:46.19	3:04.64	3:06.52	200 Butterfly	3:04.92	3:00.45	2:41.99
2:27.79	2:44.05	2:48.52	200 Individual Medley	2:48.08	2:41.86	2:25.69
5:26.89	6:02.85	6:13.16	400 Individual Medley	6:14.67	6:00.06	5:24.09

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.