

SCWC Bronze Squad Head Coach Report.

Southland Championship 27 Nov 30 Nov 14

It is my pleasure to present this report on a very successful weekend in Southland. I was very encouraged by the commitment and desire to improve displayed by this young and motivated group of 23 swimmers. The attitude displayed was very pleasing to see and reflects the development and growth now being shown as a result of the vision of Swim Canterbury West Coast in supporting the coaching pathway program.

Our coaching team agreed on a team goal of achieving 60% PB returns for the meet and this was easily achieved with an amazing 73.68%. This clearly reflected the opportunity taken by this group to race long course which has been denied to them after the earthquake disaster. This generation has been developed in an environment in Christchurch which has denied them the ability to train and learn the skills of racing long course so this meet has become very important in the development of these swimmers who are our future for Swim Canterbury West Coast.

The swimmers used this weekend under guidance of the coaching staff to develop their skills in terms of warmups, warm downs, resting between sessions, race planning and nutrition all required to handle racing 7 long course sessions heats and finals.

The accommodation at Coachman Inn Motel was excellent and the catering out of meals was good standard with a variety of nutrition provide to our team by the caterers.

We are very lucky in Canterbury to have two young and motivated coaches in Michaela Norman and Ellie Sinclair and I was very impressed with how they handled their duties over the weekend and our coaching future in Canterbury is in good hands.

Final thanks Dave Prattley, we are so lucky to have a coach with an amazing background in administration to organize and make the operation of this trip so successful.

Thanks also to the Coaching group for the opportunity to lead this amazing group of athletes.

Oscar Van Stekelenborg.

Result Analysis

Gold (29)

Name	Age	Event	Entry Time	Prelim	Final
Emily Barron	12/13	50Bk	36.69	34.16	33.71
Stella Cheersmith	14/15	100 Back	1.07.56	1.10.87	1.10.83
Stella Cheersmith	14/15	50 Fly	31.28	31.89	31.50
Stella Cheersmith	14/15	200 Back	2.27.33	2.35.10	2.33.40
Stella Cheersmith	14/15	50 Back	31.81	33.26	32.53
Matt Clough	14/15	1500 Free	18.06.72		18.46.60
Matt Clough	14/15	200 Breast	3.34.49	2.57.38	2.50.61
Matt Clough	14/15	400 IM	5.13.95		5.16.40
Matt Clough	14/15	100 Breast	1.21.79	1.21.39	1.19.51
Matt Clough	14/15	50 Breast	36.38	35.93	35.61
Matt Clough	14/15	200 IM	2.31.94	2.29.45	2.26.04
Jasmin Dreaver	14/15	200 Breast	2.58.88	2.57.13	2.57.97
Jasmin Dreaver	14/15	100 Breast	1.20.86	1.25.79	1.22.22
Jasmin Dreaver	14/15	50 Breast	36.35	38.72	37.84
Jasmin Dreaver	14/15	200 IM	2.41.80	2.42.30	2.40.67
Tom Dreaver	12/13	50 Breast	42.23	38.48	38.49
Quinton Hurley	12/13	800 Free	9.35.27		9.46.28
Quinton Hurley	12/13	1500 Free	NT		18.21.04
Eugene In	14/15	50 Free	29.54	29.70	29.44
Eugene In	14/15	100 Fly	1.12.56	1.13.37	1.12.12
Eugene In	14/15	100 Free	1.04.92	1.05.51	1.04.86
Lucy Jackson	12/13	100 Back	1.13.80	1.12.62	1.13.32
Lucy Jackson	12/13	200 Fly	NT		2.47.67
Lucy Jackson	12/13	100 Fly	1.07.94	1.08.11	1.08.26
Mine Nel	12/13	50 Fly	32.24	31.83	31.40
Ruby Wagenvoord	12/13	200 Breast	2.55.35		2.57.25
Ruby Wagenvoord	12/13	100 Breast	1.18.46	1.22.34	1.23.48
Ruby Wagenvoord	12/13	50 Breast	36.89	36.96	37.51
Ruby Wagenvoord	12/13	200 IM	2.45.67		2.40.19

Silver (26)

Name	Age	Event	Entry Time	Prelim	Final
Emily Barron	12/13	100Bk	1.18.46	1.14.31	1.13.65
Tim Batchelor	14/15	50 Fly	30.80	30.77	29.46
Tim Batchelor	14/15	400 IM	NT		5.17.32
Tim Batchelor	14/15	50 Breast	NT	37.14	37.78
Stella Cheersmith	14/15	100 Free	1.05.73	1.06.50	1.05.82
Matt Clough	14/15	200 Back	2.26.92	2.30.17	2.28.28
Quinton Hurley	12/13	400 IM	5.31.49		5.29.85
Quinton Hurley	12/13	400 Free	4.41.04		4.38.58
Lucy Jackson	12/13	50 Fly	31.58	30.85	31.44
Lucy Jackson	12/13	200 Back	2.38.09		2.42.12
Lucy Jackson	12/13	50 Free	28.82	29.17	29.25

Lucy Jackson	12/13	50 Back	33.78	34.23	33.88
Lucy Jackson	12/13	100 Free	1.03.60	1.03.52	1.04.60
Natasha Johnson	12/13	50 Breast	NT	38.50	39.27
Matt Newbitt	14/15	1500 Free	NT		19.01.77
Archie Perriam	12/13	200 Fly	2.39.87		2.37.42
Henri Rollinson	12/13	800 Free	NT		9.50.82
Henri Rollinson	12/13	50 Fly	32.61	31.16	30.59
Henri Rollinson	12/13	100 Fly	1.12.42	1.10.12	1.08.32
Henri Rollinson	12/13	200 IM	2.41.82		2.34.44
Joe Routhan	12/13	100 Breast	1.32.18	1.26.68	1.23.03
Joe Routhan	12/13	50 Back	37.29	35.30	34.95
Joe Routhan	12/13	50 Breast	41.43	39.28	38.63
Bailey Tait	12/13	800 Free	10.41.01		10.00.37
Bailey Tait	12/13	400 IM	6.03.58		5.52.17
Bailey Tait	12/13	40 Free	5.07.30		4.53.47

Bronze (16)

Name	Age	Event	Entry Time	Prelim	Final
Tim Batchelor	14/15	100 Fly	1.08.09	1.05.28	1.05.42
Tim Batchelor	14/15	200 IM	2.34.37	2.37.42	2.33.86
Stella Cheersmith	14/15	50 Free	30.19	30.30	30.48
Eva Cloake	12/13	400 IM	NT		5.57.60
Eva Cloake	12/13	50 Breast	41.44	39.39	39.41
Eugene In	14/15	100 Back	1.16.60	1.16.06	1.16.28
Natasha Johnson	12/13	100 Breast	NT	1.29.22	1.27.49
Natasha Johnson	12/13	50 Free	NT	29.89	29.98
Brayan Kamminga	12/13	200 Breast	3.11.53		3.01.59
Brayan Kamminga	12/13	200 Back	2.48.96		2.36.59
Mine Nel	12/13	100 Fly	1.15.71	1.13.42	1.15.29
Matt Newbitt	14/15	400 Free	4.57.95		4.43.49
Joe Routhan	12/13	400 IM	NT		5.44.47
Bailey Tait	12/13	100 Free	1.09.70	1.05.78	1.04.75
Ruby Wagenvoord	12/13	800 Free	NT		10.12.80
Ruby Wagenvoord	12/13	400 Free	NT		4.55.01

PB Analysis

Name	Events	PBs	PB %
Zac Baker	8	5	62.50%
Emily Barron	5	5	100.00%
Tim Batchelor	9	9	100.00%
Stella Cheersmith	6	0	0.00%
Eva Cloake	11	9	81.81%
Nick Close	10	7	70.00%
Matt Clough	9	4	44.44%
Olivia Damiano	3	2	66.66%
Jasmin Dreaver	7	3	42.85%

Tom Dreaver	8	6	75.00%	
Quinton Hurley	8	6	75.00%	
Eugene In	5	5	100.00%	
Lucy Jackson	9	4	44.44%	
Natasha Johnson	8	7	87.50%	1 DQ
Brayan Kamminga	10	9	90.00%	
Angus Kelliher	9	9	100.00%	
Mine Nel	8	5	62.50%	2 DQs
Matt Newbitt	9	7	77.77%	2 DQs
Archie Perriam	11	7	63.63%	1 DQ
Henri Rollinson	10	8	80.00%	
Joe Routhan	11	11	100.00%	
Bailey Tait	9	9	100.00%	
Ruby Wagenvoord	7	3	42.85%	
Total	190	140	73.68%	

Individual Results

Time	Event	Club		Improv	
Zac Baker (12) M					
1:23.74L	P # 5C Men 12-13 100 Back 40.21 43.53	WHACB-CB	19	---	-2.76
35.24L	P # 11C Men 12-13 50 Fly	WHACB-CB	10	---	-0.62
2:35.47L	F # 13C Men 12-13 200 Free 35.08 40.09 41.22 39.08	WHACB-CB	20	---	1.81
2:54.30L	F # 25B Men 12-13 200 Back 41.12 44.92 45.17 43.09	WHACB-CB	13	---	---
32.33L	P # 29C Men 12-13 50 Free	WHACB-CB	21	---	0.44
1:20.04L	P # 41C Men 12-13 100 Fly 37.10 42.94	WHACB-CB	9	---	1.67
1:10.56L	P # 45C Men 12-13 100 Free 33.63 36.93	WHACB-CB	18	---	-0.46
45.97L	P # 47C Men 12-13 50 Breast	WHACB-CB	15	---	---
Emily Barron (13) W					
1:13.65L	F # 6C Women 12-13 100 Back 36.31 37.34	AQGCB-CB	2	8	-4.81
1:14.31L	P # 6C Women 12-13 100 Back 37.90 36.41	AQGCB-CB	2	---	-4.15
2:30.55L	F # 14C Women 12-13 200 Free 35.02 38.36 38.96 38.21	AQGCB-CB	12	---	-4.97
2:46.59L	F # 26B Women 12-13 200 Back 39.34 41.94 43.29 42.02	AQGCB-CB	6	3	-7.41
33.71L	F # 44C Women 12-13 50 Back	AQGCB-CB	1	10	-2.98
34.16L	P # 44C Women 12-13 50 Back	AQGCB-CB	1	---	-2.53
1:08.05L	P # 46C Women 12-13 100 Free 32.04 36.01	AQGCB-CB	10	---	-2.57

Timothy Batchelor (14) M

1:15.00L	P # 5D	Men 14-15 100 Back	NCSCB-CB	4	---	-1.25		
	35.75	39.25						
1:19.45L	F # 5D	Men 14-15 100 Back	NCSCB-CB	6	3	3.20		
	38.10	41.35						
29.46L	F # 11D	Men 14-15 50 Fly	NCSCB-CB	2	8	-1.34		
30.77L	P # 11D	Men 14-15 50 Fly	NCSCB-CB	3	---	-0.03		
5:17.32L	F # 17C	Men 14-15 400 IM	NCSCB-CB	2	8	---		
	33.65	39.14	41.17	40.67	46.00	47.61	35.80	33.28
2:41.37L	F # 27A	Men 14-15 200 Back	NCSCB-CB	4	5	---		
	35.22	41.52	42.07	42.56				
2:47.06L	P # 27A	Men 14-15 200 Back	NCSCB-CB	5	---	---		
	40.20	42.07	41.98	42.81				
30.54L	P # 29D	Men 14-15 50 Free	NCSCB-CB	8	---	-0.36		
30.84L	F # 29D	Men 14-15 50 Free	NCSCB-CB	8	1	-0.06		
4:47.53L	F # 35C	Men 14-15 400 Free	NCSCB-CB	5	4	-10.71		
	33.43	37.35	37.45	37.34	36.91	36.36	35.39	33.30
1:05.28L	P # 41D	Men 14-15 100 Fly	NCSCB-CB	2	---	-2.81		
	30.68	34.60						
1:05.42L	F # 41D	Men 14-15 100 Fly	NCSCB-CB	3	6	-2.67		
	30.61	34.81						
37.14L	P # 47D	Men 14-15 50 Breast	NCSCB-CB	2	---	---		
37.78L	F # 47D	Men 14-15 50 Breast	NCSCB-CB	2	8	---		
2:33.86L	F # 51A	Men 14-15 200 IM	NCSCB-CB	3	6	-0.51		
	34.22	40.08	45.94	33.62				
2:37.42L	P # 51A	Men 14-15 200 IM	NCSCB-CB	4	---	3.05		
	33.53	40.76	46.47	36.66				

Stella Cheersmith (14) W

1:10.83L	F # 6D	Women 14-15 100 Back	QESCB-CB	1	10	3.27
	34.26	36.57				
1:10.87L	P # 6D	Women 14-15 100 Back	QESCB-CB	1	---	3.31
	34.10	36.77				
31.50L	F # 12D	Women 14-15 50 Fly	QESCB-CB	1	10	0.22
31.89L	P # 12D	Women 14-15 50 Fly	QESCB-CB	1	---	0.61
2:33.40L	F # 28A	Women 14-15 200 Back	QESCB-CB	1	10	6.07
	35.55	39.13	39.70	39.02		
2:35.10L	P # 28A	Women 14-15 200 Back	QESCB-CB	1	---	7.77
	37.18	39.80	39.86	38.26		
30.30L	P # 30D	Women 14-15 50 Free	QESCB-CB	2	---	0.11
30.48L	F # 30D	Women 14-15 50 Free	QESCB-CB	3	6	0.29
32.53L	F # 44D	Women 14-15 50 Back	QESCB-CB	1	10	0.72
33.26L	P # 44D	Women 14-15 50 Back	QESCB-CB	1	---	1.45
1:05.82L	F # 46D	Women 14-15 100 Free	QESCB-CB	2	8	0.09
	31.22	34.60				
1:06.50L	P # 46D	Women 14-15 100 Free	QESCB-CB	2	---	0.77
	31.86	34.64				

Eva Cloake (12) W

1:15.56L	P # 6C	Women	12-13	100 Back	STUCB-CB	3	---	-2.90
	35.73	39.83						
1:17.27L	F # 6C	Women	12-13	100 Back	STUCB-CB	5	4	-1.19
	38.11	39.16						
2:24.47L	F # 14C	Women	12-13	200 Free	STUCB-CB	6	3	-6.99
	31.66	36.92	38.48	37.41				
5:57.60L	F # 18B	Women	12-13	400 IM	STUCB-CB	3	6	---
	35.94	44.76	47.72	44.55	53.00	53.02	37.39	41.22
1:28.56L	F # 24C	Women	12-13	100 Breast	STUCB-CB	4	5	-1.91
	41.91	46.65						
1:29.55L	P # 24C	Women	12-13	100 Breast	STUCB-CB	5	---	-0.92
	41.78	47.77						
2:49.90L	F # 26B	Women	12-13	200 Back	STUCB-CB	11	---	-7.86
	39.47	44.33	44.59	41.51				
31.21L	P # 30C	Women	12-13	50 Free	STUCB-CB	10	---	-2.49
5:13.73L	F # 36B	Women	12-13	400 Free	STUCB-CB	7	2	-11.81
	34.31	39.97	41.32	41.52	40.15	40.92	38.25	37.29
1:19.79L	P # 42C	Women	12-13	100 Fly	STUCB-CB	6	---	-2.04
	37.05	42.74						
1:21.17L	F # 42C	Women	12-13	100 Fly	STUCB-CB	6	3	-0.66
	36.63	44.54						
1:07.42L	P # 46C	Women	12-13	100 Free	STUCB-CB	9	---	0.26
	31.92	35.50						
39.39L	P # 48C	Women	12-13	50 Breast	STUCB-CB	3	---	-2.05
39.41L	F # 48C	Women	12-13	50 Breast	STUCB-CB	3	6	-2.03
2:52.31L	F # 50C	Women	12-13	200 IM	STUCB-CB	7	2	3.90
	35.59	45.25	53.50	37.97				

Nicholas Close (12) M

1:20.27L	P # 5C	Men	12-13	100 Back	QESCB-CB	14	---	-2.66
	39.71	40.56						
35.03L	P # 11C	Men	12-13	50 Fly	QESCB-CB	9	---	0.13
2:27.70L	F # 13C	Men	12-13	200 Free	QESCB-CB	12	---	-5.76
	33.55	37.76	39.10	37.29				
2:48.65L	F # 25B	Men	12-13	200 Back	QESCB-CB	11	---	-2.49
	39.87	43.79	42.29	42.70				
31.16L	P # 29C	Men	12-13	50 Free	QESCB-CB	14	---	-0.68
2:51.19L	F # 31B	Men	12-13	200 Fly	QESCB-CB	4	5	-1.93
	36.69	44.36	46.50	43.64				
5:13.19L	F # 35B	Men	12-13	400 Free	QESCB-CB	11	---	-8.83
	35.41	39.74	39.32	39.81	39.53	40.37	40.43	38.58
1:14.83L	P # 41C	Men	12-13	100 Fly	QESCB-CB	6	---	-4.33
	34.91	39.92						
1:16.48L	F # 41C	Men	12-13	100 Fly	QESCB-CB	6	3	-2.68
	35.11	41.37						
37.42L	P # 43C	Men	12-13	50 Back	QESCB-CB	8	---	0.26
37.79L	F # 43C	Men	12-13	50 Back	QESCB-CB	6	3	0.63
1:09.89L	P # 45C	Men	12-13	100 Free	QESCB-CB	17	---	0.92
	32.81	37.08						

Matthew Clough (14) M

18:46.60L	F # 3B	Men	14-15	1500 Free	ASTCB-CB	1	10	39.88
	31.79	37.15	37.83	38.06	37.57	37.24	37.70	37.70
	38.32	37.48	37.82	37.92	38.18	38.44	38.11	37.74
	35.39	41.09	38.00	37.83	38.00	37.60	37.72	37.92
	38.00	37.42	37.53	37.52	37.68	35.85		
2:50.61L	F # 9A	Men	14-15	200 Breast	ASTCB-CB	1	10	-43.88
	37.53	44.54	45.53	43.01				
2:57.38L	P # 9A	Men	14-15	200 Breast	ASTCB-CB	2	---	-37.11
	39.12	46.30	46.89	45.07				
2:15.48L	P # 15A	Men	14-15	200 Free	ASTCB-CB	3	---	0.61
	30.16	35.55	35.50	34.27				
2:17.69L	F # 15A	Men	14-15	200 Free	ASTCB-CB	7	2	2.82
	31.60	35.57	35.57	34.95				
5:16.40L	F # 17C	Men	14-15	400 IM	ASTCB-CB	1	10	2.45
	33.71	43.26	40.11	40.43	46.43	44.86	35.00	32.60
1:19.51L	F # 23D	Men	14-15	100 Breast	ASTCB-CB	1	10	-2.28
	37.70	41.81						
1:21.39L	P # 23D	Men	14-15	100 Breast	ASTCB-CB	1	---	-0.40
	37.75	43.64						
2:28.28L	F # 27A	Men	14-15	200 Back	ASTCB-CB	2	8	1.36
	34.68	38.15	38.79	36.66				
2:30.17L	P # 27A	Men	14-15	200 Back	ASTCB-CB	2	---	3.25
	35.56	39.44	39.10	36.07				
4:45.79L	F # 35C	Men	14-15	400 Free	ASTCB-CB	4	5	4.33
	31.47	35.51	36.72	37.23	36.50	37.50	36.43	34.43
35.61L	F # 47D	Men	14-15	50 Breast	ASTCB-CB	1	10	-0.77
35.93L	P # 47D	Men	14-15	50 Breast	ASTCB-CB	1	---	-0.45
2:26.04L	F # 51A	Men	14-15	200 IM	ASTCB-CB	1	10	-5.90
	31.83	37.31	43.71	33.19				
2:29.45L	P # 51A	Men	14-15	200 IM	ASTCB-CB	1	---	-2.49
	32.16	38.96	44.88	33.45				

Olivia Damiano (14) W

3:02.63L	F # 10A	Women	14-15	200 Breast	AQGCB-CB	2	8	1.42
	41.97	46.09	48.08	46.49				
3:05.06L	P # 10A	Women	14-15	200 Breast	AQGCB-CB	2	---	3.85
	41.50	47.83	48.09	47.64				
32.87L	F # 12D	Women	14-15	50 Fly	AQGCB-CB	4	5	-1.19
33.47L	P # 12D	Women	14-15	50 Fly	AQGCB-CB	6	---	-0.59
31.71L	P # 30D	Women	14-15	50 Free	AQGCB-CB	9	---	-2.86

Jasmin Dreaver (14) W

2:57.13L	P # 10A	Women	14-15	200 Breast	JASCB-CB	1	---	-1.75
	40.64	45.85	45.60	45.04				
2:57.97L	F # 10A	Women	14-15	200 Breast	JASCB-CB	1	10	-0.91
	41.00	45.43	46.20	45.34				
33.91L	F # 12D	Women	14-15	50 Fly	JASCB-CB	6	3	-0.08
34.05L	P # 12D	Women	14-15	50 Fly	JASCB-CB	7	---	0.06
1:22.22L	F # 24D	Women	14-15	100 Breast	JASCB-CB	1	10	1.36
	38.79	43.43						
1:25.79L	P # 24D	Women	14-15	100 Breast	JASCB-CB	1	---	4.93
	41.06	44.73						
32.00L	P # 30D	Women	14-15	50 Free	JASCB-CB	10	---	0.46
37.20L	F # 44D	Women	14-15	50 Back	JASCB-CB	6	3	0.55
37.28L	P # 44D	Women	14-15	50 Back	JASCB-CB	6	---	0.63
37.84L	F # 48D	Women	14-15	50 Breast	JASCB-CB	1	10	1.49
38.72L	P # 48D	Women	14-15	50 Breast	JASCB-CB	1	---	2.37
2:40.67L	F # 52A	Women	14-15	200 IM	JASCB-CB	1	10	-1.13
	33.18	44.46	46.40	36.63				
2:42.30L	P # 52A	Women	14-15	200 IM	JASCB-CB	1	---	0.50
	34.31	44.93	46.78	36.28				

Tom Dreaver (13) M

3:01.70L	F # 7B	Men	12-13	200 Breast	JASCB-CB	4	5	-6.10
	40.77	46.01	47.09	47.83				
35.91L	P # 11C	Men	12-13	50 Fly	JASCB-CB	11	---	-0.53
5:48.94L	F # 17B	Men	12-13	400 IM	JASCB-CB	7	2	-1.84
	37.31	44.76	48.93	44.47	47.67	48.64	40.36	36.80
1:24.47L	F # 23C	Men	12-13	100 Breast	JASCB-CB	5	4	-4.51
	39.86	44.61						
1:27.55L	P # 23C	Men	12-13	100 Breast	JASCB-CB	5	---	-1.43
	40.90	46.65						
32.70L	P # 29C	Men	12-13	50 Free	JASCB-CB	22	---	0.62
37.99L	P # 43C	Men	12-13	50 Back	JASCB-CB	11	---	-6.29
38.48L	P # 47C	Men	12-13	50 Breast	JASCB-CB	1	---	-3.75
38.49L	F # 47C	Men	12-13	50 Breast	JASCB-CB	1	10	-3.74
2:51.61L	F # 49C	Men	12-13	200 IM	JASCB-CB	11	---	2.91
	36.60	47.04	48.80	39.17				

Quinton Hurley (13) M

9:46.28L	F # 1A	Men 12-13 800 Free	QESCB-CB	1	8	11.01
	32.37	36.74 37.83 37.31	37.40 37.75 36.78	37.92		
	37.32	36.19 37.50 36.72	36.03 36.18 36.72	35.52		
18:21.04L	F # 3A	Men 12-13 1500 Free	QESCB-CB	1	10	---
	32.37	36.74 37.83 37.31	37.40 37.75 36.78	37.92		
	37.32	36.19 37.50 36.72	36.03 36.18 36.72	35.52		
	37.06	36.84 37.62 36.89	38.19 36.48 37.65	35.52		
	37.07	36.91 36.57 37.31	35.86 34.79			
1:16.87L	P # 5C	Men 12-13 100 Back	QESCB-CB	9	---	-0.99
	37.25	39.62				
2:17.33L	F # 13C	Men 12-13 200 Free	QESCB-CB	4	5	1.71
	31.46	34.85 35.86 35.16				
5:29.85L	F # 17B	Men 12-13 400 IM	QESCB-CB	2	8	-1.64
	35.22	42.74 42.17 40.36	50.10 50.29 36.31	32.66		
2:39.20L	F # 25B	Men 12-13 200 Back	QESCB-CB	5	4	-2.41
	38.64	40.98 40.50 39.08				
29.81L	P # 29C	Men 12-13 50 Free	QESCB-CB	6	---	-0.44
29.83L	F # 29C	Men 12-13 50 Free	QESCB-CB	6	3	-0.42
4:38.58L	F # 35B	Men 12-13 400 Free	QESCB-CB	2	8	-2.46
	31.12	35.59 35.52 35.64	36.14 35.73 35.70	33.14		

Eugene In (14) W

1:16.06L	P # 6D	Women 14-15 100 Back	AQGCB-CB	3	---	-0.54
	36.15	39.91				
1:16.28L	F # 6D	Women 14-15 100 Back	AQGCB-CB	3	6	-0.32
	37.42	38.86				
32.37L	P # 12D	Women 14-15 50 Fly	AQGCB-CB	2	---	-0.71
33.32L	F # 12D	Women 14-15 50 Fly	AQGCB-CB	5	4	0.24
29.44L	F # 30D	Women 14-15 50 Free	AQGCB-CB	1	10	-0.10
29.70L	P # 30D	Women 14-15 50 Free	AQGCB-CB	1	---	0.16
1:12.12L	F # 42D	Women 14-15 100 Fly	AQGCB-CB	1	10	-0.44
	32.77	39.35				
1:13.37L	P # 42D	Women 14-15 100 Fly	AQGCB-CB	2	---	0.81
	33.00	40.37				
1:04.86L	F # 46D	Women 14-15 100 Free	AQGCB-CB	1	10	-0.06
	31.06	33.80				
1:05.51L	P # 46D	Women 14-15 100 Free	AQGCB-CB	1	---	0.59
	31.05	34.46				

Lucy Jackson (13) W

1:12.62L	P # 6C	Women	12-13	100 Back	QESCB-CB	1	---	-1.19
	34.79	37.83						
1:13.32L	F # 6C	Women	12-13	100 Back	QESCB-CB	1	10	-0.49
	35.58	37.74						
30.85L	P # 12C	Women	12-13	50 Fly	QESCB-CB	1	---	-0.73
31.44L	F # 12C	Women	12-13	50 Fly	QESCB-CB	2	8	-0.14
2:24.61L	F # 14C	Women	12-13	200 Free	QESCB-CB	7	2	5.57
	33.53	38.12	37.73	35.23				
2:42.12L	F # 26B	Women	12-13	200 Back	QESCB-CB	2	8	4.03
	38.16	42.57	42.47	38.92				
29.17L	P # 30C	Women	12-13	50 Free	QESCB-CB	1	---	0.35
29.25L	F # 30C	Women	12-13	50 Free	QESCB-CB	2	8	0.43
2:47.67L	F # 32B	Women	12-13	200 Fly	QESCB-CB	1	10	---
	34.97	43.83	46.79	42.08				
1:08.11L	P # 42C	Women	12-13	100 Fly	QESCB-CB	1	---	0.17
	31.86	36.25						
1:08.26L	F # 42C	Women	12-13	100 Fly	QESCB-CB	1	10	0.32
	31.80	36.46						
33.88L	F # 44C	Women	12-13	50 Back	QESCB-CB	2	8	0.10
34.23L	P # 44C	Women	12-13	50 Back	QESCB-CB	2	---	0.45
1:03.52L	P # 46C	Women	12-13	100 Free	QESCB-CB	2	---	-0.08
	30.25	33.27						
1:04.60L	F # 46C	Women	12-13	100 Free	QESCB-CB	2	8	1.00
	30.98	33.62						

Natasha Johnson (13) W

1:22.28L	P # 6C	Women	12-13	100 Back	AQGCB-CB	14	---	---
	38.55	43.73						
3:28.79L DQ	F # 8B	Women	12-13	200 Breast	AQGCB-CB	---	---	---
	42.97	51.81	57.48	56.53				
38.89L	P # 12C	Women	12-13	50 Fly	AQGCB-CB	14	---	---
1:27.49L	F # 24C	Women	12-13	100 Breast	AQGCB-CB	3	6	---
	40.56	46.93						
1:29.22L	P # 24C	Women	12-13	100 Breast	AQGCB-CB	4	---	---
	40.50	48.72						
29.89L	P # 30C	Women	12-13	50 Free	AQGCB-CB	3	---	---
29.98L	F # 30C	Women	12-13	50 Free	AQGCB-CB	3	6	---
36.40L	P # 44C	Women	12-13	50 Back	AQGCB-CB	9	---	---
1:08.14L	P # 46C	Women	12-13	100 Free	AQGCB-CB	11	---	---
	32.19	35.95						
38.50L	P # 48C	Women	12-13	50 Breast	AQGCB-CB	2	---	---
39.27L	F # 48C	Women	12-13	50 Breast	AQGCB-CB	2	8	---

Brayan Kamminga (13) M

1:14.76L	P # 5C	Men	12-13	100 Back	JASCB-CB	6	---	-6.36
	36.43	38.33						
1:18.27L	F # 5C	Men	12-13	100 Back	JASCB-CB	8	1	-2.85
	38.58	39.69						
3:01.59L	F # 7B	Men	12-13	200 Breast	JASCB-CB	3	6	-9.94
	41.07	47.83	45.98	46.71				
2:28.62L	F # 13C	Men	12-13	200 Free	JASCB-CB	13	---	-12.73
	35.99	39.86	37.66	35.11				
5:40.05L	F # 17B	Men	12-13	400 IM	JASCB-CB	4	5	---
	38.59	45.94	45.25	42.61	46.18	46.35	39.01	36.12
2:36.59L	F # 25B	Men	12-13	200 Back	JASCB-CB	3	6	-12.37
	38.35	41.20	39.79	37.25				
30.11L	P # 29C	Men	12-13	50 Free	JASCB-CB	7	---	-1.64
31.11L	F # 29C	Men	12-13	50 Free	JASCB-CB	8	1	-0.64
5:04.15L	F # 35B	Men	12-13	400 Free	JASCB-CB	10	---	-12.28
	35.24	39.30	39.09	39.61	38.79	38.76	37.03	36.33
1:15.22L	P # 41C	Men	12-13	100 Fly	JASCB-CB	7	---	---
	35.56	39.66						
1:21.00L	F # 41C	Men	12-13	100 Fly	JASCB-CB	8	1	---
	37.99	43.01						
1:09.42L	P # 45C	Men	12-13	100 Free	JASCB-CB	15	---	0.47
	33.58	35.84						
2:40.76L	F # 49C	Men	12-13	200 IM	JASCB-CB	5	4	-4.79
	36.98	42.88	46.29	34.61				

Angus Kelliher (12) M (1)

1:14.96L	P # 5C	Men	12-13	100 Back	NCSCB-CB	7	---	-0.45
	36.66	38.30						
1:16.36L	F # 5C	Men	12-13	100 Back	NCSCB-CB	7	2	0.95
	37.09	39.27						
2:31.40L	F # 13C	Men	12-13	200 Free	NCSCB-CB	16	---	-1.44
	34.35	39.30	39.69	38.06				
5:56.65L	F # 17B	Men	12-13	400 IM	NCSCB-CB	8	1	-18.91
	38.58	47.36	43.50	41.89	53.68	52.35	40.02	39.27
2:40.99L	F # 25B	Men	12-13	200 Back	NCSCB-CB	7	2	-4.17
	37.90	41.44	41.60	40.05				
30.70L	P # 29C	Men	12-13	50 Free	NCSCB-CB	11	---	-2.03
5:18.39L	F # 35B	Men	12-13	400 Free	NCSCB-CB	13	---	-15.23
	35.85	40.94	40.90	41.19	40.22	41.37	39.74	38.18
1:17.83L	P # 41C	Men	12-13	100 Fly	NCSCB-CB	8	---	-2.80
	36.22	41.61						
1:19.23L	F # 41C	Men	12-13	100 Fly	NCSCB-CB	7	2	-1.40
	36.89	42.34						
1:06.40L	P # 45C	Men	12-13	100 Free	NCSCB-CB	8	---	-2.09
	31.44	34.96						
1:07.17L	F # 45C	Men	12-13	100 Free	NCSCB-CB	8	1	-1.32
	32.18	34.99						

Mine' Nel (12) W

1:17.33L DQ	P # 6C	Women 12-13 100 Back	37.70	39.63	QESCB-CB	---	---	---		
31.40L	F # 12C	Women 12-13 50 Fly			QESCB-CB	1	10	-0.84		
31.83L	P # 12C	Women 12-13 50 Fly			QESCB-CB	2	---	-0.41		
2:27.50L	F # 14C	Women 12-13 200 Free	33.82	37.69	38.26	37.73	QESCB-CB	10	---	-4.62
2:46.32L	F # 26B	Women 12-13 200 Back	38.53	41.94	44.70	41.15	QESCB-CB	5	4	-4.47
30.06L	F # 30C	Women 12-13 50 Free			QESCB-CB	4	5	-0.48		
30.15L	P # 30C	Women 12-13 50 Free			QESCB-CB	4	---	-0.39		
1:13.42L	P # 42C	Women 12-13 100 Fly	33.36	40.06			QESCB-CB	3	---	-2.29
1:15.29L	F # 42C	Women 12-13 100 Fly	34.72	40.57			QESCB-CB	3	6	-0.42
1:07.13L	P # 46C	Women 12-13 100 Free	31.89	35.24			QESCB-CB	6	---	0.72
1:08.46L	F # 46C	Women 12-13 100 Free	31.73	36.73			QESCB-CB	6	3	2.05
2:47.01L DQ	F # 50C	Women 12-13 200 IM	34.89	44.25	50.14	37.73	QESCB-CB	---	---	---

Matthew Newbitt (14) M

19:01.77L	F # 3B	Men 14-15 1500 Free	33.59	37.58	35.43	41.62	38.63	38.89	39.09	38.42	AQGCB-CB	2	8	---
			38.82	38.73	39.03	38.90	39.10	38.77	38.97	39.33				
			38.26	38.32	38.67	37.44	38.01	38.26	38.46	37.23				
			38.30	37.71	36.67	38.10	36.30	35.14						
1:17.23L	P # 5D	Men 14-15 100 Back	37.48	39.75							AQGCB-CB	5	---	-4.59
1:18.60L	F # 5D	Men 14-15 100 Back	38.42	40.18							AQGCB-CB	5	4	-3.22
2:16.24L	P # 15A	Men 14-15 200 Free	31.84	35.69	35.65	33.06					AQGCB-CB	5	---	-6.14
2:16.74L	F # 15A	Men 14-15 200 Free	32.28	35.78	35.55	33.13					AQGCB-CB	4	5	-5.64
5:35.47L DQ	F # 17C	Men 14-15 400 IM	34.74	43.61	44.71	43.29	46.44	47.63	38.79	36.26	AQGCB-CB	---	---	---
1:25.86L	F # 23D	Men 14-15 100 Breast	40.21	45.65							AQGCB-CB	5	4	---
1:26.56L	P # 23D	Men 14-15 100 Breast	40.68	45.88							AQGCB-CB	4	---	---
27.92L	F # 29D	Men 14-15 50 Free									AQGCB-CB	4	5	-1.61
28.08L	P # 29D	Men 14-15 50 Free									AQGCB-CB	3	---	-1.45
4:43.49L	F # 35C	Men 14-15 400 Free	31.65	36.59	36.91	36.75	36.56	36.52	36.13	32.38	AQGCB-CB	3	6	-14.46
59.86L	F # 45D	Men 14-15 100 Free	28.63	31.23							AQGCB-CB	5	4	-3.68
1:00.20L	P # 45D	Men 14-15 100 Free	29.27	30.93							AQGCB-CB	4	---	-3.34
39.20L DQ	P # 47D	Men 14-15 50 Breast									AQGCB-CB	---	---	---

Archie Perriam (13) M

1:20.84L	P # 5C	Men	12-13	100 Back	JASCB-CB	16	---	-4.59
	39.62	41.22						
33.06L	P # 11C	Men	12-13	50 Fly	JASCB-CB	6	---	0.40
33.15L	F # 11C	Men	12-13	50 Fly	JASCB-CB	6	3	0.49
2:26.02L	F # 13C	Men	12-13	200 Free	JASCB-CB	9	---	4.17
	33.59	38.56	37.98	35.89				
5:42.60L	F # 17B	Men	12-13	400 IM	JASCB-CB	5	4	-8.19
	34.30	41.93	44.50	44.48	51.73	51.71	38.72	35.23
1:37.21L	P # 23C	Men	12-13	100 Breast	JASCB-CB	10	---	-2.49
	46.66	50.55						
31.92L	P # 29C	Men	12-13	50 Free	JASCB-CB	19	---	1.64
2:37.42L	F # 31B	Men	12-13	200 Fly	JASCB-CB	2	8	-2.45
	34.48	38.90	41.20	42.84				
4:56.34L	F # 35B	Men	12-13	400 Free	JASCB-CB	8	1	-4.66
	34.10	39.12	38.21	38.64	37.53	37.75	36.11	34.88
1:11.84L DQ	P # 41C	Men	12-13	100 Fly	JASCB-CB	---	---	---
	33.61	38.23						
1:07.49L	P # 45C	Men	12-13	100 Free	JASCB-CB	12	---	-0.75
	31.53	35.96						
2:45.50L	F # 49C	Men	12-13	200 IM	JASCB-CB	9	---	-3.44
	34.81	45.36	50.43	34.90				

Henri Rollinson (13) M

9:50.82L	F # 1A	Men	12-13	800 Free	JASCB-CB	2	10	---
	31.59	36.13	37.54	37.15	37.03	37.69	37.57	37.56
	37.90	37.60	37.90	37.82	37.82	37.21	36.47	35.84
1:14.17L	F # 5C	Men	12-13	100 Back	JASCB-CB	5	4	-1.76
	35.16	39.01						
1:14.23L	P # 5C	Men	12-13	100 Back	JASCB-CB	5	---	-1.70
	35.39	38.84						
30.59L	F # 11C	Men	12-13	50 Fly	JASCB-CB	2	8	-2.02
31.16L	P # 11C	Men	12-13	50 Fly	JASCB-CB	2	---	-1.45
2:18.09L	F # 13C	Men	12-13	200 Free	JASCB-CB	5	3.5	2.32
	30.74	34.95	36.79	35.61				
2:39.41L	F # 25B	Men	12-13	200 Back	JASCB-CB	6	3	-2.11
	36.68	41.71	41.43	39.59				
29.00L	F # 29C	Men	12-13	50 Free	JASCB-CB	4	5	-1.19
29.33L	P # 29C	Men	12-13	50 Free	JASCB-CB	5	---	-0.86
4:45.96L	F # 35B	Men	12-13	400 Free	JASCB-CB	4	5	1.96
	31.70	36.18	36.08	36.76	37.03	36.58	37.33	34.30
1:08.32L	F # 41C	Men	12-13	100 Fly	JASCB-CB	2	8	-4.10
	31.31	37.01						
1:10.12L	P # 41C	Men	12-13	100 Fly	JASCB-CB	3	---	-2.30
	32.05	38.07						
1:03.91L	F # 45C	Men	12-13	100 Free	JASCB-CB	4	5	-0.61
	30.89	33.02						
1:04.67L	P # 45C	Men	12-13	100 Free	JASCB-CB	4	---	0.15
	30.77	33.90						
2:34.44L	F # 49C	Men	12-13	200 IM	JASCB-CB	2	8	-7.38
	32.91	39.32	47.72	34.49				

Joe Routhan (12) M

3:05.07L	F # 7B	Men	12-13	200 Breast	ASTCB-CB	5	4	-9.07
	41.75	46.86	48.04	48.42				
33.67L	F # 11C	Men	12-13	50 Fly	ASTCB-CB	7	2	-4.40
33.74L	P # 11C	Men	12-13	50 Fly	ASTCB-CB	7	---	-4.33
2:26.81L	F # 13C	Men	12-13	200 Free	ASTCB-CB	10	---	-11.10
	33.60	37.44	38.18	37.59				
5:44.47L	F # 17B	Men	12-13	400 IM	ASTCB-CB	6	3	---
	36.19	43.47	44.11	43.45	48.60	48.98	40.36	39.31
1:23.03L	F # 23C	Men	12-13	100 Breast	ASTCB-CB	2	8	-9.15
	39.79	43.24						
1:26.68L	P # 23C	Men	12-13	100 Breast	ASTCB-CB	4	---	-5.50
	40.47	46.21						
2:42.79L	F # 25B	Men	12-13	200 Back	ASTCB-CB	8	1	-9.53
	37.40	42.51	42.13	40.75				
30.83L	P # 29C	Men	12-13	50 Free	ASTCB-CB	12	---	-2.40
34.95L	F # 43C	Men	12-13	50 Back	ASTCB-CB	2	8	-2.34
35.30L	P # 43C	Men	12-13	50 Back	ASTCB-CB	2	---	-1.99
1:07.95L	P # 45C	Men	12-13	100 Free	ASTCB-CB	13	---	-4.28
	31.77	36.18						
38.63L	F # 47C	Men	12-13	50 Breast	ASTCB-CB	2	8	-2.80
39.28L	P # 47C	Men	12-13	50 Breast	ASTCB-CB	2	---	-2.15
2:42.95L	F # 49C	Men	12-13	200 IM	ASTCB-CB	7	2	-12.89
	35.26	41.04	47.44	39.21				

Bailey Tait (13) W

10:00.37L	F # 2A	Women	12-13	800 Free	ASTCB-CB	2	8	-40.64
	34.90	37.94	37.98	38.55	38.04	38.32	37.64	37.86
	37.67	38.06	37.50	37.80	37.96	37.85	36.15	36.15
1:22.97L	P # 6C	Women	12-13	100 Back	ASTCB-CB	15	---	-5.32
	40.47	42.50						
2:21.94L	F # 14C	Women	12-13	200 Free	ASTCB-CB	3	6	-3.12
	32.79	36.30	36.96	35.89				
5:52.17L	F # 18B	Women	12-13	400 IM	ASTCB-CB	2	8	-11.41
	39.14	47.48	45.58	44.21	50.15	50.84	37.99	36.78
2:48.29L	F # 26B	Women	12-13	200 Back	ASTCB-CB	9	---	-8.61
	39.47	43.01	44.19	41.62				
31.74L	P # 30C	Women	12-13	50 Free	ASTCB-CB	12	---	-0.62
4:53.47L	F # 36B	Women	12-13	400 Free	ASTCB-CB	2	8	-13.83
	33.07	36.41	36.57	37.24	37.75	37.65	37.80	36.98
1:04.75L	F # 46C	Women	12-13	100 Free	ASTCB-CB	3	6	-4.95
	31.80	32.95						
1:05.78L	P # 46C	Women	12-13	100 Free	ASTCB-CB	4	---	-3.92
	32.13	33.65						
2:49.07L	F # 50C	Women	12-13	200 IM	ASTCB-CB	5	4	-3.66
	37.79	44.87	49.21	37.20				

Ruby Wagenvoord (13) W

10:12.80L	F # 2A	Women	12-13	800 Free	AQGCB-CB	3	6	---
	34.02	39.15	37.65	39.55	39.18	40.03	38.64	39.28
	38.14	38.70	39.43	38.01	38.81	38.96	36.75	36.50
2:57.25L	F # 8B	Women	12-13	200 Breast	AQGCB-CB	1	10	1.90
	39.68	46.33	46.06	45.18				
2:24.16L	F # 14C	Women	12-13	200 Free	AQGCB-CB	5	4	0.02
	33.71	37.31	37.74	35.40				
1:22.34L	P # 24C	Women	12-13	100 Breast	AQGCB-CB	1	---	3.88
	38.60	43.74						
1:23.28L	F # 24C	Women	12-13	100 Breast	AQGCB-CB	1	10	4.82
	39.13	44.15						
4:55.01L	F # 36B	Women	12-13	400 Free	AQGCB-CB	3	6	---
	32.23	38.54	37.90	37.79	38.38	37.29	37.21	35.67
36.96L	P # 48C	Women	12-13	50 Breast	AQGCB-CB	1	---	0.07
37.51L	F # 48C	Women	12-13	50 Breast	AQGCB-CB	1	10	0.62
2:40.19L	F # 50C	Women	12-13	200 IM	AQGCB-CB	1	10	-5.48
	35.79	44.44	44.78	35.18				