

**Percent of Effort Table
Best 100 Times for 25 Yard Course**

		100	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Senior A1														
Alex Smith	Free	59.00	1:00.2	1:01.5	1:02.8	1:04.1	1:05.6	1:07.0	1:09.4	1:13.7	1:18.7	1:24.3	1:30.8	
	Back	1:09.55	1:11.0	1:12.4	1:14.0	1:15.6	1:17.3	1:19.0	1:21.8	1:26.9	1:32.7	1:39.4	1:47.0	
	Brst	1:16.29	1:17.8	1:19.5	1:21.2	1:22.9	1:24.8	1:26.7	1:29.8	1:35.4	1:41.7	1:49.0	1:57.4	
	Fly	1:09.35	1:10.8	1:12.2	1:13.8	1:15.4	1:17.1	1:18.8	1:21.6	1:26.7	1:32.5	1:39.1	1:46.7	
	IM	1:11.43	1:12.9	1:14.4	1:16.0	1:17.6	1:19.4	1:21.2	1:24.0	1:29.3	1:35.2	1:42.0	1:49.9	
Ally Disanti	Free	59.04	1:00.2	1:01.5	1:02.8	1:04.2	1:05.6	1:07.1	1:09.5	1:13.8	1:18.7	1:24.3	1:30.8	
	Back	1:08.85	1:10.3	1:11.7	1:13.2	1:14.8	1:16.5	1:18.2	1:21.0	1:26.1	1:31.8	1:38.4	1:45.9	
	Brst	1:25.70	1:27.4	1:29.3	1:31.2	1:33.2	1:35.2	1:37.4	1:40.8	1:47.1	1:54.3	2:02.4	2:11.8	
	Fly	1:08.78	1:10.2	1:11.6	1:13.2	1:14.8	1:16.4	1:18.2	1:20.9	1:26.0	1:31.7	1:38.3	1:45.8	
	IM	1:14.85	1:16.4	1:18.0	1:19.6	1:21.4	1:23.2	1:25.1	1:28.1	1:33.6	1:39.8	1:46.9	1:55.2	
Andrew Fleisher	Free	52.70	53.8	54.9	56.1	57.3	58.6	59.9	1:02.0	1:05.9	1:10.3	1:15.3	1:21.1	
	Back	57.28	58.4	59.7	1:00.9	1:02.3	1:03.6	1:05.1	1:07.4	1:11.6	1:16.4	1:21.8	1:28.1	
	Brst	1:15.83	1:17.4	1:19.0	1:20.7	1:22.4	1:24.3	1:26.2	1:29.2	1:34.8	1:41.1	1:48.3	1:56.7	
	Fly	55.45	56.6	57.8	59.0	1:00.3	1:01.6	1:03.0	1:05.2	1:09.3	1:13.9	1:19.2	1:25.3	
	IM	1:07.75	1:09.1	1:10.6	1:12.1	1:13.6	1:15.3	1:17.0	1:19.7	1:24.7	1:30.3	1:36.8	1:44.2	
Andy Schuehler	Free	48.88	49.9	50.9	52.0	53.1	54.3	55.5	57.5	1:01.1	1:05.2	1:09.8	1:15.2	
	Back	59.51	1:00.7	1:02.0	1:03.3	1:04.7	1:06.1	1:07.6	1:10.0	1:14.4	1:19.3	1:25.0	1:31.6	
	Brst	56.72	57.9	59.1	1:00.3	1:01.7	1:03.0	1:04.5	1:06.7	1:10.9	1:15.6	1:21.0	1:27.3	
	Fly	53.60	54.7	55.8	57.0	58.3	59.6	1:00.9	1:03.1	1:07.0	1:11.5	1:16.6	1:22.5	
	IM	1:06.69	1:08.1	1:09.5	1:10.9	1:12.5	1:14.1	1:15.8	1:18.5	1:23.4	1:28.9	1:35.3	1:42.6	
Arianna Dean	Free	59.29	1:00.5	1:01.8	1:03.1	1:04.4	1:05.9	1:07.4	1:09.8	1:14.1	1:19.1	1:24.7	1:31.2	
	Back	1:08.89	1:10.3	1:11.8	1:13.3	1:14.9	1:16.5	1:18.3	1:21.0	1:26.1	1:31.9	1:38.4	1:46.0	
	Brst	1:12.07	1:13.5	1:15.1	1:16.7	1:18.3	1:20.1	1:21.9	1:24.8	1:30.1	1:36.1	1:43.0	1:50.9	
	Fly	1:02.28	1:03.6	1:04.9	1:06.3	1:07.7	1:09.2	1:10.8	1:13.3	1:17.8	1:23.0	1:29.0	1:35.8	
	IM	1:11.50	1:13.0	1:14.5	1:16.1	1:17.7	1:19.4	1:21.2	1:24.1	1:29.4	1:35.3	1:42.1	1:50.0	
Breann Cavanagh	Free	57.58	58.8	1:00.0	1:01.3	1:02.6	1:04.0	1:05.4	1:07.7	1:12.0	1:16.8	1:22.3	1:28.6	
	Back	1:05.61	1:06.9	1:08.3	1:09.8	1:11.3	1:12.9	1:14.6	1:17.2	1:22.0	1:27.5	1:33.7	1:40.9	
	Brst	1:15.57	1:17.1	1:18.7	1:20.4	1:22.1	1:24.0	1:25.9	1:28.9	1:34.5	1:40.8	1:48.0	1:56.3	
	Fly	1:08.39	1:09.8	1:11.2	1:12.8	1:14.3	1:16.0	1:17.7	1:20.5	1:25.5	1:31.2	1:37.7	1:45.2	
	IM	1:09.45	1:10.9	1:12.3	1:13.9	1:15.5	1:17.2	1:18.9	1:21.7	1:26.8	1:32.6	1:39.2	1:46.8	
Brysia Vizard	Free	58.95	1:00.2	1:01.4	1:02.7	1:04.1	1:05.5	1:07.0	1:09.4	1:13.7	1:18.6	1:24.2	1:30.7	
	Back	1:02.89	1:04.2	1:05.5	1:06.9	1:08.4	1:09.9	1:11.5	1:14.0	1:18.6	1:23.9	1:29.8	1:36.8	
	Brst	1:11.86	1:13.3	1:14.9	1:16.4	1:18.1	1:19.8	1:21.7	1:24.5	1:29.8	1:35.8	1:42.7	1:50.6	
	Fly	1:06.40	1:07.8	1:09.2	1:10.6	1:12.2	1:13.8	1:15.5	1:18.1	1:23.0	1:28.5	1:34.9	1:42.2	
	IM	1:10.26	1:11.7	1:13.2	1:14.7	1:16.4	1:18.1	1:19.8	1:22.7	1:27.8	1:33.7	1:40.4	1:48.1	
Colin Fisher	Free	50.76	51.8	52.9	54.0	55.2	56.4	57.7	59.7	1:03.4	1:07.7	1:12.5	1:18.1	
	Back	58.49	59.7	1:00.9	1:02.2	1:03.6	1:05.0	1:06.5	1:08.8	1:13.1	1:18.0	1:23.6	1:30.0	
	Brst	1:06.09	1:07.4	1:08.8	1:10.3	1:11.8	1:13.4	1:15.1	1:17.8	1:22.6	1:28.1	1:34.4	1:41.7	
	Fly	1:00.25	1:01.5	1:02.8	1:04.1	1:05.5	1:06.9	1:08.5	1:10.9	1:15.3	1:20.3	1:26.1	1:32.7	
	IM	1:05.56	1:06.9	1:08.3	1:09.7	1:11.3	1:12.8	1:14.5	1:17.1	1:21.9	1:27.4	1:33.7	1:40.9	
Courtney Patterson	Free	53.13	54.2	55.3	56.5	57.7	59.0	1:00.4	1:02.5	1:06.4	1:10.8	1:15.9	1:21.7	
	Back	1:02.91	1:04.2	1:05.5	1:06.9	1:08.4	1:09.9	1:11.5	1:14.0	1:18.6	1:23.9	1:29.9	1:36.8	
	Brst	1:10.37	1:11.8	1:13.3	1:14.9	1:16.5	1:18.2	1:20.0	1:22.8	1:28.0	1:33.8	1:40.5	1:48.3	
	Fly	58.92	1:00.1	1:01.4	1:02.7	1:04.0	1:05.5	1:07.0	1:09.3	1:13.6	1:18.6	1:24.2	1:30.6	
	IM	1:07.68	1:09.1	1:10.5	1:12.0	1:13.6	1:15.2	1:16.9	1:19.6	1:24.6	1:30.2	1:36.7	1:44.1	
Devin Nielsen	Free	51.21	52.3	53.3	54.5	55.7	56.9	58.2	1:00.2	1:04.0	1:08.3	1:13.2	1:18.8	

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Best 100 Times for 25 Yard Course**

	100	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Senior A1													
	Back	1:01.19	1:02.4	1:03.7	1:05.1	1:06.5	1:08.0	1:09.5	1:12.0	1:16.5	1:21.6	1:27.4	1:34.1
	Brst	1:07.35	1:08.7	1:10.2	1:11.6	1:13.2	1:14.8	1:16.5	1:19.2	1:24.2	1:29.8	1:36.2	1:43.6
	Fly	59.22	1:00.4	1:01.7	1:03.0	1:04.4	1:05.8	1:07.3	1:09.7	1:14.0	1:19.0	1:24.6	1:31.1
	IM	1:10.62	1:12.1	1:13.6	1:15.1	1:16.8	1:18.5	1:20.2	1:23.1	1:28.3	1:34.2	1:40.9	1:48.6
Dylan Evangelista	Free	53.50	54.6	55.7	56.9	58.2	59.4	1:00.8	1:02.9	1:06.9	1:11.3	1:16.4	1:22.3
	Back	59.57	1:00.8	1:02.1	1:03.4	1:04.7	1:06.2	1:07.7	1:10.1	1:14.5	1:19.4	1:25.1	1:31.6
	Brst	1:12.15	1:13.6	1:15.2	1:16.8	1:18.4	1:20.2	1:22.0	1:24.9	1:30.2	1:36.2	1:43.1	1:51.0
	Fly	1:00.22	1:01.4	1:02.7	1:04.1	1:05.5	1:06.9	1:08.4	1:10.8	1:15.3	1:20.3	1:26.0	1:32.6
	IM	1:17.71	1:19.3	1:20.9	1:22.7	1:24.5	1:26.3	1:28.3	1:31.4	1:37.1	1:43.6	1:51.0	1:59.6
Elena Malloy	Free	57.29	58.5	59.7	1:00.9	1:02.3	1:03.7	1:05.1	1:07.4	1:11.6	1:16.4	1:21.8	1:28.1
	Back	1:03.60	1:04.9	1:06.2	1:07.7	1:09.1	1:10.7	1:12.3	1:14.8	1:19.5	1:24.8	1:30.9	1:37.8
	Brst	1:12.72	1:14.2	1:15.7	1:17.4	1:19.0	1:20.8	1:22.6	1:25.6	1:30.9	1:37.0	1:43.9	1:51.9
	Fly	1:05.47	1:06.8	1:08.2	1:09.6	1:11.2	1:12.7	1:14.4	1:17.0	1:21.8	1:27.3	1:33.5	1:40.7
	IM	1:09.66	1:11.1	1:12.6	1:14.1	1:15.7	1:17.4	1:19.2	1:22.0	1:27.1	1:32.9	1:39.5	1:47.2
Emily Bennett	Free	58.99	1:00.2	1:01.4	1:02.8	1:04.1	1:05.5	1:07.0	1:09.4	1:13.7	1:18.7	1:24.3	1:30.8
	Back	1:07.14	1:08.5	1:09.9	1:11.4	1:13.0	1:14.6	1:16.3	1:19.0	1:23.9	1:29.5	1:35.9	1:43.3
	Brst	1:16.44	1:18.0	1:19.6	1:21.3	1:23.1	1:24.9	1:26.9	1:29.9	1:35.5	1:41.9	1:49.2	1:57.6
	Fly	1:08.48	1:09.9	1:11.3	1:12.9	1:14.4	1:16.1	1:17.8	1:20.6	1:25.6	1:31.3	1:37.8	1:45.4
	IM	1:16.25	1:17.8	1:19.4	1:21.1	1:22.9	1:24.7	1:26.6	1:29.7	1:35.3	1:41.7	1:48.9	1:57.3
Emily Rollo	Free	56.33	57.5	58.7	59.9	1:01.2	1:02.6	1:04.0	1:06.3	1:10.4	1:15.1	1:20.5	1:26.7
	Back	59.91	1:01.1	1:02.4	1:03.7	1:05.1	1:06.6	1:08.1	1:10.5	1:14.9	1:19.9	1:25.6	1:32.2
	Brst	1:16.46	1:18.0	1:19.6	1:21.3	1:23.1	1:25.0	1:26.9	1:30.0	1:35.6	1:41.9	1:49.2	1:57.6
	Fly	1:02.32	1:03.6	1:04.9	1:06.3	1:07.7	1:09.2	1:10.8	1:13.3	1:17.9	1:23.1	1:29.0	1:35.9
	IM	1:09.51	1:10.9	1:12.4	1:13.9	1:15.6	1:17.2	1:19.0	1:21.8	1:26.9	1:32.7	1:39.3	1:46.9
Gabriella Timuscuk	Free	59.07	1:00.3	1:01.5	1:02.8	1:04.2	1:05.6	1:07.1	1:09.5	1:13.8	1:18.8	1:24.4	1:30.9
	Back	1:11.24	1:12.7	1:14.2	1:15.8	1:17.4	1:19.2	1:21.0	1:23.8	1:29.0	1:35.0	1:41.8	1:49.6
	Brst	1:17.28	1:18.9	1:20.5	1:22.2	1:24.0	1:25.9	1:27.8	1:30.9	1:36.6	1:43.0	1:50.4	1:58.9
	Fly	1:04.47	1:05.8	1:07.2	1:08.6	1:10.1	1:11.6	1:13.3	1:15.8	1:20.6	1:26.0	1:32.1	1:39.2
	IM	1:10.07	1:11.5	1:13.0	1:14.5	1:16.2	1:17.9	1:19.6	1:22.4	1:27.6	1:33.4	1:40.1	1:47.8
Grant Proctor	Free	55.09	56.2	57.4	58.6	59.9	1:01.2	1:02.6	1:04.8	1:08.9	1:13.5	1:18.7	1:24.8
	Back	54.11	55.2	56.4	57.6	58.8	1:00.1	1:01.5	1:03.7	1:07.6	1:12.1	1:17.3	1:23.2
	Brst	1:01.87	1:03.1	1:04.4	1:05.8	1:07.2	1:08.7	1:10.3	1:12.8	1:17.3	1:22.5	1:28.4	1:35.2
	Fly	59.36	1:00.6	1:01.8	1:03.1	1:04.5	1:06.0	1:07.5	1:09.8	1:14.2	1:19.1	1:24.8	1:31.3
	IM	1:07.37	1:08.7	1:10.2	1:11.7	1:13.2	1:14.9	1:16.6	1:19.3	1:24.2	1:29.8	1:36.2	1:43.6
Isabel Obregon	Free	53.41	54.5	55.6	56.8	58.1	59.3	1:00.7	1:02.8	1:06.8	1:11.2	1:16.3	1:22.2
	Back	59.37	1:00.6	1:01.8	1:03.2	1:04.5	1:06.0	1:07.5	1:09.8	1:14.2	1:19.2	1:24.8	1:31.3
	Brst	1:17.69	1:19.3	1:20.9	1:22.6	1:24.4	1:26.3	1:28.3	1:31.4	1:37.1	1:43.6	1:51.0	1:59.5
	Fly	58.59	59.8	1:01.0	1:02.3	1:03.7	1:05.1	1:06.6	1:08.9	1:13.2	1:18.1	1:23.7	1:30.1
	IM	1:05.75	1:07.1	1:08.5	1:09.9	1:11.5	1:13.1	1:14.7	1:17.4	1:22.2	1:27.7	1:33.9	1:41.2
Jaimie Lynn Brookover	Free	57.41	58.6	59.8	1:01.1	1:02.4	1:03.8	1:05.2	1:07.5	1:11.8	1:16.5	1:22.0	1:28.3
	Back	58.33	59.5	1:00.8	1:02.1	1:03.4	1:04.8	1:06.3	1:08.6	1:12.9	1:17.8	1:23.3	1:29.7
	Brst	1:18.84	1:20.4	1:22.1	1:23.9	1:25.7	1:27.6	1:29.6	1:32.8	1:38.5	1:45.1	1:52.6	2:01.3
	Fly	1:07.83	1:09.2	1:10.7	1:12.2	1:13.7	1:15.4	1:17.1	1:19.8	1:24.8	1:30.4	1:36.9	1:44.4
	IM	1:13.58	1:15.1	1:16.6	1:18.3	1:20.0	1:21.8	1:23.6	1:26.6	1:32.0	1:38.1	1:45.1	1:53.2
Jenna Zagoren	Free	54.14	55.2	56.4	57.6	58.8	1:00.2	1:01.5	1:03.7	1:07.7	1:12.2	1:17.3	1:23.3
	Back	59.55	1:00.8	1:02.0	1:03.4	1:04.7	1:06.2	1:07.7	1:10.1	1:14.4	1:19.4	1:25.1	1:31.6

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Best 100 Times for 25 Yard Course**

	100	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Senior A1													
	Brst	1:10.43	1:11.9	1:13.4	1:14.9	1:16.6	1:18.3	1:20.0	1:22.9	1:28.0	1:33.9	1:40.6	1:48.4
	Fly	1:03.53	1:04.8	1:06.2	1:07.6	1:09.1	1:10.6	1:12.2	1:14.7	1:19.4	1:24.7	1:30.8	1:37.7
	IM	1:06.34	1:07.7	1:09.1	1:10.6	1:12.1	1:13.7	1:15.4	1:18.0	1:22.9	1:28.5	1:34.8	1:42.1
Jess Kowal	Free	59.86	1:01.1	1:02.4	1:03.7	1:05.1	1:06.5	1:08.0	1:10.4	1:14.8	1:19.8	1:25.5	1:32.1
	Back	1:02.98	1:04.3	1:05.6	1:07.0	1:08.5	1:10.0	1:11.6	1:14.1	1:18.7	1:24.0	1:30.0	1:36.9
	Brst	1:23.94	1:25.7	1:27.4	1:29.3	1:31.2	1:33.3	1:35.4	1:38.8	1:44.9	1:51.9	1:59.9	2:09.1
	Fly	1:03.65	1:04.9	1:06.3	1:07.7	1:09.2	1:10.7	1:12.3	1:14.9	1:19.6	1:24.9	1:30.9	1:37.9
	IM	1:13.09	1:14.6	1:16.1	1:17.8	1:19.4	1:21.2	1:23.1	1:26.0	1:31.4	1:37.5	1:44.4	1:52.4
John Shellem	Free	50.71	51.7	52.8	53.9	55.1	56.3	57.6	59.7	1:03.4	1:07.6	1:12.4	1:18.0
	Back	1:00.96	1:02.2	1:03.5	1:04.9	1:06.3	1:07.7	1:09.3	1:11.7	1:16.2	1:21.3	1:27.1	1:33.8
	Fly	58.78	1:00.0	1:01.2	1:02.5	1:03.9	1:05.3	1:06.8	1:09.2	1:13.5	1:18.4	1:24.0	1:30.4
Johnny Carroll	Free	50.44	51.5	52.5	53.7	54.8	56.0	57.3	59.3	1:03.0	1:07.3	1:12.1	1:17.6
	Back	1:04.76	1:06.1	1:07.5	1:08.9	1:10.4	1:12.0	1:13.6	1:16.2	1:20.9	1:26.3	1:32.5	1:39.6
	Brst	1:01.45	1:02.7	1:04.0	1:05.4	1:06.8	1:08.3	1:09.8	1:12.3	1:16.8	1:21.9	1:27.8	1:34.5
	Fly	59.43	1:00.6	1:01.9	1:03.2	1:04.6	1:06.0	1:07.5	1:09.9	1:14.3	1:19.2	1:24.9	1:31.4
	IM	1:09.14	1:10.6	1:12.0	1:13.6	1:15.2	1:16.8	1:18.6	1:21.3	1:26.4	1:32.2	1:38.8	1:46.4
Joseph Petrone	Free	46.63	47.6	48.6	49.6	50.7	51.8	53.0	54.9	58.3	1:02.2	1:06.6	1:11.7
	Back	52.92	54.0	55.1	56.3	57.5	58.8	1:00.1	1:02.3	1:06.1	1:10.6	1:15.6	1:21.4
	Brst	1:09.78	1:11.2	1:12.7	1:14.2	1:15.8	1:17.5	1:19.3	1:22.1	1:27.2	1:33.0	1:39.7	1:47.4
	Fly	50.49	51.5	52.6	53.7	54.9	56.1	57.4	59.4	1:03.1	1:07.3	1:12.1	1:17.7
	IM	1:03.08	1:04.4	1:05.7	1:07.1	1:08.6	1:10.1	1:11.7	1:14.2	1:18.8	1:24.1	1:30.1	1:37.0
Julia Costa	Free	55.83	57.0	58.2	59.4	1:00.7	1:02.0	1:03.4	1:05.7	1:09.8	1:14.4	1:19.8	1:25.9
	Back	1:04.90	1:06.2	1:07.6	1:09.0	1:10.5	1:12.1	1:13.7	1:16.4	1:21.1	1:26.5	1:32.7	1:39.8
	Brst	1:17.54	1:19.1	1:20.8	1:22.5	1:24.3	1:26.2	1:28.1	1:31.2	1:36.9	1:43.4	1:50.8	1:59.3
	Fly	48.06	49.0	50.1	51.1	52.2	53.4	54.6	56.5	1:00.1	1:04.1	1:08.7	1:13.9
	IM	1:05.89	1:07.2	1:08.6	1:10.1	1:11.6	1:13.2	1:14.9	1:17.5	1:22.4	1:27.9	1:34.1	1:41.4
Kacie Dunham	Free	57.95	59.1	1:00.4	1:01.6	1:03.0	1:04.4	1:05.9	1:08.2	1:12.4	1:17.3	1:22.8	1:29.2
	Back	1:10.26	1:11.7	1:13.2	1:14.7	1:16.4	1:18.1	1:19.8	1:22.7	1:27.8	1:33.7	1:40.4	1:48.1
	Brst	1:12.65	1:14.1	1:15.7	1:17.3	1:19.0	1:20.7	1:22.6	1:25.5	1:30.8	1:36.9	1:43.8	1:51.8
	Fly	1:03.41	1:04.7	1:06.1	1:07.5	1:08.9	1:10.5	1:12.1	1:14.6	1:19.3	1:24.5	1:30.6	1:37.6
	IM	1:17.49	1:19.1	1:20.7	1:22.4	1:24.2	1:26.1	1:28.1	1:31.2	1:36.9	1:43.3	1:50.7	1:59.2
Katie Merlin	Free	1:01.40	1:02.7	1:04.0	1:05.3	1:06.7	1:08.2	1:09.8	1:12.2	1:16.7	1:21.9	1:27.7	1:34.5
	Back	1:07.16	1:08.5	1:10.0	1:11.4	1:13.0	1:14.6	1:16.3	1:19.0	1:23.9	1:29.5	1:35.9	1:43.3
	Brst	1:16.58	1:18.1	1:19.8	1:21.5	1:23.2	1:25.1	1:27.0	1:30.1	1:35.7	1:42.1	1:49.4	1:57.8
	Fly	1:10.95	1:12.4	1:13.9	1:15.5	1:17.1	1:18.8	1:20.6	1:23.5	1:28.7	1:34.6	1:41.4	1:49.2
	IM	1:07.58	1:09.0	1:10.4	1:11.9	1:13.5	1:15.1	1:16.8	1:19.5	1:24.5	1:30.1	1:36.5	1:44.0
Kelly Gallagher	Free	59.04	1:00.2	1:01.5	1:02.8	1:04.2	1:05.6	1:07.1	1:09.5	1:13.8	1:18.7	1:24.3	1:30.8
	Back	1:03.20	1:04.5	1:05.8	1:07.2	1:08.7	1:10.2	1:11.8	1:14.4	1:19.0	1:24.3	1:30.3	1:37.2
	Brst	1:18.09	1:19.7	1:21.3	1:23.1	1:24.9	1:26.8	1:28.7	1:31.9	1:37.6	1:44.1	1:51.6	2:00.1
	Fly	1:03.20	1:04.5	1:05.8	1:07.2	1:08.7	1:10.2	1:11.8	1:14.4	1:19.0	1:24.3	1:30.3	1:37.2
	IM	1:10.87	1:12.3	1:13.8	1:15.4	1:17.0	1:18.7	1:20.5	1:23.4	1:28.6	1:34.5	1:41.2	1:49.0
Marlee Ehrlich	Free	53.86	55.0	56.1	57.3	58.5	59.8	1:01.2	1:03.4	1:07.3	1:11.8	1:16.9	1:22.9
	Back	1:00.47	1:01.7	1:03.0	1:04.3	1:05.7	1:07.2	1:08.7	1:11.1	1:15.6	1:20.6	1:26.4	1:33.0
	Brst	1:17.49	1:19.1	1:20.7	1:22.4	1:24.2	1:26.1	1:28.1	1:31.2	1:36.9	1:43.3	1:50.7	1:59.2
	Fly	1:03.84	1:05.1	1:06.5	1:07.9	1:09.4	1:10.9	1:12.5	1:15.1	1:19.8	1:25.1	1:31.2	1:38.2
	IM	1:07.51	1:08.9	1:10.3	1:11.8	1:13.4	1:15.0	1:16.7	1:19.4	1:24.4	1:30.0	1:36.4	1:43.9

**Percent of Effort Table
Best 100 Times for 25 Yard Course**

		100	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Senior A1														
Mary Harrington	Free	1:08.29	1:09.7	1:11.1	1:12.6	1:14.2	1:15.9	1:17.6	1:20.3	1:25.4	1:31.1	1:37.6	1:45.1	
	Back	1:10.48	1:11.9	1:13.4	1:15.0	1:16.6	1:18.3	1:20.1	1:22.9	1:28.1	1:34.0	1:40.7	1:48.4	
	Brst	1:18.96	1:20.6	1:22.2	1:24.0	1:25.8	1:27.7	1:29.7	1:32.9	1:38.7	1:45.3	1:52.8	2:01.5	
	Fly	1:15.84	1:17.4	1:19.0	1:20.7	1:22.4	1:24.3	1:26.2	1:29.2	1:34.8	1:41.1	1:48.3	1:56.7	
	IM	1:12.83	1:14.3	1:15.9	1:17.5	1:19.2	1:20.9	1:22.8	1:25.7	1:31.0	1:37.1	1:44.0	1:52.0	
Mary Kate Davis	Free	56.93	58.1	59.3	1:00.6	1:01.9	1:03.3	1:04.7	1:07.0	1:11.2	1:15.9	1:21.3	1:27.6	
	Back	59.77	1:01.0	1:02.3	1:03.6	1:05.0	1:06.4	1:07.9	1:10.3	1:14.7	1:19.7	1:25.4	1:32.0	
	Brst	1:22.24	1:23.9	1:25.7	1:27.5	1:29.4	1:31.4	1:33.5	1:36.8	1:42.8	1:49.7	1:57.5	2:06.5	
	Fly	59.46	1:00.7	1:01.9	1:03.3	1:04.6	1:06.1	1:07.6	1:10.0	1:14.3	1:19.3	1:24.9	1:31.5	
	IM	1:12.83	1:14.3	1:15.9	1:17.5	1:19.2	1:20.9	1:22.8	1:25.7	1:31.0	1:37.1	1:44.0	1:52.0	
Meaghan Harrington	Free	57.89	59.1	1:00.3	1:01.6	1:02.9	1:04.3	1:05.8	1:08.1	1:12.4	1:17.2	1:22.7	1:29.1	
	Back	1:07.04	1:08.4	1:09.8	1:11.3	1:12.9	1:14.5	1:16.2	1:18.9	1:23.8	1:29.4	1:35.8	1:43.1	
	Brst	1:08.94	1:10.3	1:11.8	1:13.3	1:14.9	1:16.6	1:18.3	1:21.1	1:26.2	1:31.9	1:38.5	1:46.1	
	Fly	1:06.69	1:08.1	1:09.5	1:10.9	1:12.5	1:14.1	1:15.8	1:18.5	1:23.4	1:28.9	1:35.3	1:42.6	
	IM	1:09.76	1:11.2	1:12.7	1:14.2	1:15.8	1:17.5	1:19.3	1:22.1	1:27.2	1:33.0	1:39.7	1:47.3	
Michael Simunek	Free	54.74	55.9	57.0	58.2	59.5	1:00.8	1:02.2	1:04.4	1:08.4	1:13.0	1:18.2	1:24.2	
	Back	59.55	1:00.8	1:02.0	1:03.4	1:04.7	1:06.2	1:07.7	1:10.1	1:14.4	1:19.4	1:25.1	1:31.6	
	Brst	1:05.60	1:06.9	1:08.3	1:09.8	1:11.3	1:12.9	1:14.5	1:17.2	1:22.0	1:27.5	1:33.7	1:40.9	
	Fly	1:02.56	1:03.8	1:05.2	1:06.6	1:08.0	1:09.5	1:11.1	1:13.6	1:18.2	1:23.4	1:29.4	1:36.2	
	IM	1:09.76	1:11.2	1:12.7	1:14.2	1:15.8	1:17.5	1:19.3	1:22.1	1:27.2	1:33.0	1:39.7	1:47.3	
Mickaelyn Cook	Free	1:00.87	1:02.1	1:03.4	1:04.8	1:06.2	1:07.6	1:09.2	1:11.6	1:16.1	1:21.2	1:27.0	1:33.6	
	Back	1:09.13	1:10.5	1:12.0	1:13.5	1:15.1	1:16.8	1:18.6	1:21.3	1:26.4	1:32.2	1:38.8	1:46.4	
	Brst	1:13.93	1:15.4	1:17.0	1:18.6	1:20.4	1:22.1	1:24.0	1:27.0	1:32.4	1:38.6	1:45.6	1:53.7	
	Fly	1:10.84	1:12.3	1:13.8	1:15.4	1:17.0	1:18.7	1:20.5	1:23.3	1:28.5	1:34.5	1:41.2	1:49.0	
	IM	1:11.17	1:12.6	1:14.1	1:15.7	1:17.4	1:19.1	1:20.9	1:23.7	1:29.0	1:34.9	1:41.7	1:49.5	
Mike Scheipe	Free	57.30	58.5	59.7	1:01.0	1:02.3	1:03.7	1:05.1	1:07.4	1:11.6	1:16.4	1:21.9	1:28.2	
	Back	1:03.30	1:04.6	1:05.9	1:07.3	1:08.8	1:10.3	1:11.9	1:14.5	1:19.1	1:24.4	1:30.4	1:37.4	
	Brst	1:11.78	1:13.2	1:14.8	1:16.4	1:18.0	1:19.8	1:21.6	1:24.4	1:29.7	1:35.7	1:42.5	1:50.4	
	Fly	1:04.67	1:06.0	1:07.4	1:08.8	1:10.3	1:11.9	1:13.5	1:16.1	1:20.8	1:26.2	1:32.4	1:39.5	
	IM	1:09.72	1:11.1	1:12.6	1:14.2	1:15.8	1:17.5	1:19.2	1:22.0	1:27.1	1:33.0	1:39.6	1:47.3	
Paige Dunham	Free	58.36	59.6	1:00.8	1:02.1	1:03.4	1:04.8	1:06.3	1:08.7	1:12.9	1:17.8	1:23.4	1:29.8	
	Back	1:01.21	1:02.5	1:03.8	1:05.1	1:06.5	1:08.0	1:09.6	1:12.0	1:16.5	1:21.6	1:27.4	1:34.2	
	Brst	1:17.83	1:19.4	1:21.1	1:22.8	1:24.6	1:26.5	1:28.4	1:31.6	1:37.3	1:43.8	1:51.2	1:59.7	
	Fly	1:00.02	1:01.2	1:02.5	1:03.9	1:05.2	1:06.7	1:08.2	1:10.6	1:15.0	1:20.0	1:25.7	1:32.3	
	IM	1:08.82	1:10.2	1:11.7	1:13.2	1:14.8	1:16.5	1:18.2	1:21.0	1:26.0	1:31.8	1:38.3	1:45.9	
Ryan Richards	Free	51.42	52.5	53.6	54.7	55.9	57.1	58.4	1:00.5	1:04.3	1:08.6	1:13.5	1:19.1	
	Back	56.15	57.3	58.5	59.7	1:01.0	1:02.4	1:03.8	1:06.1	1:10.2	1:14.9	1:20.2	1:26.4	
	Brst	1:12.04	1:13.5	1:15.0	1:16.6	1:18.3	1:20.0	1:21.9	1:24.8	1:30.0	1:36.1	1:42.9	1:50.8	
	Fly	56.76	57.9	59.1	1:00.4	1:01.7	1:03.1	1:04.5	1:06.8	1:10.9	1:15.7	1:21.1	1:27.3	
	IM	1:10.09	1:11.5	1:13.0	1:14.6	1:16.2	1:17.9	1:19.6	1:22.5	1:27.6	1:33.5	1:40.1	1:47.8	
Sammie Carroll	Free	59.81	1:01.0	1:02.3	1:03.6	1:05.0	1:06.5	1:08.0	1:10.4	1:14.8	1:19.7	1:25.4	1:32.0	
	Back	1:06.61	1:08.0	1:09.4	1:10.9	1:12.4	1:14.0	1:15.7	1:18.4	1:23.3	1:28.8	1:35.2	1:42.5	
	Brst	1:15.10	1:16.6	1:18.2	1:19.9	1:21.6	1:23.4	1:25.3	1:28.4	1:33.9	1:40.1	1:47.3	1:55.5	
	Fly	1:04.01	1:05.3	1:06.7	1:08.1	1:09.6	1:11.1	1:12.7	1:15.3	1:20.0	1:25.3	1:31.4	1:38.5	

**Percent of Effort Table
Best 100 Times for 25 Yard Course**

	100	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Senior A1													
Sara Seidman	IM	1:09.89	1:11.3	1:12.8	1:14.4	1:16.0	1:17.7	1:19.4	1:22.2	1:27.4	1:33.2	1:39.8	1:47.5
	Free	59.90	1:01.1	1:02.4	1:03.7	1:05.1	1:06.6	1:08.1	1:10.5	1:14.9	1:19.9	1:25.6	1:32.2
	Back	1:01.93	1:03.2	1:04.5	1:05.9	1:07.3	1:08.8	1:10.4	1:12.9	1:17.4	1:22.6	1:28.5	1:35.3
	Brst	1:22.11	1:23.8	1:25.5	1:27.4	1:29.2	1:31.2	1:33.3	1:36.6	1:42.6	1:49.5	1:57.3	2:06.3
	Fly	1:07.98	1:09.4	1:10.8	1:12.3	1:13.9	1:15.5	1:17.2	1:20.0	1:25.0	1:30.6	1:37.1	1:44.6
Shannon Harrington	IM	1:17.55	1:19.1	1:20.8	1:22.5	1:24.3	1:26.2	1:28.1	1:31.2	1:36.9	1:43.4	1:50.8	1:59.3
	Free	54.43	55.5	56.7	57.9	59.2	1:00.5	1:01.9	1:04.0	1:08.0	1:12.6	1:17.8	1:23.7
	Back	59.21	1:00.4	1:01.7	1:03.0	1:04.4	1:05.8	1:07.3	1:09.7	1:14.0	1:18.9	1:24.6	1:31.1
	Brst	1:07.69	1:09.1	1:10.5	1:12.0	1:13.6	1:15.2	1:16.9	1:19.6	1:24.6	1:30.3	1:36.7	1:44.1
	Fly	1:00.19	1:01.4	1:02.7	1:04.0	1:05.4	1:06.9	1:08.4	1:10.8	1:15.2	1:20.3	1:26.0	1:32.6
Shelly Faykes	Free	58.67	59.9	1:01.1	1:02.4	1:03.8	1:05.2	1:06.7	1:09.0	1:13.3	1:18.2	1:23.8	1:30.3
	Back	1:03.50	1:04.8	1:06.1	1:07.6	1:09.0	1:10.6	1:12.2	1:14.7	1:19.4	1:24.7	1:30.7	1:37.7
	Brst	1:23.06	1:24.8	1:26.5	1:28.4	1:30.3	1:32.3	1:34.4	1:37.7	1:43.8	1:50.7	1:58.7	2:07.8
	Fly	1:07.24	1:08.6	1:10.0	1:11.5	1:13.1	1:14.7	1:16.4	1:19.1	1:24.0	1:29.7	1:36.1	1:43.4
	IM	1:14.09	1:15.6	1:17.2	1:18.8	1:20.5	1:22.3	1:24.2	1:27.2	1:32.6	1:38.8	1:45.8	1:54.0
Steven Shek	Free	51.06	52.1	53.2	54.3	55.5	56.7	58.0	1:00.1	1:03.8	1:08.1	1:12.9	1:18.6
	Back	55.50	56.6	57.8	59.0	1:00.3	1:01.7	1:03.1	1:05.3	1:09.4	1:14.0	1:19.3	1:25.4
	Brst	1:03.13	1:04.4	1:05.8	1:07.2	1:08.6	1:10.1	1:11.7	1:14.3	1:18.9	1:24.2	1:30.2	1:37.1
	Fly	56.79	57.9	59.2	1:00.4	1:01.7	1:03.1	1:04.5	1:06.8	1:11.0	1:15.7	1:21.1	1:27.4
	IM	1:01.85	1:03.1	1:04.4	1:05.8	1:07.2	1:08.7	1:10.3	1:12.8	1:17.3	1:22.5	1:28.4	1:35.2
Zach Fong	Free	56.76	57.9	59.1	1:00.4	1:01.7	1:03.1	1:04.5	1:06.8	1:10.9	1:15.7	1:21.1	1:27.3
	Back	1:02.95	1:04.2	1:05.6	1:07.0	1:08.4	1:09.9	1:11.5	1:14.1	1:18.7	1:23.9	1:29.9	1:36.8
	Brst	1:12.16	1:13.6	1:15.2	1:16.8	1:18.4	1:20.2	1:22.0	1:24.9	1:30.2	1:36.2	1:43.1	1:51.0
	Fly	58.39	59.6	1:00.8	1:02.1	1:03.5	1:04.9	1:06.4	1:08.7	1:13.0	1:17.9	1:23.4	1:29.8
	IM	1:09.63	1:11.1	1:12.5	1:14.1	1:15.7	1:17.4	1:19.1	1:21.9	1:27.0	1:32.8	1:39.5	1:47.1

**Percent of Effort Table
Best 200 Times for 25 Yard Course**

		200	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Senior A1														
Alex Smith	Free	2:06.87	2:09.5	2:12.2	2:15.0	2:17.9	2:21.0	2:24.2	2:29.3	2:38.6	2:49.2	3:01.2	3:15.2	
	Back	2:21.42	2:24.3	2:27.3	2:30.4	2:33.7	2:37.1	2:40.7	2:46.4	2:56.8	3:08.6	3:22.0	3:37.6	
	Brst	2:43.81	2:47.2	2:50.6	2:54.3	2:58.1	3:02.0	3:06.1	3:12.7	3:24.8	3:38.4	3:54.0	4:12.0	
	Fly	2:31.99	2:35.1	2:38.3	2:41.7	2:45.2	2:48.9	2:52.7	2:58.8	3:10.0	3:22.7	3:37.1	3:53.8	
	IM	2:21.42	2:24.3	2:27.3	2:30.4	2:33.7	2:37.1	2:40.7	2:46.4	2:56.8	3:08.6	3:22.0	3:37.6	
Ally Disanti	Free	2:05.90	2:08.5	2:11.1	2:13.9	2:16.8	2:19.9	2:23.1	2:28.1	2:37.4	2:47.9	2:59.9	3:13.7	
	Back	2:27.15	2:30.2	2:33.3	2:36.5	2:39.9	2:43.5	2:47.2	2:53.1	3:03.9	3:16.2	3:30.2	3:46.4	
	Brst	3:03.35	3:07.1	3:11.0	3:15.1	3:19.3	3:23.7	3:28.4	3:35.7	3:49.2	4:04.5	4:21.9	4:42.1	
	Fly	2:30.24	2:33.3	2:36.5	2:39.8	2:43.3	2:46.9	2:50.7	2:56.8	3:07.8	3:20.3	3:34.6	3:51.1	
	IM	2:25.23	2:28.2	2:31.3	2:34.5	2:37.9	2:41.4	2:45.0	2:50.9	3:01.5	3:13.6	3:27.5	3:43.4	
Andrew Fleisher	Free	1:52.09	1:54.4	1:56.8	1:59.2	2:01.8	2:04.5	2:07.4	2:11.9	2:20.1	2:29.5	2:40.1	2:52.4	
	Back	2:03.93	2:06.5	2:09.1	2:11.8	2:14.7	2:17.7	2:20.8	2:25.8	2:34.9	2:45.2	2:57.0	3:10.7	
	Brst	2:39.46	2:42.7	2:46.1	2:49.6	2:53.3	2:57.2	3:01.2	3:07.6	3:19.3	3:32.6	3:47.8	4:05.3	
	Fly	2:04.97	2:07.5	2:10.2	2:12.9	2:15.8	2:18.9	2:22.0	2:27.0	2:36.2	2:46.6	2:58.5	3:12.3	
	IM	2:06.93	2:09.5	2:12.2	2:15.0	2:18.0	2:21.0	2:24.2	2:29.3	2:38.7	2:49.2	3:01.3	3:15.3	
Andy Schuehler	Free	1:47.60	1:49.8	1:52.1	1:54.5	1:57.0	1:59.6	2:02.3	2:06.6	2:14.5	2:23.5	2:33.7	2:45.5	
	Back	2:00.11	2:02.6	2:05.1	2:07.8	2:10.6	2:13.5	2:16.5	2:21.3	2:30.1	2:40.1	2:51.6	3:04.8	
	Brst	2:01.61	2:04.1	2:06.7	2:09.4	2:12.2	2:15.1	2:18.2	2:23.1	2:32.0	2:42.1	2:53.7	3:07.1	
	Fly	2:02.30	2:04.8	2:07.4	2:10.1	2:12.9	2:15.9	2:19.0	2:23.9	2:32.9	2:43.1	2:54.7	3:08.2	
	IM	1:54.11	1:56.4	1:58.9	2:01.4	2:04.0	2:06.8	2:09.7	2:14.2	2:22.6	2:32.1	2:43.0	2:55.6	
Arianna Dean	Free	2:03.62	2:06.1	2:08.8	2:11.5	2:14.4	2:17.4	2:20.5	2:25.4	2:34.5	2:44.8	2:56.6	3:10.2	
	Back	2:19.08	2:21.9	2:24.9	2:28.0	2:31.2	2:34.5	2:38.0	2:43.6	2:53.8	3:05.4	3:18.7	3:34.0	
	Brst	2:33.22	2:36.3	2:39.6	2:43.0	2:46.5	2:50.2	2:54.1	3:00.3	3:11.5	3:24.3	3:38.9	3:55.7	
	Fly	2:12.90	2:15.6	2:18.4	2:21.4	2:24.5	2:27.7	2:31.0	2:36.4	2:46.1	2:57.2	3:09.9	3:24.5	
	IM	2:12.27	2:15.0	2:17.8	2:20.7	2:23.8	2:27.0	2:30.3	2:35.6	2:45.3	2:56.4	3:09.0	3:23.5	
Breann Cavanagh	Free	2:01.74	2:04.2	2:06.8	2:09.5	2:12.3	2:15.3	2:18.3	2:23.2	2:32.2	2:42.3	2:53.9	3:07.3	
	Back	2:17.14	2:19.9	2:22.9	2:25.9	2:29.1	2:32.4	2:35.8	2:41.3	2:51.4	3:02.9	3:15.9	3:31.0	
	Brst	2:39.38	2:42.6	2:46.0	2:49.6	2:53.2	2:57.1	3:01.1	3:07.5	3:19.2	3:32.5	3:47.7	4:05.2	
	Fly	2:35.45	2:38.6	2:41.9	2:45.4	2:49.0	2:52.7	2:56.6	3:02.9	3:14.3	3:27.3	3:42.1	3:59.2	
	IM	2:20.04	2:22.9	2:25.9	2:29.0	2:32.2	2:35.6	2:39.1	2:44.8	2:55.0	3:06.7	3:20.1	3:35.4	
Brysia Vizard	Free	2:16.00	2:18.8	2:21.7	2:24.7	2:27.8	2:31.1	2:34.5	2:40.0	2:50.0	3:01.3	3:14.3	3:29.2	
	Back	2:16.97	2:19.8	2:22.7	2:25.7	2:28.9	2:32.2	2:35.6	2:41.1	2:51.2	3:02.6	3:15.7	3:30.7	
	Brst	2:35.39	2:38.6	2:41.9	2:45.3	2:48.9	2:52.7	2:56.6	3:02.8	3:14.2	3:27.2	3:42.0	3:59.1	
	Fly	2:34.77	2:37.9	2:41.2	2:44.6	2:48.2	2:52.0	2:55.9	3:02.1	3:13.5	3:26.4	3:41.1	3:58.1	
	IM	2:26.94	2:29.9	2:33.1	2:36.3	2:39.7	2:43.3	2:47.0	2:52.9	3:03.7	3:15.9	3:29.9	3:46.1	
Colin Fisher	Free	1:46.67	1:48.8	1:51.1	1:53.5	1:55.9	1:58.5	2:01.2	2:05.5	2:13.3	2:22.2	2:32.4	2:44.1	
	Back	2:02.08	2:04.6	2:07.2	2:09.9	2:12.7	2:15.6	2:18.7	2:23.6	2:32.6	2:42.8	2:54.4	3:07.8	
	Brst	2:24.70	2:27.7	2:30.7	2:33.9	2:37.3	2:40.8	2:44.4	2:50.2	3:00.9	3:12.9	3:26.7	3:42.6	
	Fly	2:17.28	2:20.1	2:23.0	2:26.0	2:29.2	2:32.5	2:36.0	2:41.5	2:51.6	3:03.0	3:16.1	3:31.2	
	IM	2:03.21	2:05.7	2:08.3	2:11.1	2:13.9	2:16.9	2:20.0	2:25.0	2:34.0	2:44.3	2:56.0	3:09.6	
Courtney Patterson	Free	1:51.85	1:54.1	1:56.5	1:59.0	2:01.6	2:04.3	2:07.1	2:11.6	2:19.8	2:29.1	2:39.8	2:52.1	
	Back	2:16.48	2:19.3	2:22.2	2:25.2	2:28.3	2:31.6	2:35.1	2:40.6	2:50.6	3:02.0	3:15.0	3:30.0	
	Brst	2:28.27	2:31.3	2:34.4	2:37.7	2:41.2	2:44.7	2:48.5	2:54.4	3:05.3	3:17.7	3:31.8	3:48.1	
	Fly	2:04.98	2:07.5	2:10.2	2:13.0	2:15.8	2:18.9	2:22.0	2:27.0	2:36.2	2:46.6	2:58.5	3:12.3	
	IM	2:08.85	2:11.5	2:14.2	2:17.1	2:20.1	2:23.2	2:26.4	2:31.6	2:41.1	2:51.8	3:04.1	3:18.2	
Devin Nielsen	Free	1:54.12	1:56.4	1:58.9	2:01.4	2:04.0	2:06.8	2:09.7	2:14.3	2:22.6	2:32.2	2:43.0	2:55.6	

**Percent of Effort Table
Best 200 Times for 25 Yard Course**

	200	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Senior A1	Back	2:07.27	2:09.9	2:12.6	2:15.4	2:18.3	2:21.4	2:24.6	2:29.7	2:39.1	2:49.7	3:01.8	3:15.8
	Brst	2:26.41	2:29.4	2:32.5	2:35.8	2:39.1	2:42.7	2:46.4	2:52.2	3:03.0	3:15.2	3:29.2	3:45.2
	Fly	2:24.27	2:27.2	2:30.3	2:33.5	2:36.8	2:40.3	2:43.9	2:49.7	3:00.3	3:12.4	3:26.1	3:42.0
	IM	2:05.94	2:08.5	2:11.2	2:14.0	2:16.9	2:19.9	2:23.1	2:28.2	2:37.4	2:47.9	2:59.9	3:13.8
Dylan Evangelista	Free	1:55.22	1:57.6	2:00.0	2:02.6	2:05.2	2:08.0	2:10.9	2:15.6	2:24.0	2:33.6	2:44.6	2:57.3
	Back	2:08.90	2:11.5	2:14.3	2:17.1	2:20.1	2:23.2	2:26.5	2:31.6	2:41.1	2:51.9	3:04.1	3:18.3
	Brst	2:36.75	2:39.9	2:43.3	2:46.8	2:50.4	2:54.2	2:58.1	3:04.4	3:15.9	3:29.0	3:43.9	4:01.2
	Fly	2:15.07	2:17.8	2:20.7	2:23.7	2:26.8	2:30.1	2:33.5	2:38.9	2:48.8	3:00.1	3:13.0	3:27.8
	IM	2:09.05	2:11.7	2:14.4	2:17.3	2:20.3	2:23.4	2:26.6	2:31.8	2:41.3	2:52.1	3:04.4	3:18.5
Elena Malloy	Free	1:59.43	2:01.9	2:04.4	2:07.1	2:09.8	2:12.7	2:15.7	2:20.5	2:29.3	2:39.2	2:50.6	3:03.7
	Back	2:16.94	2:19.7	2:22.6	2:25.7	2:28.8	2:32.2	2:35.6	2:41.1	2:51.2	3:02.6	3:15.6	3:30.7
	Brst	2:35.12	2:38.3	2:41.6	2:45.0	2:48.6	2:52.4	2:56.3	3:02.5	3:13.9	3:26.8	3:41.6	3:58.6
	Fly	2:24.44	2:27.4	2:30.5	2:33.7	2:37.0	2:40.5	2:44.1	2:49.9	3:00.5	3:12.6	3:26.3	3:42.2
	IM	2:16.63	2:19.4	2:22.3	2:25.4	2:28.5	2:31.8	2:35.3	2:40.7	2:50.8	3:02.2	3:15.2	3:30.2
Emily Bennett	Free	2:01.41	2:03.9	2:06.5	2:09.2	2:12.0	2:14.9	2:18.0	2:22.8	2:31.8	2:41.9	2:53.4	3:06.8
	Back	2:20.22	2:23.1	2:26.1	2:29.2	2:32.4	2:35.8	2:39.3	2:45.0	2:55.3	3:07.0	3:20.3	3:35.7
	Brst	2:44.10	2:47.4	2:50.9	2:54.6	2:58.4	3:02.3	3:06.5	3:13.1	3:25.1	3:38.8	3:54.4	4:12.5
	Fly	2:41.63	2:44.9	2:48.4	2:51.9	2:55.7	2:59.6	3:03.7	3:10.2	3:22.0	3:35.5	3:50.9	4:08.7
	IM	2:21.32	2:24.2	2:27.2	2:30.3	2:33.6	2:37.0	2:40.6	2:46.3	2:56.6	3:08.4	3:21.9	3:37.4
Emily Rollo	Free	2:00.71	2:03.2	2:05.7	2:08.4	2:11.2	2:14.1	2:17.2	2:22.0	2:30.9	2:40.9	2:52.4	3:05.7
	Back	2:08.03	2:10.6	2:13.4	2:16.2	2:19.2	2:22.3	2:25.5	2:30.6	2:40.0	2:50.7	3:02.9	3:17.0
	Brst	2:44.25	2:47.6	2:51.1	2:54.7	2:58.5	3:02.5	3:06.6	3:13.2	3:25.3	3:39.0	3:54.6	4:12.7
	Fly	2:19.15	2:22.0	2:24.9	2:28.0	2:31.2	2:34.6	2:38.1	2:43.7	2:53.9	3:05.5	3:18.8	3:34.1
	IM	2:12.86	2:15.6	2:18.4	2:21.3	2:24.4	2:27.6	2:31.0	2:36.3	2:46.1	2:57.1	3:09.8	3:24.4
Gabriella Timuscuk	Free	2:08.93	2:11.6	2:14.3	2:17.2	2:20.1	2:23.3	2:26.5	2:31.7	2:41.2	2:51.9	3:04.2	3:18.4
	Back	2:30.28	2:33.3	2:36.5	2:39.9	2:43.3	2:47.0	2:50.8	2:56.8	3:07.8	3:20.4	3:34.7	3:51.2
	Brst	2:48.18	2:51.6	2:55.2	2:58.9	3:02.8	3:06.9	3:11.1	3:17.9	3:30.2	3:44.2	4:00.3	4:18.7
	Fly	2:30.26	2:33.3	2:36.5	2:39.9	2:43.3	2:47.0	2:50.7	2:56.8	3:07.8	3:20.3	3:34.7	3:51.2
	IM	2:27.09	2:30.1	2:33.2	2:36.5	2:39.9	2:43.4	2:47.1	2:53.0	3:03.9	3:16.1	3:30.1	3:46.3
Grant Proctor	Free	1:53.76	1:56.1	1:58.5	2:01.0	2:03.7	2:06.4	2:09.3	2:13.8	2:22.2	2:31.7	2:42.5	2:55.0
	Back	1:58.40	2:00.8	2:03.3	2:06.0	2:08.7	2:11.6	2:14.5	2:19.3	2:28.0	2:37.9	2:49.1	3:02.2
	Brst	2:13.64	2:16.4	2:19.2	2:22.2	2:25.3	2:28.5	2:31.9	2:37.2	2:47.0	2:58.2	3:10.9	3:25.6
	Fly	2:20.11	2:23.0	2:25.9	2:29.1	2:32.3	2:35.7	2:39.2	2:44.8	2:55.1	3:06.8	3:20.2	3:35.6
	IM	2:01.74	2:04.2	2:06.8	2:09.5	2:12.3	2:15.3	2:18.3	2:23.2	2:32.2	2:42.3	2:53.9	3:07.3
Isabel Obregon	Free	1:56.17	1:58.5	2:01.0	2:03.6	2:06.3	2:09.1	2:12.0	2:16.7	2:25.2	2:34.9	2:46.0	2:58.7
	Back	2:05.43	2:08.0	2:10.7	2:13.4	2:16.3	2:19.4	2:22.5	2:27.6	2:36.8	2:47.2	2:59.2	3:13.0
	Brst	2:43.91	2:47.3	2:50.7	2:54.4	2:58.2	3:02.1	3:06.3	3:12.8	3:24.9	3:38.5	3:54.2	4:12.2
	Fly	2:17.75	2:20.6	2:23.5	2:26.5	2:29.7	2:33.1	2:36.5	2:42.1	2:52.2	3:03.7	3:16.8	3:31.9
	IM	2:10.69	2:13.4	2:16.1	2:19.0	2:22.1	2:25.2	2:28.5	2:33.8	2:43.4	2:54.3	3:06.7	3:21.1
Jaimie Lynn Brookover	Free	2:04.79	2:07.3	2:10.0	2:12.8	2:15.6	2:18.7	2:21.8	2:26.8	2:36.0	2:46.4	2:58.3	3:12.0
	Back	2:07.23	2:09.8	2:12.5	2:15.4	2:18.3	2:21.4	2:24.6	2:29.7	2:39.0	2:49.6	3:01.8	3:15.7
	Brst	2:53.20	2:56.7	3:00.4	3:04.3	3:08.3	3:12.4	3:16.8	3:23.8	3:36.5	3:50.9	4:07.4	4:26.5
	Fly	2:40.74	2:44.0	2:47.4	2:51.0	2:54.7	2:58.6	3:02.7	3:09.1	3:20.9	3:34.3	3:49.6	4:07.3
	IM	2:18.76	2:21.6	2:24.5	2:27.6	2:30.8	2:34.2	2:37.7	2:43.2	2:53.4	3:05.0	3:18.2	3:33.5
Jenna Zagoren	Free	1:57.42	1:59.8	2:02.3	2:04.9	2:07.6	2:10.5	2:13.4	2:18.1	2:26.8	2:36.6	2:47.7	3:00.6
	Back	2:09.41	2:12.1	2:14.8	2:17.7	2:20.7	2:23.8	2:27.1	2:32.2	2:41.8	2:52.5	3:04.9	3:19.1

**Percent of Effort Table
Best 200 Times for 25 Yard Course**

	200	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Senior A1													
	Brst	2:33.53	2:36.7	2:39.9	2:43.3	2:46.9	2:50.6	2:54.5	3:00.6	3:11.9	3:24.7	3:39.3	3:56.2
	Fly	2:32.66	2:35.8	2:39.0	2:42.4	2:45.9	2:49.6	2:53.5	2:59.6	3:10.8	3:23.5	3:38.1	3:54.9
	IM	2:14.05	2:16.8	2:19.6	2:22.6	2:25.7	2:28.9	2:32.3	2:37.7	2:47.6	2:58.7	3:11.5	3:26.2
Jess Kowal	Free	2:07.51	2:10.1	2:12.8	2:15.6	2:18.6	2:21.7	2:24.9	2:30.0	2:39.4	2:50.0	3:02.2	3:16.2
	Back	2:14.51	2:17.3	2:20.1	2:23.1	2:26.2	2:29.5	2:32.9	2:38.2	2:48.1	2:59.3	3:12.2	3:26.9
	Brst	2:58.41	3:02.1	3:05.8	3:09.8	3:13.9	3:18.2	3:22.7	3:29.9	3:43.0	3:57.9	4:14.9	4:34.5
	Fly	2:31.94	2:35.0	2:38.3	2:41.6	2:45.2	2:48.8	2:52.7	2:58.8	3:09.9	3:22.6	3:37.1	3:53.8
	IM	2:27.03	2:30.0	2:33.2	2:36.4	2:39.8	2:43.4	2:47.1	2:53.0	3:03.8	3:16.0	3:30.0	3:46.2
John Shellem	Free	1:54.80	1:57.1	1:59.6	2:02.1	2:04.8	2:07.6	2:10.5	2:15.1	2:23.5	2:33.1	2:44.0	2:56.6
	Back	2:14.51	2:17.3	2:20.1	2:23.1	2:26.2	2:29.5	2:32.9	2:38.2	2:48.1	2:59.3	3:12.2	3:26.9
	Fly	2:39.22	2:42.5	2:45.9	2:49.4	2:53.1	2:56.9	3:00.9	3:07.3	3:19.0	3:32.3	3:47.5	4:05.0
	IM	2:15.92	2:18.7	2:21.6	2:24.6	2:27.7	2:31.0	2:34.5	2:39.9	2:49.9	3:01.2	3:14.2	3:29.1
Johnny Carroll	Free	1:46.32	1:48.5	1:50.7	1:53.1	1:55.6	1:58.1	2:00.8	2:05.1	2:12.9	2:21.8	2:31.9	2:43.6
	Back	2:07.94	2:10.6	2:13.3	2:16.1	2:19.1	2:22.2	2:25.4	2:30.5	2:39.9	2:50.6	3:02.8	3:16.8
	Brst	2:12.95	2:15.7	2:18.5	2:21.4	2:24.5	2:27.7	2:31.1	2:36.4	2:46.2	2:57.3	3:09.9	3:24.5
	Fly	2:18.28	2:21.1	2:24.0	2:27.1	2:30.3	2:33.6	2:37.1	2:42.7	2:52.8	3:04.4	3:17.5	3:32.7
	IM	2:01.68	2:04.2	2:06.7	2:09.4	2:12.3	2:15.2	2:18.3	2:23.2	2:32.1	2:42.2	2:53.8	3:07.2
Joseph Petrone	Free	1:40.11	1:42.2	1:44.3	1:46.5	1:48.8	1:51.2	1:53.8	1:57.8	2:05.1	2:13.5	2:23.0	2:34.0
	Back	1:58.53	2:00.9	2:03.5	2:06.1	2:08.8	2:11.7	2:14.7	2:19.4	2:28.2	2:38.0	2:49.3	3:02.4
	Brst	2:42.43	2:45.7	2:49.2	2:52.8	2:56.6	3:00.5	3:04.6	3:11.1	3:23.0	3:36.6	3:52.0	4:09.9
	Fly	1:53.72	1:56.0	1:58.5	2:01.0	2:03.6	2:06.4	2:09.2	2:13.8	2:22.1	2:31.6	2:42.5	2:55.0
	IM	1:58.80	2:01.2	2:03.7	2:06.4	2:09.1	2:12.0	2:15.0	2:19.8	2:28.5	2:38.4	2:49.7	3:02.8
Julia Costa	Free	2:02.19	2:04.7	2:07.3	2:10.0	2:12.8	2:15.8	2:18.9	2:23.8	2:32.7	2:42.9	2:54.6	3:08.0
	Back	2:28.16	2:31.2	2:34.3	2:37.6	2:41.0	2:44.6	2:48.4	2:54.3	3:05.2	3:17.5	3:31.7	3:47.9
	Brst	2:46.50	2:49.9	2:53.4	2:57.1	3:01.0	3:05.0	3:09.2	3:15.9	3:28.1	3:42.0	3:57.9	4:16.2
	Fly	2:29.16	2:32.2	2:35.4	2:38.7	2:42.1	2:45.7	2:49.5	2:55.5	3:06.4	3:18.9	3:33.1	3:49.5
	IM	2:23.10	2:26.0	2:29.1	2:32.2	2:35.5	2:39.0	2:42.6	2:48.4	2:58.9	3:10.8	3:24.4	3:40.2
Kacie Dunham	Free	2:06.75	2:09.3	2:12.0	2:14.8	2:17.8	2:20.8	2:24.0	2:29.1	2:38.4	2:49.0	3:01.1	3:15.0
	Back	2:30.73	2:33.8	2:37.0	2:40.4	2:43.8	2:47.5	2:51.3	2:57.3	3:08.4	3:21.0	3:35.3	3:51.9
	Brst	2:34.76	2:37.9	2:41.2	2:44.6	2:48.2	2:52.0	2:55.9	3:02.1	3:13.4	3:26.3	3:41.1	3:58.1
	Fly	2:21.01	2:23.9	2:26.9	2:30.0	2:33.3	2:36.7	2:40.2	2:45.9	2:56.3	3:08.0	3:21.4	3:36.9
	IM	2:15.85	2:18.6	2:21.5	2:24.5	2:27.7	2:30.9	2:34.4	2:39.8	2:49.8	3:01.1	3:14.1	3:29.0
Katie Merlin	Free	2:10.51	2:13.2	2:15.9	2:18.8	2:21.9	2:25.0	2:28.3	2:33.5	2:43.1	2:54.0	3:06.4	3:20.8
	Back	2:21.94	2:24.8	2:27.9	2:31.0	2:34.3	2:37.7	2:41.3	2:47.0	2:57.4	3:09.3	3:22.8	3:38.4
	Brst	2:45.50	2:48.9	2:52.4	2:56.1	2:59.9	3:03.9	3:08.1	3:14.7	3:26.9	3:40.7	3:56.4	4:14.6
	Fly	2:38.55	2:41.8	2:45.2	2:48.7	2:52.3	2:56.2	3:00.2	3:06.5	3:18.2	3:31.4	3:46.5	4:03.9
	IM	2:25.23	2:28.2	2:31.3	2:34.5	2:37.9	2:41.4	2:45.0	2:50.9	3:01.5	3:13.6	3:27.5	3:43.4
Kelly Gallagher	Free	2:03.41	2:05.9	2:08.6	2:11.3	2:14.1	2:17.1	2:20.2	2:25.2	2:34.3	2:44.5	2:56.3	3:09.9
	Back	2:15.57	2:18.3	2:21.2	2:24.2	2:27.4	2:30.6	2:34.1	2:39.5	2:49.5	3:00.8	3:13.7	3:28.6
	Brst	2:49.47	2:52.9	2:56.5	3:00.3	3:04.2	3:08.3	3:12.6	3:19.4	3:31.8	3:46.0	4:02.1	4:20.7
	Fly	2:24.80	2:27.8	2:30.8	2:34.0	2:37.4	2:40.9	2:44.5	2:50.4	3:01.0	3:13.1	3:26.9	3:42.8
	IM	2:20.92	2:23.8	2:26.8	2:29.9	2:33.2	2:36.6	2:40.1	2:45.8	2:56.1	3:07.9	3:21.3	3:36.8
Marlee Ehrlich	Free	1:51.51	1:53.8	1:56.2	1:58.6	2:01.2	2:03.9	2:06.7	2:11.2	2:19.4	2:28.7	2:39.3	2:51.6
	Back	2:06.62	2:09.2	2:11.9	2:14.7	2:17.6	2:20.7	2:23.9	2:29.0	2:38.3	2:48.8	3:00.9	3:14.8
	Brst	2:45.90	2:49.3	2:52.8	2:56.5	3:00.3	3:04.3	3:08.5	3:15.2	3:27.4	3:41.2	3:57.0	4:15.2
	Fly	2:19.83	2:22.7	2:25.7	2:28.8	2:32.0	2:35.4	2:38.9	2:44.5	2:54.8	3:06.4	3:19.8	3:35.1

**Percent of Effort Table
Best 200 Times for 25 Yard Course**

		200	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Senior A1														
Mary Harrington	IM	2:12.69	2:15.4	2:18.2	2:21.2	2:24.2	2:27.4	2:30.8	2:36.1	2:45.9	2:56.9	3:09.6	3:24.1	
	Free	2:18.66	2:21.5	2:24.4	2:27.5	2:30.7	2:34.1	2:37.6	2:43.1	2:53.3	3:04.9	3:18.1	3:33.3	
	Back	2:32.65	2:35.8	2:39.0	2:42.4	2:45.9	2:49.6	2:53.5	2:59.6	3:10.8	3:23.5	3:38.1	3:54.8	
	Brst	2:53.30	2:56.8	3:00.5	3:04.4	3:08.4	3:12.6	3:16.9	3:23.9	3:36.6	3:51.1	4:07.6	4:26.6	
	Fly	2:49.48	2:52.9	2:56.5	3:00.3	3:04.2	3:08.3	3:12.6	3:19.4	3:31.8	3:46.0	4:02.1	4:20.7	
Mary Kate Davis	IM	2:30.68	2:33.8	2:37.0	2:40.3	2:43.8	2:47.4	2:51.2	2:57.3	3:08.3	3:20.9	3:35.3	3:51.8	
	Free	1:56.76	1:59.1	2:01.6	2:04.2	2:06.9	2:09.7	2:12.7	2:17.4	2:25.9	2:35.7	2:46.8	2:59.6	
	Back	2:02.36	2:04.9	2:07.5	2:10.2	2:13.0	2:16.0	2:19.0	2:24.0	2:32.9	2:43.1	2:54.8	3:08.2	
	Brst	2:51.08	2:54.6	2:58.2	3:02.0	3:06.0	3:10.1	3:14.4	3:21.3	3:33.8	3:48.1	4:04.4	4:23.2	
	Fly	2:07.60	2:10.2	2:12.9	2:15.7	2:18.7	2:21.8	2:25.0	2:30.1	2:39.5	2:50.1	3:02.3	3:16.3	
Meaghan Harrington	IM	2:13.95	2:16.7	2:19.5	2:22.5	2:25.6	2:28.8	2:32.2	2:37.6	2:47.4	2:58.6	3:11.4	3:26.1	
	Free	2:13.25	2:16.0	2:18.8	2:21.8	2:24.8	2:28.1	2:31.4	2:36.8	2:46.6	2:57.7	3:10.4	3:25.0	
	Back	2:29.91	2:33.0	2:36.2	2:39.5	2:42.9	2:46.6	2:50.4	2:56.4	3:07.4	3:19.9	3:34.2	3:50.6	
	Brst	2:34.67	2:37.8	2:41.1	2:44.5	2:48.1	2:51.9	2:55.8	3:02.0	3:13.3	3:26.2	3:41.0	3:58.0	
	Fly	2:42.41	2:45.7	2:49.2	2:52.8	2:56.5	3:00.5	3:04.6	3:11.1	3:23.0	3:36.5	3:52.0	4:09.9	
Michael Simunek	IM	2:21.57	2:24.5	2:27.5	2:30.6	2:33.9	2:37.3	2:40.9	2:46.6	2:57.0	3:08.8	3:22.2	3:37.8	
	Free	2:00.10	2:02.6	2:05.1	2:07.8	2:10.5	2:13.4	2:16.5	2:21.3	2:30.1	2:40.1	2:51.6	3:04.8	
	Back	2:08.05	2:10.7	2:13.4	2:16.2	2:19.2	2:22.3	2:25.5	2:30.6	2:40.1	2:50.7	3:02.9	3:17.0	
	Brst	2:20.64	2:23.5	2:26.5	2:29.6	2:32.9	2:36.3	2:39.8	2:45.5	2:55.8	3:07.5	3:20.9	3:36.4	
	Fly	2:29.95	2:33.0	2:36.2	2:39.5	2:43.0	2:46.6	2:50.4	2:56.4	3:07.4	3:19.9	3:34.2	3:50.7	
Mickaelyn Cook	IM	2:08.15	2:10.8	2:13.5	2:16.3	2:19.3	2:22.4	2:25.6	2:30.8	2:40.2	2:50.9	3:03.1	3:17.2	
	Free	2:11.58	2:14.3	2:17.1	2:20.0	2:23.0	2:26.2	2:29.5	2:34.8	2:44.5	2:55.4	3:08.0	3:22.4	
	Back	2:26.83	2:29.8	2:32.9	2:36.2	2:39.6	2:43.1	2:46.9	2:52.7	3:03.5	3:15.8	3:29.8	3:45.9	
	Brst	2:43.44	2:46.8	2:50.2	2:53.9	2:57.7	3:01.6	3:05.7	3:12.3	3:24.3	3:37.9	3:53.5	4:11.4	
	Fly	2:42.25	2:45.6	2:49.0	2:52.6	2:56.4	3:00.3	3:04.4	3:10.9	3:22.8	3:36.3	3:51.8	4:09.6	
Mike Scheipe	IM	2:26.81	2:29.8	2:32.9	2:36.2	2:39.6	2:43.1	2:46.8	2:52.7	3:03.5	3:15.7	3:29.7	3:45.9	
	Free	2:02.13	2:04.6	2:07.2	2:09.9	2:12.7	2:15.7	2:18.8	2:23.7	2:32.7	2:42.8	2:54.5	3:07.9	
	Back	2:11.27	2:13.9	2:16.7	2:19.6	2:22.7	2:25.9	2:29.2	2:34.4	2:44.1	2:55.0	3:07.5	3:22.0	
	Brst	2:35.68	2:38.9	2:42.2	2:45.6	2:49.2	2:53.0	2:56.9	3:03.2	3:14.6	3:27.6	3:42.4	3:59.5	
	Fly	2:23.08	2:26.0	2:29.0	2:32.2	2:35.5	2:39.0	2:42.6	2:48.3	2:58.8	3:10.8	3:24.4	3:40.1	
Natalie Simunek	IM	2:16.72	2:19.5	2:22.4	2:25.4	2:28.6	2:31.9	2:35.4	2:40.8	2:50.9	3:02.3	3:15.3	3:30.3	
	Free	2:05.00	2:07.6	2:10.2	2:13.0	2:15.9	2:18.9	2:22.0	2:27.1	2:36.2	2:46.7	2:58.6	3:12.3	
	Back	2:10.32	2:13.0	2:15.7	2:18.6	2:21.7	2:24.8	2:28.1	2:33.3	2:42.9	2:53.8	3:06.2	3:20.5	
	Brst	2:49.46	2:52.9	2:56.5	3:00.3	3:04.2	3:08.3	3:12.6	3:19.4	3:31.8	3:45.9	4:02.1	4:20.7	
	Fly	2:39.16	2:42.4	2:45.8	2:49.3	2:53.0	2:56.8	3:00.9	3:07.2	3:18.9	3:32.2	3:47.4	4:04.9	
Paige Dunham	IM	2:19.85	2:22.7	2:25.7	2:28.8	2:32.0	2:35.4	2:38.9	2:44.5	2:54.8	3:06.5	3:19.8	3:35.2	
	Free	2:07.50	2:10.1	2:12.8	2:15.6	2:18.6	2:21.7	2:24.9	2:30.0	2:39.4	2:50.0	3:02.1	3:16.2	
	Back	2:15.04	2:17.8	2:20.7	2:23.7	2:26.8	2:30.0	2:33.5	2:38.9	2:48.8	3:00.1	3:12.9	3:27.8	
	Brst	2:50.87	2:54.4	2:58.0	3:01.8	3:05.7	3:09.9	3:14.2	3:21.0	3:33.6	3:47.8	4:04.1	4:22.9	
	Fly	2:14.89	2:17.6	2:20.5	2:23.5	2:26.6	2:29.9	2:33.3	2:38.7	2:48.6	2:59.9	3:12.7	3:27.5	
Ryan Richards	IM	2:20.76	2:23.6	2:26.6	2:29.7	2:33.0	2:36.4	2:40.0	2:45.6	2:55.9	3:07.7	3:21.1	3:36.6	
	Free	1:48.86	1:51.1	1:53.4	1:55.8	1:58.3	2:01.0	2:03.7	2:08.1	2:16.1	2:25.1	2:35.5	2:47.5	
	Back	2:00.14	2:02.6	2:05.1	2:07.8	2:10.6	2:13.5	2:16.5	2:21.3	2:30.2	2:40.2	2:51.6	3:04.8	
	Brst	2:37.44	2:40.7	2:44.0	2:47.5	2:51.1	2:54.9	2:58.9	3:05.2	3:16.8	3:29.9	3:44.9	4:02.2	
	Fly	2:19.57	2:22.4	2:25.4	2:28.5	2:31.7	2:35.1	2:38.6	2:44.2	2:54.5	3:06.1	3:19.4	3:34.7	
	IM	2:05.16	2:07.7	2:10.4	2:13.1	2:16.0	2:19.1	2:22.2	2:27.2	2:36.4	2:46.9	2:58.8	3:12.6	

**Percent of Effort Table
Best 200 Times for 25 Yard Course**

	200	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Senior A1													
Sammie Carroll	Free	2:10.40	2:13.1	2:15.8	2:18.7	2:21.7	2:24.9	2:28.2	2:33.4	2:43.0	2:53.9	3:06.3	3:20.6
	Back	2:22.79	2:25.7	2:28.7	2:31.9	2:35.2	2:38.7	2:42.3	2:48.0	2:58.5	3:10.4	3:24.0	3:39.7
	Brst	2:41.49	2:44.8	2:48.2	2:51.8	2:55.5	2:59.4	3:03.5	3:10.0	3:21.9	3:35.3	3:50.7	4:08.4
	Fly	2:17.10	2:19.9	2:22.8	2:25.9	2:29.0	2:32.3	2:35.8	2:41.3	2:51.4	3:02.8	3:15.9	3:30.9
	IM	2:22.44	2:25.3	2:28.4	2:31.5	2:34.8	2:38.3	2:41.9	2:47.6	2:58.0	3:09.9	3:23.5	3:39.1
Sara Seidman	Free	2:06.38	2:09.0	2:11.6	2:14.4	2:17.4	2:20.4	2:23.6	2:28.7	2:38.0	2:48.5	3:00.5	3:14.4
	Back	2:12.07	2:14.8	2:17.6	2:20.5	2:23.6	2:26.7	2:30.1	2:35.4	2:45.1	2:56.1	3:08.7	3:23.2
	Brst	2:52.91	2:56.4	3:00.1	3:03.9	3:07.9	3:12.1	3:16.5	3:23.4	3:36.1	3:50.5	4:07.0	4:26.0
	Fly	2:40.08	2:43.3	2:46.7	2:50.3	2:54.0	2:57.9	3:01.9	3:08.3	3:20.1	3:33.4	3:48.7	4:06.3
	IM	2:24.39	2:27.3	2:30.4	2:33.6	2:36.9	2:40.4	2:44.1	2:49.9	3:00.5	3:12.5	3:26.3	3:42.1
Shannon Harrington	Free	2:03.92	2:06.4	2:09.1	2:11.8	2:14.7	2:17.7	2:20.8	2:25.8	2:34.9	2:45.2	2:57.0	3:10.6
	Back	2:10.66	2:13.3	2:16.1	2:19.0	2:22.0	2:25.2	2:28.5	2:33.7	2:43.3	2:54.2	3:06.7	3:21.0
	Brst	2:24.27	2:27.2	2:30.3	2:33.5	2:36.8	2:40.3	2:43.9	2:49.7	3:00.3	3:12.4	3:26.1	3:42.0
	Fly	2:18.13	2:20.9	2:23.9	2:26.9	2:30.1	2:33.5	2:37.0	2:42.5	2:52.7	3:04.2	3:17.3	3:32.5
	IM	2:09.29	2:11.9	2:14.7	2:17.5	2:20.5	2:23.7	2:26.9	2:32.1	2:41.6	2:52.4	3:04.7	3:18.9
Shelly Faykes	Free	2:02.10	2:04.6	2:07.2	2:09.9	2:12.7	2:15.7	2:18.7	2:23.6	2:32.6	2:42.8	2:54.4	3:07.8
	Back	2:17.88	2:20.7	2:23.6	2:26.7	2:29.9	2:33.2	2:36.7	2:42.2	2:52.3	3:03.8	3:17.0	3:32.1
	Brst	2:58.80	3:02.4	3:06.2	3:10.2	3:14.3	3:18.7	3:23.2	3:30.4	3:43.5	3:58.4	4:15.4	4:35.1
	Fly	2:40.87	2:44.2	2:47.6	2:51.1	2:54.9	2:58.7	3:02.8	3:09.3	3:21.1	3:34.5	3:49.8	4:07.5
	IM	2:23.93	2:26.9	2:29.9	2:33.1	2:36.4	2:39.9	2:43.6	2:49.3	2:59.9	3:11.9	3:25.6	3:41.4
Steven Shek	Free	1:52.55	1:54.8	1:57.2	1:59.7	2:02.3	2:05.1	2:07.9	2:12.4	2:20.7	2:30.1	2:40.8	2:53.2
	Back	2:03.16	2:05.7	2:08.3	2:11.0	2:13.9	2:16.8	2:20.0	2:24.9	2:33.9	2:44.2	2:55.9	3:09.5
	Brst	2:16.33	2:19.1	2:22.0	2:25.0	2:28.2	2:31.5	2:34.9	2:40.4	2:50.4	3:01.8	3:14.8	3:29.7
	Fly	2:04.04	2:06.6	2:09.2	2:12.0	2:14.8	2:17.8	2:21.0	2:25.9	2:35.0	2:45.4	2:57.2	3:10.8
	IM	2:02.59	2:05.1	2:07.7	2:10.4	2:13.2	2:16.2	2:19.3	2:24.2	2:33.2	2:43.5	2:55.1	3:08.6
Zach Fong	Free	2:03.53	2:06.1	2:08.7	2:11.4	2:14.3	2:17.3	2:20.4	2:25.3	2:34.4	2:44.7	2:56.5	3:10.0
	Back	2:19.35	2:22.2	2:25.2	2:28.2	2:31.5	2:34.8	2:38.4	2:43.9	2:54.2	3:05.8	3:19.1	3:34.4
	Brst	2:39.81	2:43.1	2:46.5	2:50.0	2:53.7	2:57.6	3:01.6	3:08.0	3:19.8	3:33.1	3:48.3	4:05.9
	Fly	2:09.29	2:11.9	2:14.7	2:17.5	2:20.5	2:23.7	2:26.9	2:32.1	2:41.6	2:52.4	3:04.7	3:18.9
	IM	2:19.53	2:22.4	2:25.3	2:28.4	2:31.7	2:35.0	2:38.6	2:44.2	2:54.4	3:06.0	3:19.3	3:34.7