

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

		100	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Junior A1 Workout Group														
Aaron Schiff	Free	1:06.56	1:07.9	1:09.3	1:10.8	1:12.3	1:14.0	1:15.6	1:18.3	1:23.2	1:28.7	1:35.1	1:42.4	
	Back	1:26.02	1:27.8	1:29.6	1:31.5	1:33.5	1:35.6	1:37.7	1:41.2	1:47.5	1:54.7	2:02.9	2:12.3	
	Brst	1:36.99	1:39.0	1:41.0	1:43.2	1:45.4	1:47.8	1:50.2	1:54.1	2:01.2	2:09.3	2:18.6	2:29.2	
	IM	1:24.30	1:26.0	1:27.8	1:29.7	1:31.6	1:33.7	1:35.8	1:39.2	1:45.4	1:52.4	2:00.4	2:09.7	
Alec Moffit	Free	1:06.84	1:08.2	1:09.6	1:11.1	1:12.7	1:14.3	1:16.0	1:18.6	1:23.5	1:29.1	1:35.5	1:42.8	
	Back	1:12.34	1:13.8	1:15.4	1:17.0	1:18.6	1:20.4	1:22.2	1:25.1	1:30.4	1:36.5	1:43.3	1:51.3	
	Brst	1:21.71	1:23.4	1:25.1	1:26.9	1:28.8	1:30.8	1:32.9	1:36.1	1:42.1	1:48.9	1:56.7	2:05.7	
	Fly	1:30.05	1:31.9	1:33.8	1:35.8	1:37.9	1:40.1	1:42.3	1:45.9	1:52.6	2:00.1	2:08.6	2:18.5	
Alex Martin	IM	1:13.92	1:15.4	1:17.0	1:18.6	1:20.3	1:22.1	1:24.0	1:27.0	1:32.4	1:38.6	1:45.6	1:53.7	
	Free	49.56	50.6	51.6	52.7	53.9	55.1	56.3	58.3	1:01.9	1:06.1	1:10.8	1:16.2	
	Back	52.53	53.6	54.7	55.9	57.1	58.4	59.7	1:01.8	1:05.7	1:10.0	1:15.0	1:20.8	
	Brst	1:10.18	1:11.6	1:13.1	1:14.7	1:16.3	1:18.0	1:19.7	1:22.6	1:27.7	1:33.6	1:40.3	1:48.0	
Ally Gozdan	Fly	54.56	55.7	56.8	58.0	59.3	1:00.6	1:02.0	1:04.2	1:08.2	1:12.7	1:17.9	1:23.9	
	IM	1:00.35	1:01.6	1:02.9	1:04.2	1:05.6	1:07.1	1:08.6	1:11.0	1:15.4	1:20.5	1:26.2	1:32.8	
	Free	1:02.88	1:04.2	1:05.5	1:06.9	1:08.3	1:09.9	1:11.5	1:14.0	1:18.6	1:23.8	1:29.8	1:36.7	
	Back	1:11.32	1:12.8	1:14.3	1:15.9	1:17.5	1:19.2	1:21.0	1:23.9	1:29.1	1:35.1	1:41.9	1:49.7	
Andrea Fong	Brst	1:24.42	1:26.1	1:27.9	1:29.8	1:31.8	1:33.8	1:35.9	1:39.3	1:45.5	1:52.6	2:00.6	2:09.9	
	Fly	1:11.73	1:13.2	1:14.7	1:16.3	1:18.0	1:19.7	1:21.5	1:24.4	1:29.7	1:35.6	1:42.5	1:50.4	
	IM	1:11.20	1:12.7	1:14.2	1:15.7	1:17.4	1:19.1	1:20.9	1:23.8	1:29.0	1:34.9	1:41.7	1:49.5	
	Free	1:02.65	1:03.9	1:05.3	1:06.6	1:08.1	1:09.6	1:11.2	1:13.7	1:18.3	1:23.5	1:29.5	1:36.4	
Anthony DiCarlo	Back	1:13.90	1:15.4	1:17.0	1:18.6	1:20.3	1:22.1	1:24.0	1:26.9	1:32.4	1:38.5	1:45.6	1:53.7	
	Brst	1:28.99	1:30.8	1:32.7	1:34.7	1:36.7	1:38.9	1:41.1	1:44.7	1:51.2	1:58.7	2:07.1	2:16.9	
	Fly	1:13.64	1:15.1	1:16.7	1:18.3	1:20.0	1:21.8	1:23.7	1:26.6	1:32.0	1:38.2	1:45.2	1:53.3	
	IM	1:13.17	1:14.7	1:16.2	1:17.8	1:19.5	1:21.3	1:23.1	1:26.1	1:31.5	1:37.6	1:44.5	1:52.6	
Brandon Burghardt	Free	1:04.77	1:06.1	1:07.5	1:08.9	1:10.4	1:12.0	1:13.6	1:16.2	1:21.0	1:26.4	1:32.5	1:39.6	
	Back	1:13.05	1:14.5	1:16.1	1:17.7	1:19.4	1:21.2	1:23.0	1:25.9	1:31.3	1:37.4	1:44.4	1:52.4	
	Brst	1:42.81	1:44.9	1:47.1	1:49.4	1:51.7	1:54.2	1:56.8	2:01.0	2:08.5	2:17.1	2:26.9	2:38.2	
	Fly	1:08.62	1:10.0	1:11.5	1:13.0	1:14.6	1:16.2	1:18.0	1:20.7	1:25.8	1:31.5	1:38.0	1:45.6	
Brian Finnan	IM	1:13.53	1:15.0	1:16.6	1:18.2	1:19.9	1:21.7	1:23.6	1:26.5	1:31.9	1:38.0	1:45.0	1:53.1	
	Free	1:13.89	1:15.4	1:17.0	1:18.6	1:20.3	1:22.1	1:24.0	1:26.9	1:32.4	1:38.5	1:45.6	1:53.7	
	Back	1:19.94	1:21.6	1:23.3	1:25.0	1:26.9	1:28.8	1:30.8	1:34.0	1:39.9	1:46.6	1:54.2	2:03.0	
	Brst	1:38.03	1:40.0	1:42.1	1:44.3	1:46.6	1:48.9	1:51.4	1:55.3	2:02.5	2:10.7	2:20.0	2:30.8	
Carissa Campbell	Fly	1:25.71	1:27.5	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	2:11.9	
	IM	1:22.65	1:24.3	1:26.1	1:27.9	1:29.8	1:31.8	1:33.9	1:37.2	1:43.3	1:50.2	1:58.1	2:07.2	
	Free	56.19	57.3	58.5	59.8	1:01.1	1:02.4	1:03.9	1:06.1	1:10.2	1:14.9	1:20.3	1:26.4	
	Back	1:00.48	1:01.7	1:03.0	1:04.3	1:05.7	1:07.2	1:08.7	1:11.2	1:15.6	1:20.6	1:26.4	1:33.0	
Carlos Obregon II	Brst	1:13.87	1:15.4	1:16.9	1:18.6	1:20.3	1:22.1	1:23.9	1:26.9	1:32.3	1:38.5	1:45.5	1:53.6	
	Fly	58.32	59.5	1:00.7	1:02.0	1:03.4	1:04.8	1:06.3	1:08.6	1:12.9	1:17.8	1:23.3	1:29.7	
	IM	1:07.23	1:08.6	1:10.0	1:11.5	1:13.1	1:14.7	1:16.4	1:19.1	1:24.0	1:29.6	1:36.0	1:43.4	
	Free	1:08.84	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	
Carissa Campbell	Back	1:12.00	1:13.5	1:15.0	1:16.6	1:18.3	1:20.0	1:21.8	1:24.7	1:30.0	1:36.0	1:42.9	1:50.8	
	Brst	1:27.65	1:29.4	1:31.3	1:33.2	1:35.3	1:37.4	1:39.6	1:43.1	1:49.6	1:56.9	2:05.2	2:14.8	
	Fly	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	
	IM	1:15.25	1:16.8	1:18.4	1:20.1	1:21.8	1:23.6	1:25.5	1:28.5	1:34.1	1:40.3	1:47.5	1:55.8	
Carlos Obregon II	Free	57.09	58.3	59.5	1:00.7	1:02.1	1:03.4	1:04.9	1:07.2	1:11.4	1:16.1	1:21.6	1:27.8	
	Back	1:03.78	1:05.1	1:06.4	1:07.9	1:09.3	1:10.9	1:12.5	1:15.0	1:19.7	1:25.0	1:31.1	1:38.1	

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

	100	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Junior A1 Workout Group	Brst	1:22.85	1:24.5	1:26.3	1:28.1	1:30.1	1:32.1	1:34.1	1:37.5	1:43.6	1:50.5	1:58.4	2:07.5
	Fly	1:04.13	1:05.4	1:06.8	1:08.2	1:09.7	1:11.3	1:12.9	1:15.4	1:20.2	1:25.5	1:31.6	1:38.7
	IM	1:08.01	1:09.4	1:10.8	1:12.4	1:13.9	1:15.6	1:17.3	1:20.0	1:25.0	1:30.7	1:37.2	1:44.6
Chris Durbin	Free	56.99	58.2	59.4	1:00.6	1:01.9	1:03.3	1:04.8	1:07.0	1:11.2	1:16.0	1:21.4	1:27.7
	Back	1:03.56	1:04.9	1:06.2	1:07.6	1:09.1	1:10.6	1:12.2	1:14.8	1:19.4	1:24.7	1:30.8	1:37.8
	Brst	1:18.70	1:20.3	1:22.0	1:23.7	1:25.5	1:27.4	1:29.4	1:32.6	1:38.4	1:44.9	1:52.4	2:01.1
	Fly	1:11.38	1:12.8	1:14.4	1:15.9	1:17.6	1:19.3	1:21.1	1:24.0	1:29.2	1:35.2	1:42.0	1:49.8
	IM	1:09.79	1:11.2	1:12.7	1:14.2	1:15.9	1:17.5	1:19.3	1:22.1	1:27.2	1:33.1	1:39.7	1:47.4
Conner MacNeill	Free	1:06.45	1:07.8	1:09.2	1:10.7	1:12.2	1:13.8	1:15.5	1:18.2	1:23.1	1:28.6	1:34.9	1:42.2
	Back	1:25.51	1:27.3	1:29.1	1:31.0	1:32.9	1:35.0	1:37.2	1:40.6	1:46.9	1:54.0	2:02.2	2:11.6
	Brst	1:25.30	1:27.0	1:28.9	1:30.7	1:32.7	1:34.8	1:36.9	1:40.4	1:46.6	1:53.7	2:01.9	2:11.2
	Fly	1:31.84	1:33.7	1:35.7	1:37.7	1:39.8	1:42.0	1:44.4	1:48.0	1:54.8	2:02.5	2:11.2	2:21.3
	IM	1:17.06	1:18.6	1:20.3	1:22.0	1:23.8	1:25.6	1:27.6	1:30.7	1:36.3	1:42.7	1:50.1	1:58.6
Diana Wood	Free	1:10.36	1:11.8	1:13.3	1:14.9	1:16.5	1:18.2	1:20.0	1:22.8	1:27.9	1:33.8	1:40.5	1:48.2
	Back	1:14.47	1:16.0	1:17.6	1:19.2	1:20.9	1:22.7	1:24.6	1:27.6	1:33.1	1:39.3	1:46.4	1:54.6
	Brst	1:34.13	1:36.1	1:38.1	1:40.1	1:42.3	1:44.6	1:47.0	1:50.7	1:57.7	2:05.5	2:14.5	2:24.8
	Fly	1:14.36	1:15.9	1:17.5	1:19.1	1:20.8	1:22.6	1:24.5	1:27.5	1:32.9	1:39.1	1:46.2	1:54.4
	IM	1:16.55	1:18.1	1:19.7	1:21.4	1:23.2	1:25.1	1:27.0	1:30.1	1:35.7	1:42.1	1:49.4	1:57.8
Duncan Brookover	Free	53.85	54.9	56.1	57.3	58.5	59.8	1:01.2	1:03.4	1:07.3	1:11.8	1:16.9	1:22.8
	Back	59.63	1:00.8	1:02.1	1:03.4	1:04.8	1:06.3	1:07.8	1:10.2	1:14.5	1:19.5	1:25.2	1:31.7
	Brst	1:08.87	1:10.3	1:11.7	1:13.3	1:14.9	1:16.5	1:18.3	1:21.0	1:26.1	1:31.8	1:38.4	1:46.0
	Fly	1:04.10	1:05.4	1:06.8	1:08.2	1:09.7	1:11.2	1:12.8	1:15.4	1:20.1	1:25.5	1:31.6	1:38.6
	IM	1:00.77	1:02.0	1:03.3	1:04.6	1:06.1	1:07.5	1:09.1	1:11.5	1:16.0	1:21.0	1:26.8	1:33.5
Edward Smith	Free	1:06.45	1:07.8	1:09.2	1:10.7	1:12.2	1:13.8	1:15.5	1:18.2	1:23.1	1:28.6	1:34.9	1:42.2
	Back	1:10.01	1:11.4	1:12.9	1:14.5	1:16.1	1:17.8	1:19.6	1:22.4	1:27.5	1:33.3	1:40.0	1:47.7
	Brst	1:21.02	1:22.7	1:24.4	1:26.2	1:28.1	1:30.0	1:32.1	1:35.3	1:41.3	1:48.0	1:55.7	2:04.6
	IM	1:10.98	1:12.4	1:13.9	1:15.5	1:17.2	1:18.9	1:20.7	1:23.5	1:28.7	1:34.6	1:41.4	1:49.2
Elizabeth Olson	Free	58.66	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	1:30.2
	Back	1:06.01	1:07.4	1:08.8	1:10.2	1:11.7	1:13.3	1:15.0	1:17.7	1:22.5	1:28.0	1:34.3	1:41.6
	Brst	1:15.81	1:17.4	1:19.0	1:20.6	1:22.4	1:24.2	1:26.1	1:29.2	1:34.8	1:41.1	1:48.3	1:56.6
	Fly	1:09.20	1:10.6	1:12.1	1:13.6	1:15.2	1:16.9	1:18.6	1:21.4	1:26.5	1:32.3	1:38.9	1:46.5
	IM	1:07.18	1:08.6	1:10.0	1:11.5	1:13.0	1:14.6	1:16.3	1:19.0	1:24.0	1:29.6	1:36.0	1:43.4
Ellie Long	Free	1:09.43	1:10.8	1:12.3	1:13.9	1:15.5	1:17.1	1:18.9	1:21.7	1:26.8	1:32.6	1:39.2	1:46.8
	Back	1:16.32	1:17.9	1:19.5	1:21.2	1:23.0	1:24.8	1:26.7	1:29.8	1:35.4	1:41.8	1:49.0	1:57.4
	Brst	1:36.76	1:38.7	1:40.8	1:42.9	1:45.2	1:47.5	1:50.0	1:53.8	2:00.9	2:09.0	2:18.2	2:28.9
	IM	1:19.36	1:21.0	1:22.7	1:24.4	1:26.3	1:28.2	1:30.2	1:33.4	1:39.2	1:45.8	1:53.4	2:02.1
Emily Lund	Free	1:03.79	1:05.1	1:06.4	1:07.9	1:09.3	1:10.9	1:12.5	1:15.0	1:19.7	1:25.1	1:31.1	1:38.1
	Back	1:14.64	1:16.2	1:17.7	1:19.4	1:21.1	1:22.9	1:24.8	1:27.8	1:33.3	1:39.5	1:46.6	1:54.8
	Brst	1:21.34	1:23.0	1:24.7	1:26.5	1:28.4	1:30.4	1:32.4	1:35.7	1:41.7	1:48.5	1:56.2	2:05.1
	Fly	1:17.67	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
	IM	1:12.60	1:14.1	1:15.6	1:17.2	1:18.9	1:20.7	1:22.5	1:25.4	1:30.7	1:36.8	1:43.7	1:51.7
Emmah Evangelista	Free	1:10.96	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
	Back	1:18.71	1:20.3	1:22.0	1:23.7	1:25.6	1:27.5	1:29.4	1:32.6	1:38.4	1:44.9	1:52.4	2:01.1
	Brst	1:33.54	1:35.4	1:37.4	1:39.5	1:41.7	1:43.9	1:46.3	1:50.0	1:56.9	2:04.7	2:13.6	2:23.9
	Fly	1:25.64	1:27.4	1:29.2	1:31.1	1:33.1	1:35.2	1:37.3	1:40.8	1:47.0	1:54.2	2:02.3	2:11.8
	IM	1:19.75	1:21.4	1:23.1	1:24.8	1:26.7	1:28.6	1:30.6	1:33.8	1:39.7	1:46.3	1:53.9	2:02.7

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Best 100 Times for 25 Yard Course**

		100	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Junior A1 Workout Group														
Erik Jensen	Free	1:06.68	1:08.0	1:09.5	1:10.9	1:12.5	1:14.1	1:15.8	1:18.4	1:23.3	1:28.9	1:35.3	1:42.6	
	Back	1:16.98	1:18.6	1:20.2	1:21.9	1:23.7	1:25.5	1:27.5	1:30.6	1:36.2	1:42.6	1:50.0	1:58.4	
	Brst	1:32.14	1:34.0	1:36.0	1:38.0	1:40.2	1:42.4	1:44.7	1:48.4	1:55.2	2:02.9	2:11.6	2:21.8	
	Fly	1:17.48	1:19.1	1:20.7	1:22.4	1:24.2	1:26.1	1:28.0	1:31.2	1:36.8	1:43.3	1:50.7	1:59.2	
	IM	1:17.05	1:18.6	1:20.3	1:22.0	1:23.7	1:25.6	1:27.6	1:30.6	1:36.3	1:42.7	1:50.1	1:58.5	
Evan Raiken	Free	1:03.75	1:05.1	1:06.4	1:07.8	1:09.3	1:10.8	1:12.4	1:15.0	1:19.7	1:25.0	1:31.1	1:38.1	
	Back	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	
	Brst	1:21.20	1:22.9	1:24.6	1:26.4	1:28.3	1:30.2	1:32.3	1:35.5	1:41.5	1:48.3	1:56.0	2:04.9	
	Fly	1:22.41	1:24.1	1:25.8	1:27.7	1:29.6	1:31.6	1:33.6	1:37.0	1:43.0	1:49.9	1:57.7	2:06.8	
	IM	1:13.03	1:14.5	1:16.1	1:17.7	1:19.4	1:21.1	1:23.0	1:25.9	1:31.3	1:37.4	1:44.3	1:52.4	
Grace Kowal	Free	1:02.58	1:03.9	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	1:36.3	
	Back	1:13.21	1:14.7	1:16.3	1:17.9	1:19.6	1:21.3	1:23.2	1:26.1	1:31.5	1:37.6	1:44.6	1:52.6	
	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	1:13.54	1:15.0	1:16.6	1:18.2	1:19.9	1:21.7	1:23.6	1:26.5	1:31.9	1:38.1	1:45.1	1:53.1	
	IM	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	
Jack Fenton	Free	1:04.13	1:05.4	1:06.8	1:08.2	1:09.7	1:11.3	1:12.9	1:15.4	1:20.2	1:25.5	1:31.6	1:38.7	
	Back	1:09.70	1:11.1	1:12.6	1:14.1	1:15.8	1:17.4	1:19.2	1:22.0	1:27.1	1:32.9	1:39.6	1:47.2	
	Brst	1:34.00	1:35.9	1:37.9	1:40.0	1:42.2	1:44.4	1:46.8	1:50.6	1:57.5	2:05.3	2:14.3	2:24.6	
	Fly	1:13.13	1:14.6	1:16.2	1:17.8	1:19.5	1:21.3	1:23.1	1:26.0	1:31.4	1:37.5	1:44.5	1:52.5	
	IM	1:12.70	1:14.2	1:15.7	1:17.3	1:19.0	1:20.8	1:22.6	1:25.5	1:30.9	1:36.9	1:43.9	1:51.8	
Jack Richards	Free	1:10.72	1:12.2	1:13.7	1:15.2	1:16.9	1:18.6	1:20.4	1:23.2	1:28.4	1:34.3	1:41.0	1:48.8	
	Back	1:19.96	1:21.6	1:23.3	1:25.1	1:26.9	1:28.8	1:30.9	1:34.1	1:39.9	1:46.6	1:54.2	2:03.0	
	Brst	1:34.94	1:36.9	1:38.9	1:41.0	1:43.2	1:45.5	1:47.9	1:51.7	1:58.7	2:06.6	2:15.6	2:26.1	
	Fly	1:20.36	1:22.0	1:23.7	1:25.5	1:27.3	1:29.3	1:31.3	1:34.5	1:40.4	1:47.1	1:54.8	2:03.6	
	IM	1:17.89	1:19.5	1:21.1	1:22.9	1:24.7	1:26.5	1:28.5	1:31.6	1:37.4	1:43.9	1:51.3	1:59.8	
Jacob Fleisher	Free	57.19	58.4	59.6	1:00.8	1:02.2	1:03.5	1:05.0	1:07.3	1:11.5	1:16.3	1:21.7	1:28.0	
	Back	1:05.87	1:07.2	1:08.6	1:10.1	1:11.6	1:13.2	1:14.9	1:17.5	1:22.3	1:27.8	1:34.1	1:41.3	
	Brst	1:10.03	1:11.5	1:12.9	1:14.5	1:16.1	1:17.8	1:19.6	1:22.4	1:27.5	1:33.4	1:40.0	1:47.7	
	Fly	1:06.02	1:07.4	1:08.8	1:10.2	1:11.8	1:13.4	1:15.0	1:17.7	1:22.5	1:28.0	1:34.3	1:41.6	
	IM	1:04.61	1:05.9	1:07.3	1:08.7	1:10.2	1:11.8	1:13.4	1:16.0	1:20.8	1:26.1	1:32.3	1:39.4	
Jake Gray	Free	58.42	59.6	1:00.9	1:02.1	1:03.5	1:04.9	1:06.4	1:08.7	1:13.0	1:17.9	1:23.5	1:29.9	
	Back	1:06.50	1:07.9	1:09.3	1:10.7	1:12.3	1:13.9	1:15.6	1:18.2	1:23.1	1:28.7	1:35.0	1:42.3	
	Brst	1:27.31	1:29.1	1:30.9	1:32.9	1:34.9	1:37.0	1:39.2	1:42.7	1:49.1	1:56.4	2:04.7	2:14.3	
	Fly	1:11.54	1:13.0	1:14.5	1:16.1	1:17.8	1:19.5	1:21.3	1:24.2	1:29.4	1:35.4	1:42.2	1:50.1	
	IM	1:12.25	1:13.7	1:15.3	1:16.9	1:18.5	1:20.3	1:22.1	1:25.0	1:30.3	1:36.3	1:43.2	1:51.2	
James Elmendorf	Free	53.42	54.5	55.6	56.8	58.1	59.4	1:00.7	1:02.8	1:06.8	1:11.2	1:16.3	1:22.2	
	Back	56.91	58.1	59.3	1:00.5	1:01.9	1:03.2	1:04.7	1:07.0	1:11.1	1:15.9	1:21.3	1:27.6	
	Brst	1:13.41	1:14.9	1:16.5	1:18.1	1:19.8	1:21.6	1:23.4	1:26.4	1:31.8	1:37.9	1:44.9	1:52.9	
	Fly	56.03	57.2	58.4	59.6	1:00.9	1:02.3	1:03.7	1:05.9	1:10.0	1:14.7	1:20.0	1:26.2	
	IM	1:09.93	1:11.4	1:12.8	1:14.4	1:16.0	1:17.7	1:19.5	1:22.3	1:27.4	1:33.2	1:39.9	1:47.6	
Jared MacNeill	Free	56.25	57.4	58.6	59.8	1:01.1	1:02.5	1:03.9	1:06.2	1:10.3	1:15.0	1:20.4	1:26.5	
	Back	1:10.44	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	
	Brst	1:34.50	1:36.4	1:38.4	1:40.5	1:42.7	1:45.0	1:47.4	1:51.2	1:58.1	2:06.0	2:15.0	2:25.4	
	Fly	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	
	IM	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	
Jaylyn Bark	Free	1:07.65	1:09.0	1:10.5	1:12.0	1:13.5	1:15.2	1:16.9	1:19.6	1:24.6	1:30.2	1:36.6	1:44.1	

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

		100	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Junior A1 Workout Group														
	Back	1:49.46	1:51.7	1:54.0	1:56.4	1:59.0	2:01.6	2:04.4	2:08.8	2:16.8	2:25.9	2:36.4	2:48.4	
	Brst	1:25.39	1:27.1	1:28.9	1:30.8	1:32.8	1:34.9	1:37.0	1:40.5	1:46.7	1:53.9	2:02.0	2:11.4	
	Fly	1:25.36	1:27.1	1:28.9	1:30.8	1:32.8	1:34.8	1:37.0	1:40.4	1:46.7	1:53.8	2:01.9	2:11.3	
	IM	1:19.75	1:21.4	1:23.1	1:24.8	1:26.7	1:28.6	1:30.6	1:33.8	1:39.7	1:46.3	1:53.9	2:02.7	
John Alloway	Free	58.88	1:00.1	1:01.3	1:02.6	1:04.0	1:05.4	1:06.9	1:09.3	1:13.6	1:18.5	1:24.1	1:30.6	
	Back	1:02.87	1:04.2	1:05.5	1:06.9	1:08.3	1:09.9	1:11.4	1:14.0	1:18.6	1:23.8	1:29.8	1:36.7	
	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	1:05.21	1:06.5	1:07.9	1:09.4	1:10.9	1:12.5	1:14.1	1:16.7	1:21.5	1:26.9	1:33.2	1:40.3	
	IM	1:10.34	1:11.8	1:13.3	1:14.8	1:16.5	1:18.2	1:19.9	1:22.8	1:27.9	1:33.8	1:40.5	1:48.2	
Josh Mogil	Free	1:00.57	1:01.8	1:03.1	1:04.4	1:05.8	1:07.3	1:08.8	1:11.3	1:15.7	1:20.8	1:26.5	1:33.2	
	Back	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	
	Brst	1:34.49	1:36.4	1:38.4	1:40.5	1:42.7	1:45.0	1:47.4	1:51.2	1:58.1	2:06.0	2:15.0	2:25.4	
	Fly	1:31.14	1:33.0	1:34.9	1:37.0	1:39.1	1:41.3	1:43.6	1:47.2	1:53.9	2:01.5	2:10.2	2:20.2	
	IM	1:15.93	1:17.5	1:19.1	1:20.8	1:22.5	1:24.4	1:26.3	1:29.3	1:34.9	1:41.2	1:48.5	1:56.8	
Justin Parikh	Free	1:11.02	1:12.5	1:14.0	1:15.6	1:17.2	1:18.9	1:20.7	1:23.6	1:28.8	1:34.7	1:41.5	1:49.3	
	Back	1:29.17	1:31.0	1:32.9	1:34.9	1:36.9	1:39.1	1:41.3	1:44.9	1:51.5	1:58.9	2:07.4	2:17.2	
	Brst	1:26.03	1:27.8	1:29.6	1:31.5	1:33.5	1:35.6	1:37.8	1:41.2	1:47.5	1:54.7	2:02.9	2:12.4	
	IM	1:22.29	1:24.0	1:25.7	1:27.5	1:29.4	1:31.4	1:33.5	1:36.8	1:42.9	1:49.7	1:57.6	2:06.6	
Kaitlyn Bansky	Free	1:05.96	1:07.3	1:08.7	1:10.2	1:11.7	1:13.3	1:15.0	1:17.6	1:22.4	1:27.9	1:34.2	1:41.5	
	Back	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	
	Brst	1:27.73	1:29.5	1:31.4	1:33.3	1:35.4	1:37.5	1:39.7	1:43.2	1:49.7	1:57.0	2:05.3	2:15.0	
	Fly	1:16.54	1:18.1	1:19.7	1:21.4	1:23.2	1:25.0	1:27.0	1:30.0	1:35.7	1:42.1	1:49.3	1:57.8	
	IM	1:14.29	1:15.8	1:17.4	1:19.0	1:20.7	1:22.5	1:24.4	1:27.4	1:32.9	1:39.1	1:46.1	1:54.3	
Kate Circus	Free	1:03.32	1:04.6	1:06.0	1:07.4	1:08.8	1:10.4	1:12.0	1:14.5	1:19.1	1:24.4	1:30.5	1:37.4	
	Back	1:15.21	1:16.7	1:18.3	1:20.0	1:21.7	1:23.6	1:25.5	1:28.5	1:34.0	1:40.3	1:47.4	1:55.7	
	Brst	1:18.46	1:20.1	1:21.7	1:23.5	1:25.3	1:27.2	1:29.2	1:32.3	1:38.1	1:44.6	1:52.1	2:00.7	
	Fly	1:20.84	1:22.5	1:24.2	1:26.0	1:27.9	1:29.8	1:31.9	1:35.1	1:41.0	1:47.8	1:55.5	2:04.4	
	IM	1:12.38	1:13.9	1:15.4	1:17.0	1:18.7	1:20.4	1:22.2	1:25.2	1:30.5	1:36.5	1:43.4	1:51.4	
Katie Doyle	Free	1:07.43	1:08.8	1:10.2	1:11.7	1:13.3	1:14.9	1:16.6	1:19.3	1:24.3	1:29.9	1:36.3	1:43.7	
	Back	1:16.49	1:18.1	1:19.7	1:21.4	1:23.1	1:25.0	1:26.9	1:30.0	1:35.6	1:42.0	1:49.3	1:57.7	
	Brst	1:28.55	1:30.4	1:32.2	1:34.2	1:36.2	1:38.4	1:40.6	1:44.2	1:50.7	1:58.1	2:06.5	2:16.2	
	Fly	1:13.45	1:14.9	1:16.5	1:18.1	1:19.8	1:21.6	1:23.5	1:26.4	1:31.8	1:37.9	1:44.9	1:53.0	
	IM	1:14.26	1:15.8	1:17.4	1:19.0	1:20.7	1:22.5	1:24.4	1:27.4	1:32.8	1:39.0	1:46.1	1:54.2	
Katie Stein	Free	1:07.42	1:08.8	1:10.2	1:11.7	1:13.3	1:14.9	1:16.6	1:19.3	1:24.3	1:29.9	1:36.3	1:43.7	
	Back	1:19.40	1:21.0	1:22.7	1:24.5	1:26.3	1:28.2	1:30.2	1:33.4	1:39.2	1:45.9	1:53.4	2:02.2	
	Brst	1:32.91	1:34.8	1:36.8	1:38.8	1:41.0	1:43.2	1:45.6	1:49.3	1:56.1	2:03.9	2:12.7	2:22.9	
	Fly	1:20.75	1:22.4	1:24.1	1:25.9	1:27.8	1:29.7	1:31.8	1:35.0	1:40.9	1:47.7	1:55.4	2:04.2	
	IM	1:18.82	1:20.4	1:22.1	1:23.9	1:25.7	1:27.6	1:29.6	1:32.7	1:38.5	1:45.1	1:52.6	2:01.3	
Kayla Gagnon	Free	1:01.81	1:03.1	1:04.4	1:05.8	1:07.2	1:08.7	1:10.2	1:12.7	1:17.3	1:22.4	1:28.3	1:35.1	
	Back	1:11.51	1:13.0	1:14.5	1:16.1	1:17.7	1:19.5	1:21.3	1:24.1	1:29.4	1:35.3	1:42.2	1:50.0	
	Brst	1:19.29	1:20.9	1:22.6	1:24.4	1:26.2	1:28.1	1:30.1	1:33.3	1:39.1	1:45.7	1:53.3	2:02.0	
	Fly	1:05.74	1:07.1	1:08.5	1:09.9	1:11.5	1:13.0	1:14.7	1:17.3	1:22.2	1:27.7	1:33.9	1:41.1	
	IM	1:06.73	1:08.1	1:09.5	1:11.0	1:12.5	1:14.1	1:15.8	1:18.5	1:23.4	1:29.0	1:35.3	1:42.7	
Keely Brown	Free	1:03.98	1:05.3	1:06.6	1:08.1	1:09.5	1:11.1	1:12.7	1:15.3	1:20.0	1:25.3	1:31.4	1:38.4	
	Back	1:09.18	1:10.6	1:12.1	1:13.6	1:15.2	1:16.9	1:18.6	1:21.4	1:26.5	1:32.2	1:38.8	1:46.4	
	Brst	1:16.60	1:18.2	1:19.8	1:21.5	1:23.3	1:25.1	1:27.0	1:30.1	1:35.7	1:42.1	1:49.4	1:57.8	

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

	100	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Junior A1 Workout Group													
Kimmie D'angelo	Fly	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
	IM	1:08.98	1:10.4	1:11.9	1:13.4	1:15.0	1:16.6	1:18.4	1:21.2	1:26.2	1:32.0	1:38.5	1:46.1
	Free	59.14	1:00.3	1:01.6	1:02.9	1:04.3	1:05.7	1:07.2	1:09.6	1:13.9	1:18.9	1:24.5	1:31.0
	Back	1:10.22	1:11.7	1:13.1	1:14.7	1:16.3	1:18.0	1:19.8	1:22.6	1:27.8	1:33.6	1:40.3	1:48.0
	Brst	1:29.63	1:31.5	1:33.4	1:35.4	1:37.4	1:39.6	1:41.9	1:45.4	1:52.0	1:59.5	2:08.0	2:17.9
Lauren Belecanech	Fly	1:02.15	1:03.4	1:04.7	1:06.1	1:07.6	1:09.1	1:10.6	1:13.1	1:17.7	1:22.9	1:28.8	1:35.6
	IM	1:11.49	1:12.9	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
	Free	1:02.84	1:04.1	1:05.5	1:06.9	1:08.3	1:09.8	1:11.4	1:13.9	1:18.5	1:23.8	1:29.8	1:36.7
	Back	1:07.09	1:08.5	1:09.9	1:11.4	1:12.9	1:14.5	1:16.2	1:18.9	1:23.9	1:29.5	1:35.8	1:43.2
	Brst	1:22.01	1:23.7	1:25.4	1:27.2	1:29.1	1:31.1	1:33.2	1:36.5	1:42.5	1:49.3	1:57.2	2:06.2
Lauren Cavanagh	Fly	1:07.64	1:09.0	1:10.5	1:12.0	1:13.5	1:15.2	1:16.9	1:19.6	1:24.5	1:30.2	1:36.6	1:44.1
	IM	1:10.22	1:11.7	1:13.1	1:14.7	1:16.3	1:18.0	1:19.8	1:22.6	1:27.8	1:33.6	1:40.3	1:48.0
	Free	1:06.89	1:08.3	1:09.7	1:11.2	1:12.7	1:14.3	1:16.0	1:18.7	1:23.6	1:29.2	1:35.6	1:42.9
	Back	1:21.14	1:22.8	1:24.5	1:26.3	1:28.2	1:30.2	1:32.2	1:35.5	1:41.4	1:48.2	1:55.9	2:04.8
	Brst	1:18.92	1:20.5	1:22.2	1:24.0	1:25.8	1:27.7	1:29.7	1:32.8	1:38.6	1:45.2	1:52.7	2:01.4
Lauren Kerner	Fly	1:26.31	1:28.1	1:29.9	1:31.8	1:33.8	1:35.9	1:38.1	1:41.5	1:47.9	1:55.1	2:03.3	2:12.8
	IM	1:15.44	1:17.0	1:18.6	1:20.3	1:22.0	1:23.8	1:25.7	1:28.8	1:34.3	1:40.6	1:47.8	1:56.1
	Free	57.56	58.7	1:00.0	1:01.2	1:02.6	1:04.0	1:05.4	1:07.7	1:11.9	1:16.7	1:22.2	1:28.6
	Back	1:05.58	1:06.9	1:08.3	1:09.8	1:11.3	1:12.9	1:14.5	1:17.2	1:22.0	1:27.4	1:33.7	1:40.9
	Brst	1:22.87	1:24.6	1:26.3	1:28.2	1:30.1	1:32.1	1:34.2	1:37.5	1:43.6	1:50.5	1:58.4	2:07.5
Mackie O'Connor	Fly	1:05.88	1:07.2	1:08.6	1:10.1	1:11.6	1:13.2	1:14.9	1:17.5	1:22.3	1:27.8	1:34.1	1:41.4
	IM	1:08.32	1:09.7	1:11.2	1:12.7	1:14.3	1:15.9	1:17.6	1:20.4	1:25.4	1:31.1	1:37.6	1:45.1
	Free	1:08.52	1:09.9	1:11.4	1:12.9	1:14.5	1:16.1	1:17.9	1:20.6	1:25.6	1:31.4	1:37.9	1:45.4
	Back	1:15.85	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	1:48.4	1:56.7
	Brst	1:35.10	1:37.0	1:39.1	1:41.2	1:43.4	1:45.7	1:48.1	1:51.9	1:58.9	2:06.8	2:15.9	2:26.3
Matt McGough	Fly	1:14.82	1:16.3	1:17.9	1:19.6	1:21.3	1:23.1	1:25.0	1:28.0	1:33.5	1:39.8	1:46.9	1:55.1
	IM	1:20.75	1:22.4	1:24.1	1:25.9	1:27.8	1:29.7	1:31.8	1:35.0	1:40.9	1:47.7	1:55.4	2:04.2
	Free	56.65	57.8	59.0	1:00.3	1:01.6	1:02.9	1:04.4	1:06.6	1:10.8	1:15.5	1:20.9	1:27.2
	Back	1:01.12	1:02.4	1:03.7	1:05.0	1:06.4	1:07.9	1:09.5	1:11.9	1:16.4	1:21.5	1:27.3	1:34.0
	Brst	1:18.36	1:20.0	1:21.6	1:23.4	1:25.2	1:27.1	1:29.0	1:32.2	1:37.9	1:44.5	1:51.9	2:00.6
Matt Schaeffer	Fly	1:03.54	1:04.8	1:06.2	1:07.6	1:09.1	1:10.6	1:12.2	1:14.8	1:19.4	1:24.7	1:30.8	1:37.8
	IM	1:05.91	1:07.3	1:08.7	1:10.1	1:11.6	1:13.2	1:14.9	1:17.5	1:22.4	1:27.9	1:34.2	1:41.4
	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	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
	Brst	1:19.14	1:20.8	1:22.4	1:24.2	1:26.0	1:27.9	1:29.9	1:33.1	1:38.9	1:45.5	1:53.1	2:01.8
Melanie Arnold	Fly	1:13.10	1:14.6	1:16.1	1:17.8	1:19.5	1:21.2	1:23.1	1:26.0	1:31.4	1:37.5	1:44.4	1:52.5
	Free	1:02.20	1:03.5	1:04.8	1:06.2	1:07.6	1:09.1	1:10.7	1:13.2	1:17.7	1:22.9	1:28.9	1:35.7
	Back	1:09.69	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	1:39.6	1:47.2
	Brst	1:22.26	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	2:06.6
	Fly	1:13.95	1:15.5	1:17.0	1:18.7	1:20.4	1:22.2	1:24.0	1:27.0	1:32.4	1:38.6	1:45.6	1:53.8
Mike Campos	IM	1:19.11	1:20.7	1:22.4	1:24.2	1:26.0	1:27.9	1:29.9	1:33.1	1:38.9	1:45.5	1:53.0	2:01.7
	Free	1:01.76	1:03.0	1:04.3	1:05.7	1:07.1	1:08.6	1:10.2	1:12.7	1:17.2	1:22.3	1:28.2	1:35.0
	Back	1:10.11	1:11.5	1:13.0	1:14.6	1:16.2	1:17.9	1:19.7	1:22.5	1:27.6	1:33.5	1:40.2	1:47.9
	Brst	1:31.49	1:33.4	1:35.3	1:37.3	1:39.4	1:41.7	1:44.0	1:47.6	1:54.4	2:02.0	2:10.7	2:20.8
	Fly	1:13.77	1:15.3	1:16.8	1:18.5	1:20.2	1:22.0	1:23.8	1:26.8	1:32.2	1:38.4	1:45.4	1:53.5
	IM	1:22.37	1:24.1	1:25.8	1:27.6	1:29.5	1:31.5	1:33.6	1:36.9	1:43.0	1:49.8	1:57.7	2:06.7

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

		100	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Junior A1 Workout Group														
Molly Kowal	Free	1:02.38	1:03.7	1:05.0	1:06.4	1:07.8	1:09.3	1:10.9	1:13.4	1:18.0	1:23.2	1:29.1	1:36.0	
	Back	1:15.94	1:17.5	1:19.1	1:20.8	1:22.5	1:24.4	1:26.3	1:29.3	1:34.9	1:41.3	1:48.5	1:56.8	
	Brst	1:17.90	1:19.5	1:21.1	1:22.9	1:24.7	1:26.6	1:28.5	1:31.6	1:37.4	1:43.9	1:51.3	1:59.8	
	Fly	1:11.32	1:12.8	1:14.3	1:15.9	1:17.5	1:19.2	1:21.0	1:23.9	1:29.1	1:35.1	1:41.9	1:49.7	
	IM	1:12.09	1:13.6	1:15.1	1:16.7	1:18.4	1:20.1	1:21.9	1:24.8	1:30.1	1:36.1	1:43.0	1:50.9	
Natalie Kelly	Free	1:03.98	1:05.3	1:06.6	1:08.1	1:09.5	1:11.1	1:12.7	1:15.3	1:20.0	1:25.3	1:31.4	1:38.4	
	Back	1:12.88	1:14.4	1:15.9	1:17.5	1:19.2	1:21.0	1:22.8	1:25.7	1:31.1	1:37.2	1:44.1	1:52.1	
	Brst	1:34.89	1:36.8	1:38.8	1:40.9	1:43.1	1:45.4	1:47.8	1:51.6	1:58.6	2:06.5	2:15.6	2:26.0	
	Fly	1:09.92	1:11.3	1:12.8	1:14.4	1:16.0	1:17.7	1:19.5	1:22.3	1:27.4	1:33.2	1:39.9	1:47.6	
	IM	1:14.81	1:16.3	1:17.9	1:19.6	1:21.3	1:23.1	1:25.0	1:28.0	1:33.5	1:39.7	1:46.9	1:55.1	
Nicholas Rosa	Free	1:04.43	1:05.7	1:07.1	1:08.5	1:10.0	1:11.6	1:13.2	1:15.8	1:20.5	1:25.9	1:32.0	1:39.1	
	Back	1:10.10	1:11.5	1:13.0	1:14.6	1:16.2	1:17.9	1:19.7	1:22.5	1:27.6	1:33.5	1:40.1	1:47.8	
	Brst	1:20.31	1:21.9	1:23.7	1:25.4	1:27.3	1:29.2	1:31.3	1:34.5	1:40.4	1:47.1	1:54.7	2:03.6	
	Fly	1:12.69	1:14.2	1:15.7	1:17.3	1:19.0	1:20.8	1:22.6	1:25.5	1:30.9	1:36.9	1:43.8	1:51.8	
	IM	1:11.18	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	
Nick Belecanech	Free	55.12	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	1:06.98	1:08.3	1:09.8	1:11.3	1:12.8	1:14.4	1:16.1	1:18.8	1:23.7	1:29.3	1:35.7	1:43.0	
	Brst	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	
	Fly	59.54	1:00.8	1:02.0	1:03.3	1:04.7	1:06.2	1:07.7	1:10.0	1:14.4	1:19.4	1:25.1	1:31.6	
	IM	1:04.64	1:06.0	1:07.3	1:08.8	1:10.3	1:11.8	1:13.5	1:16.0	1:20.8	1:26.2	1:32.3	1:39.4	
Nick Disanti	Free	1:06.99	1:08.4	1:09.8	1:11.3	1:12.8	1:14.4	1:16.1	1:18.8	1:23.7	1:29.3	1:35.7	1:43.1	
	Back	1:14.66	1:16.2	1:17.8	1:19.4	1:21.2	1:23.0	1:24.8	1:27.8	1:33.3	1:39.5	1:46.7	1:54.9	
	Brst	1:34.51	1:36.4	1:38.4	1:40.5	1:42.7	1:45.0	1:47.4	1:51.2	1:58.1	2:06.0	2:15.0	2:25.4	
	Fly	1:24.64	1:26.4	1:28.2	1:30.0	1:32.0	1:34.0	1:36.2	1:39.6	1:45.8	1:52.9	2:00.9	2:10.2	
	IM	1:17.92	1:19.5	1:21.2	1:22.9	1:24.7	1:26.6	1:28.5	1:31.7	1:37.4	1:43.9	1:51.3	1:59.9	
Nicole Shek	Free	57.68	58.9	1:00.1	1:01.4	1:02.7	1:04.1	1:05.5	1:07.9	1:12.1	1:16.9	1:22.4	1:28.7	
	Back	1:02.64	1:03.9	1:05.2	1:06.6	1:08.1	1:09.6	1:11.2	1:13.7	1:18.3	1:23.5	1:29.5	1:36.4	
	Brst	1:13.89	1:15.4	1:17.0	1:18.6	1:20.3	1:22.1	1:24.0	1:26.9	1:32.4	1:38.5	1:45.6	1:53.7	
	Fly	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	
	IM	1:03.94	1:05.2	1:06.6	1:08.0	1:09.5	1:11.0	1:12.7	1:15.2	1:19.9	1:25.3	1:31.3	1:38.4	
Noah Shepard	Free	1:07.39	1:08.8	1:10.2	1:11.7	1:13.2	1:14.9	1:16.6	1:19.3	1:24.2	1:29.9	1:36.3	1:43.7	
	Back	1:21.91	1:23.6	1:25.3	1:27.1	1:29.0	1:31.0	1:33.1	1:36.4	1:42.4	1:49.2	1:57.0	2:06.0	
	Brst	1:37.40	1:39.4	1:41.5	1:43.6	1:45.9	1:48.2	1:50.7	1:54.6	2:01.7	2:09.9	2:19.1	2:29.8	
	Fly	1:19.66	1:21.3	1:23.0	1:24.7	1:26.6	1:28.5	1:30.5	1:33.7	1:39.6	1:46.2	1:53.8	2:02.6	
	IM	1:17.19	1:18.8	1:20.4	1:22.1	1:23.9	1:25.8	1:27.7	1:30.8	1:36.5	1:42.9	1:50.3	1:58.8	
Nora Woods	Free	1:15.90	1:17.4	1:19.1	1:20.7	1:22.5	1:24.3	1:26.2	1:29.3	1:34.9	1:41.2	1:48.4	1:56.8	
	Back	1:19.78	1:21.4	1:23.1	1:24.9	1:26.7	1:28.6	1:30.7	1:33.9	1:39.7	1:46.4	1:54.0	2:02.7	
	Brst	1:22.70	1:24.4	1:26.1	1:28.0	1:29.9	1:31.9	1:34.0	1:37.3	1:43.4	1:50.3	1:58.1	2:07.2	
	Fly	1:31.11	1:33.0	1:34.9	1:36.9	1:39.0	1:41.2	1:43.5	1:47.2	1:53.9	2:01.5	2:10.2	2:20.2	
	IM	1:20.33	1:22.0	1:23.7	1:25.5	1:27.3	1:29.3	1:31.3	1:34.5	1:40.4	1:47.1	1:54.8	2:03.6	
Sarah McGough	Free	1:01.83	1:03.1	1:04.4	1:05.8	1:07.2	1:08.7	1:10.3	1:12.7	1:17.3	1:22.4	1:28.3	1:35.1	
	Back	1:09.52	1:10.9	1:12.4	1:14.0	1:15.6	1:17.2	1:19.0	1:21.8	1:26.9	1:32.7	1:39.3	1:47.0	
	Brst	1:17.72	1:19.3	1:21.0	1:22.7	1:24.5	1:26.4	1:28.3	1:31.4	1:37.1	1:43.6	1:51.0	1:59.6	
	Fly	1:12.67	1:14.2	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	
	IM	1:10.74	1:12.2	1:13.7	1:15.3	1:16.9	1:18.6	1:20.4	1:23.2	1:28.4	1:34.3	1:41.1	1:48.8	
Saylor Cook	Free	57.98	59.2	1:00.4	1:01.7	1:03.0	1:04.4	1:05.9	1:08.2	1:12.5	1:17.3	1:22.8	1:29.2	

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

	100	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Junior A1 Workout Group	Back	1:02.04	1:03.3	1:04.6	1:06.0	1:07.4	1:08.9	1:10.5	1:13.0	1:17.5	1:22.7	1:28.6	1:35.4
	Brst	1:17.04	1:18.6	1:20.2	1:22.0	1:23.7	1:25.6	1:27.5	1:30.6	1:36.3	1:42.7	1:50.1	1:58.5
	Fly	1:06.97	1:08.3	1:09.8	1:11.2	1:12.8	1:14.4	1:16.1	1:18.8	1:23.7	1:29.3	1:35.7	1:43.0
	IM	1:04.74	1:06.1	1:07.4	1:08.9	1:10.4	1:11.9	1:13.6	1:16.2	1:20.9	1:26.3	1:32.5	1:39.6
Sean Finias	Free	1:00.49	1:01.7	1:03.0	1:04.4	1:05.7	1:07.2	1:08.7	1:11.2	1:15.6	1:20.7	1:26.4	1:33.1
	Back	1:10.74	1:12.2	1:13.7	1:15.3	1:16.9	1:18.6	1:20.4	1:23.2	1:28.4	1:34.3	1:41.1	1:48.8
	Brst	1:24.32	1:26.0	1:27.8	1:29.7	1:31.7	1:33.7	1:35.8	1:39.2	1:45.4	1:52.4	2:00.5	2:09.7
	Fly	1:04.43	1:05.7	1:07.1	1:08.5	1:10.0	1:11.6	1:13.2	1:15.8	1:20.5	1:25.9	1:32.0	1:39.1
	IM	1:10.50	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	1:48.5
Tee White	Free	1:00.67	1:01.9	1:03.2	1:04.5	1:05.9	1:07.4	1:08.9	1:11.4	1:15.8	1:20.9	1:26.7	1:33.3
	Back	1:13.60	1:15.1	1:16.7	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
	Brst	1:20.94	1:22.6	1:24.3	1:26.1	1:28.0	1:29.9	1:32.0	1:35.2	1:41.2	1:47.9	1:55.6	2:04.5
	Fly	1:15.15	1:16.7	1:18.3	1:19.9	1:21.7	1:23.5	1:25.4	1:28.4	1:33.9	1:40.2	1:47.4	1:55.6
	IM	1:11.21	1:12.7	1:14.2	1:15.8	1:17.4	1:19.1	1:20.9	1:23.8	1:29.0	1:34.9	1:41.7	1:49.6
Timmy Proctor	Free	59.39	1:00.6	1:01.9	1:03.2	1:04.6	1:06.0	1:07.5	1:09.9	1:14.2	1:19.2	1:24.8	1:31.4
	Back	1:06.49	1:07.8	1:09.3	1:10.7	1:12.3	1:13.9	1:15.6	1:18.2	1:23.1	1:28.7	1:35.0	1:42.3
	Brst	1:14.72	1:16.2	1:17.8	1:19.5	1:21.2	1:23.0	1:24.9	1:27.9	1:33.4	1:39.6	1:46.7	1:55.0
	Fly	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
	IM	1:05.53	1:06.9	1:08.3	1:09.7	1:11.2	1:12.8	1:14.5	1:17.1	1:21.9	1:27.4	1:33.6	1:40.8

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

		200	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Junior A1 Workout Group														
Aaron Schiff	Free	2:32.25	2:35.4	2:38.6	2:42.0	2:45.5	2:49.2	2:53.0	2:59.1	3:10.3	3:23.0	3:37.5	3:54.2	
	Brst	3:31.32	3:35.6	3:40.1	3:44.8	3:49.7	3:54.8	4:00.1	4:08.6	4:24.1	4:41.8	5:01.9	5:25.1	
Alec Moffit	Free	2:33.34	2:36.5	2:39.7	2:43.1	2:46.7	2:50.4	2:54.2	3:00.4	3:11.7	3:24.5	3:39.1	3:55.9	
	Back	2:33.96	2:37.1	2:40.4	2:43.8	2:47.3	2:51.1	2:55.0	3:01.1	3:12.4	3:25.3	3:39.9	3:56.9	
	Brst	2:58.83	3:02.5	3:06.3	3:10.2	3:14.4	3:18.7	3:23.2	3:30.4	3:43.5	3:58.4	4:15.5	4:35.1	
Alex Martin	IM	2:41.59	2:44.9	2:48.3	2:51.9	2:55.6	2:59.5	3:03.6	3:10.1	3:22.0	3:35.5	3:50.8	4:08.6	
	Free	1:50.04	1:52.3	1:54.6	1:57.1	1:59.6	2:02.3	2:05.0	2:09.5	2:17.5	2:26.7	2:37.2	2:49.3	
	Back	1:57.75	2:00.2	2:02.7	2:05.3	2:08.0	2:10.8	2:13.8	2:18.5	2:27.2	2:37.0	2:48.2	3:01.2	
	Brst	2:31.90	2:35.0	2:38.2	2:41.6	2:45.1	2:48.8	2:52.6	2:58.7	3:09.9	3:22.5	3:37.0	3:53.7	
Ally Gozdan	Fly	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	
	IM	2:01.64	2:04.1	2:06.7	2:09.4	2:12.2	2:15.2	2:18.2	2:23.1	2:32.0	2:42.2	2:53.8	3:07.1	
	Free	2:16.86	2:19.7	2:22.6	2:25.6	2:28.8	2:32.1	2:35.5	2:41.0	2:51.1	3:02.5	3:15.5	3:30.6	
	Back	2:31.79	2:34.9	2:38.1	2:41.5	2:45.0	2:48.7	2:52.5	2:58.6	3:09.7	3:22.4	3:36.8	3:53.5	
Andrea Fong	IM	2:32.08	2:35.2	2:38.4	2:41.8	2:45.3	2:49.0	2:52.8	2:58.9	3:10.1	3:22.8	3:37.3	3:54.0	
	Free	2:16.66	2:19.4	2:22.4	2:25.4	2:28.5	2:31.8	2:35.3	2:40.8	2:50.8	3:02.2	3:15.2	3:30.2	
	Back	2:37.60	2:40.8	2:44.2	2:47.7	2:51.3	2:55.1	2:59.1	3:05.4	3:17.0	3:30.1	3:45.1	4:02.5	
	Brst	3:04.62	3:08.4	3:12.3	3:16.4	3:20.7	3:25.1	3:29.8	3:37.2	3:50.8	4:06.2	4:23.7	4:44.0	
Anthony DiCarlo	Fly	2:42.19	2:45.5	2:48.9	2:52.5	2:56.3	3:00.2	3:04.3	3:10.8	3:22.7	3:36.3	3:51.7	4:09.5	
	IM	2:37.77	2:41.0	2:44.3	2:47.8	2:51.5	2:55.3	2:59.3	3:05.6	3:17.2	3:30.4	3:45.4	4:02.7	
	Free	2:22.15	2:25.1	2:28.1	2:31.2	2:34.5	2:37.9	2:41.5	2:47.2	2:57.7	3:09.5	3:23.1	3:38.7	
	Back	2:39.37	2:42.6	2:46.0	2:49.5	2:53.2	2:57.1	3:01.1	3:07.5	3:19.2	3:32.5	3:47.7	4:05.2	
Brandon Burghardt	Brst	3:30.92	3:35.2	3:39.7	3:44.4	3:49.3	3:54.4	3:59.7	4:08.1	4:23.6	4:41.2	5:01.3	5:24.5	
	Fly	2:31.23	2:34.3	2:37.5	2:40.9	2:44.4	2:48.0	2:51.9	2:57.9	3:09.0	3:21.6	3:36.0	3:52.7	
	IM	2:36.90	2:40.1	2:43.4	2:46.9	2:50.5	2:54.3	2:58.3	3:04.6	3:16.1	3:29.2	3:44.1	4:01.4	
	Free	2:43.89	2:47.2	2:50.7	2:54.4	2:58.1	3:02.1	3:06.2	3:12.8	3:24.9	3:38.5	3:54.1	4:12.1	
Brian Finnan	IM	3:00.07	3:03.7	3:07.6	3:11.6	3:15.7	3:20.1	3:24.6	3:31.8	3:45.1	4:00.1	4:17.2	4:37.0	
	Free	1:57.87	2:00.3	2:02.8	2:05.4	2:08.1	2:11.0	2:13.9	2:18.7	2:27.3	2:37.2	2:48.4	3:01.3	
	Back	2:10.81	2:13.5	2:16.3	2:19.2	2:22.2	2:25.3	2:28.6	2:33.9	2:43.5	2:54.4	3:06.9	3:21.2	
	Brst	2:34.63	2:37.8	2:41.1	2:44.5	2:48.1	2:51.8	2:55.7	3:01.9	3:13.3	3:26.2	3:40.9	3:57.9	
Carissa Campbell	Fly	2:21.12	2:24.0	2:27.0	2:30.1	2:33.4	2:36.8	2:40.4	2:46.0	2:56.4	3:08.2	3:21.6	3:37.1	
	IM	2:14.48	2:17.2	2:20.1	2:23.1	2:26.2	2:29.4	2:32.8	2:38.2	2:48.1	2:59.3	3:12.1	3:26.9	
	Free	2:43.38	2:46.7	2:50.2	2:53.8	2:57.6	3:01.5	3:05.7	3:12.2	3:24.2	3:37.8	3:53.4	4:11.4	
	Back	2:38.39	2:41.6	2:45.0	2:48.5	2:52.2	2:56.0	3:00.0	3:06.3	3:18.0	3:31.2	3:46.3	4:03.7	
Carlos Obregon II	Brst	3:10.79	3:14.7	3:18.7	3:23.0	3:27.4	3:32.0	3:36.8	3:44.5	3:58.5	4:14.4	4:32.6	4:53.5	
	Fly	3:09.43	3:13.3	3:17.3	3:21.5	3:25.9	3:30.5	3:35.3	3:42.9	3:56.8	4:12.6	4:30.6	4:51.4	
	IM	2:47.44	2:50.9	2:54.4	2:58.1	3:02.0	3:06.0	3:10.3	3:17.0	3:29.3	3:43.3	3:59.2	4:17.6	
	Free	2:00.95	2:03.4	2:06.0	2:08.7	2:11.5	2:14.4	2:17.4	2:22.3	2:31.2	2:41.3	2:52.8	3:06.1	
Chris Durbin	Back	2:16.98	2:19.8	2:22.7	2:25.7	2:28.9	2:32.2	2:35.7	2:41.2	2:51.2	3:02.6	3:15.7	3:30.7	
	Brst	2:50.84	2:54.3	2:58.0	3:01.7	3:05.7	3:09.8	3:14.1	3:21.0	3:33.5	3:47.8	4:04.1	4:22.8	
	Fly	2:24.06	2:27.0	2:30.1	2:33.3	2:36.6	2:40.1	2:43.7	2:49.5	3:00.1	3:12.1	3:25.8	3:41.6	
	IM	2:19.76	2:22.6	2:25.6	2:28.7	2:31.9	2:35.3	2:38.8	2:44.4	2:54.7	3:06.3	3:19.7	3:35.0	
Chris Durbin	Free	2:04.18	2:06.7	2:09.4	2:12.1	2:15.0	2:18.0	2:21.1	2:26.1	2:35.2	2:45.6	2:57.4	3:11.0	
	Back	2:18.61	2:21.4	2:24.4	2:27.5	2:30.7	2:34.0	2:37.5	2:43.1	2:53.3	3:04.8	3:18.0	3:33.2	
	Brst	2:57.03	3:00.6	3:04.4	3:08.3	3:12.4	3:16.7	3:21.2	3:28.3	3:41.3	3:56.0	4:12.9	4:32.4	
	Fly	2:45.36	2:48.7	2:52.2	2:55.9	2:59.7	3:03.7	3:07.9	3:14.5	3:26.7	3:40.5	3:56.2	4:14.4	
Chris Durbin	IM	2:25.97	2:28.9	2:32.1	2:35.3	2:38.7	2:42.2	2:45.9	2:51.7	3:02.5	3:14.6	3:28.5	3:44.6	

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

		200	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Junior A1 Workout Group														
Conner MacNeill	Free	2:33.09	2:36.2	2:39.5	2:42.9	2:46.4	2:50.1	2:54.0	3:00.1	3:11.4	3:24.1	3:38.7	3:55.5	
	Brst	3:08.57	3:12.4	3:16.4	3:20.6	3:25.0	3:29.5	3:34.3	3:41.8	3:55.7	4:11.4	4:29.4	4:50.1	
	IM	2:56.83	3:00.4	3:04.2	3:08.1	3:12.2	3:16.5	3:20.9	3:28.0	3:41.0	3:55.8	4:12.6	4:32.0	
Diana Wood	Free	2:31.65	2:34.7	2:38.0	2:41.3	2:44.8	2:48.5	2:52.3	2:58.4	3:09.6	3:22.2	3:36.6	3:53.3	
	Fly	3:03.02	3:06.8	3:10.6	3:14.7	3:18.9	3:23.4	3:28.0	3:35.3	3:48.8	4:04.0	4:21.5	4:41.6	
	IM	2:50.56	2:54.0	2:57.7	3:01.4	3:05.4	3:09.5	3:13.8	3:20.7	3:33.2	3:47.4	4:03.7	4:22.4	
Duncan Brookover	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	2:08.88	2:11.5	2:14.2	2:17.1	2:20.1	2:23.2	2:26.5	2:31.6	2:41.1	2:51.8	3:04.1	3:18.3	
	Brst	2:23.53	2:26.5	2:29.5	2:32.7	2:36.0	2:39.5	2:43.1	2:48.9	2:59.4	3:11.4	3:25.0	3:40.8	
	Fly	2:28.43	2:31.5	2:34.6	2:37.9	2:41.3	2:44.9	2:48.7	2:54.6	3:05.5	3:17.9	3:32.0	3:48.4	
	IM	2:11.34	2:14.0	2:16.8	2:19.7	2:22.8	2:25.9	2:29.2	2:34.5	2:44.2	2:55.1	3:07.6	3:22.1	
Edward Smith	Free	2:20.42	2:23.3	2:26.3	2:29.4	2:32.6	2:36.0	2:39.6	2:45.2	2:55.5	3:07.2	3:20.6	3:36.0	
	Back	2:46.92	2:50.3	2:53.9	2:57.6	3:01.4	3:05.5	3:09.7	3:16.4	3:28.6	3:42.6	3:58.5	4:16.8	
	Brst	2:57.94	3:01.6	3:05.4	3:09.3	3:13.4	3:17.7	3:22.2	3:29.3	3:42.4	3:57.3	4:14.2	4:33.8	
	IM	2:39.11	2:42.4	2:45.7	2:49.3	2:52.9	2:56.8	3:00.8	3:07.2	3:18.9	3:32.1	3:47.3	4:04.8	
Elizabeth Olson	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	2:26.21	2:29.2	2:32.3	2:35.5	2:38.9	2:42.5	2:46.1	2:52.0	3:02.8	3:14.9	3:28.9	3:44.9	
	Brst	2:39.55	2:42.8	2:46.2	2:49.7	2:53.4	2:57.3	3:01.3	3:07.7	3:19.4	3:32.7	3:47.9	4:05.5	
	Fly	2:33.45	2:36.6	2:39.8	2:43.2	2:46.8	2:50.5	2:54.4	3:00.5	3:11.8	3:24.6	3:39.2	3:56.1	
	IM	2:23.96	2:26.9	2:30.0	2:33.1	2:36.5	2:40.0	2:43.6	2:49.4	2:59.9	3:11.9	3:25.7	3:41.5	
Ellie Long	Free	2:32.22	2:35.3	2:38.6	2:41.9	2:45.5	2:49.1	2:53.0	2:59.1	3:10.3	3:23.0	3:37.5	3:54.2	
	IM	3:06.42	3:10.2	3:14.2	3:18.3	3:22.6	3:27.1	3:31.8	3:39.3	3:53.0	4:08.6	4:26.3	4:46.8	
Emily Lund	Free	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	
	Back	2:36.96	2:40.2	2:43.5	2:47.0	2:50.6	2:54.4	2:58.4	3:04.7	3:16.2	3:29.3	3:44.2	4:01.5	
	Brst	2:56.15	2:59.7	3:03.5	3:07.4	3:11.5	3:15.7	3:20.2	3:27.2	3:40.2	3:54.9	4:11.6	4:31.0	
	Fly	2:44.44	2:47.8	2:51.3	2:54.9	2:58.7	3:02.7	3:06.9	3:13.5	3:25.5	3:39.3	3:54.9	4:13.0	
	IM	2:33.69	2:36.8	2:40.1	2:43.5	2:47.1	2:50.8	2:54.6	3:00.8	3:12.1	3:24.9	3:39.6	3:56.4	
Emmah Evangelista	Free	2:35.03	2:38.2	2:41.5	2:44.9	2:48.5	2:52.3	2:56.2	3:02.4	3:13.8	3:26.7	3:41.5	3:58.5	
	Back	2:53.95	2:57.5	3:01.2	3:05.1	3:09.1	3:13.3	3:17.7	3:24.6	3:37.4	3:51.9	4:08.5	4:27.6	
	Brst	3:19.25	3:23.3	3:27.6	3:32.0	3:36.6	3:41.4	3:46.4	3:54.4	4:09.1	4:25.7	4:44.6	5:06.5	
	Fly	3:13.03	3:17.0	3:21.1	3:25.4	3:29.8	3:34.5	3:39.4	3:47.1	4:01.3	4:17.4	4:35.8	4:57.0	
	IM	2:55.42	2:59.0	3:02.7	3:06.6	3:10.7	3:14.9	3:19.3	3:26.4	3:39.3	3:53.9	4:10.6	4:29.9	
Erik Jensen	Free	2:24.57	2:27.5	2:30.6	2:33.8	2:37.1	2:40.6	2:44.3	2:50.1	3:00.7	3:12.8	3:26.5	3:42.4	
	IM	2:44.88	2:48.2	2:51.7	2:55.4	2:59.2	3:03.2	3:07.4	3:14.0	3:26.1	3:39.8	3:55.5	4:13.7	
Evan Raiken	Free	2:25.32	2:28.3	2:31.4	2:34.6	2:38.0	2:41.5	2:45.1	2:51.0	3:01.6	3:13.8	3:27.6	3:43.6	
	Brst	3:03.58	3:07.3	3:11.2	3:15.3	3:19.5	3:24.0	3:28.6	3:36.0	3:49.5	4:04.8	4:22.3	4:42.4	
	IM	2:39.65	2:42.9	2:46.3	2:49.8	2:53.5	2:57.4	3:01.4	3:07.8	3:19.6	3:32.9	3:48.1	4:05.6	
Grace Kowal	Free	2:10.47	2:13.1	2:15.9	2:18.8	2:21.8	2:25.0	2:28.3	2:33.5	2:43.1	2:54.0	3:06.4	3:20.7	
	Back	2:30.75	2:33.8	2:37.0	2:40.4	2:43.9	2:47.5	2:51.3	2:57.4	3:08.4	3:21.0	3:35.4	3:51.9	
	Brst	2:52.61	2:56.1	2:59.8	3:03.6	3:07.6	3:11.8	3:16.1	3:23.1	3:35.8	3:50.1	4:06.6	4:25.6	
	Fly	2:41.77	2:45.1	2:48.5	2:52.1	2:55.8	2:59.7	3:03.8	3:10.3	3:22.2	3:35.7	3:51.1	4:08.9	
	IM	2:31.01	2:34.1	2:37.3	2:40.6	2:44.1	2:47.8	2:51.6	2:57.7	3:08.8	3:21.3	3:35.7	3:52.3	
Jack Fenton	Free	2:19.79	2:22.6	2:25.6	2:28.7	2:31.9	2:35.3	2:38.9	2:44.5	2:54.7	3:06.4	3:19.7	3:35.1	
	IM	2:40.10	2:43.4	2:46.8	2:50.3	2:54.0	2:57.9	3:01.9	3:08.4	3:20.1	3:33.5	3:48.7	4:06.3	
Jack Richards	Free	2:30.65	2:33.7	2:36.9	2:40.3	2:43.7	2:47.4	2:51.2	2:57.2	3:08.3	3:20.9	3:35.2	3:51.8	
	Back	2:53.56	2:57.1	3:00.8	3:04.6	3:08.7	3:12.8	3:17.2	3:24.2	3:36.9	3:51.4	4:07.9	4:27.0	

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

		200	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Junior A1 Workout Group														
Jacob Fleisher	IM	3:04.14	3:07.9	3:11.8	3:15.9	3:20.2	3:24.6	3:29.2	3:36.6	3:50.2	4:05.5	4:23.1	4:43.3	
	Free	2:02.97	2:05.5	2:08.1	2:10.8	2:13.7	2:16.6	2:19.7	2:24.7	2:33.7	2:44.0	2:55.7	3:09.2	
	Back	2:18.82	2:21.7	2:24.6	2:27.7	2:30.9	2:34.2	2:37.7	2:43.3	2:53.5	3:05.1	3:18.3	3:33.6	
	Brst	2:30.32	2:33.4	2:36.6	2:39.9	2:43.4	2:47.0	2:50.8	2:56.8	3:07.9	3:20.4	3:34.7	3:51.3	
	Fly	2:26.84	2:29.8	2:33.0	2:36.2	2:39.6	2:43.2	2:46.9	2:52.8	3:03.5	3:15.8	3:29.8	3:45.9	
Jake Gray	IM	2:15.22	2:18.0	2:20.9	2:23.9	2:27.0	2:30.2	2:33.7	2:39.1	2:49.0	3:00.3	3:13.2	3:28.0	
	Free	2:08.45	2:11.1	2:13.8	2:16.6	2:19.6	2:22.7	2:26.0	2:31.1	2:40.6	2:51.3	3:03.5	3:17.6	
	Back	2:23.27	2:26.2	2:29.2	2:32.4	2:35.7	2:39.2	2:42.8	2:48.6	2:59.1	3:11.0	3:24.7	3:40.4	
	Brst	3:03.66	3:07.4	3:11.3	3:15.4	3:19.6	3:24.1	3:28.7	3:36.1	3:49.6	4:04.9	4:22.4	4:42.6	
	Fly	2:32.59	2:35.7	2:38.9	2:42.3	2:45.9	2:49.5	2:53.4	2:59.5	3:10.7	3:23.5	3:38.0	3:54.8	
James Elmendorf	IM	2:28.78	2:31.8	2:35.0	2:38.3	2:41.7	2:45.3	2:49.1	2:55.0	3:06.0	3:18.4	3:32.5	3:48.9	
	Free	1:57.49	1:59.9	2:02.4	2:05.0	2:07.7	2:10.5	2:13.5	2:18.2	2:26.9	2:36.7	2:47.8	3:00.8	
	Back	2:05.88	2:08.4	2:11.1	2:13.9	2:16.8	2:19.9	2:23.0	2:28.1	2:37.3	2:47.8	2:59.8	3:13.7	
	Brst	2:57.81	3:01.4	3:05.2	3:09.2	3:13.3	3:17.6	3:22.1	3:29.2	3:42.3	3:57.1	4:14.0	4:33.6	
	Fly	2:06.41	2:09.0	2:11.7	2:14.5	2:17.4	2:20.5	2:23.6	2:28.7	2:38.0	2:48.5	3:00.6	3:14.5	
Jared MacNeill	IM	2:09.48	2:12.1	2:14.9	2:17.7	2:20.7	2:23.9	2:27.1	2:32.3	2:41.8	2:52.6	3:05.0	3:19.2	
	Free	2:07.22	2:09.8	2:12.5	2:15.3	2:18.3	2:21.4	2:24.6	2:29.7	2:39.0	2:49.6	3:01.7	3:15.7	
	Back	2:29.94	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	
	Brst	3:17.90	3:21.9	3:26.1	3:30.5	3:35.1	3:39.9	3:44.9	3:52.8	4:07.4	4:23.9	4:42.7	5:04.5	
	Fly	2:32.77	2:35.9	2:39.1	2:42.5	2:46.1	2:49.7	2:53.6	2:59.7	3:11.0	3:23.7	3:38.2	3:55.0	
Jaylyn Bark	IM	2:30.43	2:33.5	2:36.7	2:40.0	2:43.5	2:47.1	2:50.9	2:57.0	3:08.0	3:20.6	3:34.9	3:51.4	
	Free	2:33.69	2:36.8	2:40.1	2:43.5	2:47.1	2:50.8	2:54.6	3:00.8	3:12.1	3:24.9	3:39.6	3:56.4	
	John Alloway	Free	2:07.44	2:10.0	2:12.7	2:15.6	2:18.5	2:21.6	2:24.8	2:29.9	2:39.3	2:49.9	3:02.1	3:16.1
		Back	2:17.62	2:20.4	2:23.4	2:26.4	2:29.6	2:32.9	2:36.4	2:41.9	2:52.0	3:03.5	3:16.6	3:31.7
		Brst	2:43.66	2:47.0	2:50.5	2:54.1	2:57.9	3:01.8	3:06.0	3:12.5	3:24.6	3:38.2	3:53.8	4:11.8
Fly		2:21.34	2:24.2	2:27.2	2:30.4	2:33.6	2:37.0	2:40.6	2:46.3	2:56.7	3:08.5	3:21.9	3:37.4	
IM		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	
Josh Mogil	Free	2:11.42	2:14.1	2:16.9	2:19.8	2:22.8	2:26.0	2:29.3	2:34.6	2:44.3	2:55.2	3:07.7	3:22.2	
	Back	2:33.02	2:36.1	2:39.4	2:42.8	2:46.3	2:50.0	2:53.9	3:00.0	3:11.3	3:24.0	3:38.6	3:55.4	
	Brst	3:21.85	3:26.0	3:30.3	3:34.7	3:39.4	3:44.3	3:49.4	3:57.5	4:12.3	4:29.1	4:48.4	5:10.5	
	Fly	3:36.79	3:41.2	3:45.8	3:50.6	3:55.6	4:00.9	4:06.4	4:15.0	4:31.0	4:49.1	5:09.7	5:33.5	
	IM	2:44.21	2:47.6	2:51.1	2:54.7	2:58.5	3:02.5	3:06.6	3:13.2	3:25.3	3:38.9	3:54.6	4:12.6	
Justin Parikh	Free	2:38.22	2:41.4	2:44.8	2:48.3	2:52.0	2:55.8	2:59.8	3:06.1	3:17.8	3:31.0	3:46.0	4:03.4	
	Brst	3:09.31	3:13.2	3:17.2	3:21.4	3:25.8	3:30.3	3:35.1	3:42.7	3:56.6	4:12.4	4:30.4	4:51.2	
	IM	2:57.55	3:01.2	3:04.9	3:08.9	3:13.0	3:17.3	3:21.8	3:28.9	3:41.9	3:56.7	4:13.6	4:33.2	
Kaitlyn Bansky	Free	2:26.25	2:29.2	2:32.3	2:35.6	2:39.0	2:42.5	2:46.2	2:52.1	3:02.8	3:15.0	3:28.9	3:45.0	
	Back	2:28.72	2:31.8	2:34.9	2:38.2	2:41.7	2:45.2	2:49.0	2:55.0	3:05.9	3:18.3	3:32.5	3:48.8	
	IM	2:40.97	2:44.3	2:47.7	2:51.2	2:55.0	2:58.9	3:02.9	3:09.4	3:21.2	3:34.6	3:50.0	4:07.6	
Kate Circus	Free	2:16.87	2:19.7	2:22.6	2:25.6	2:28.8	2:32.1	2:35.5	2:41.0	2:51.1	3:02.5	3:15.5	3:30.6	
	Back	2:44.11	2:47.5	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	
	Brst	2:48.50	2:51.9	2:55.5	2:59.3	3:03.2	3:07.2	3:11.5	3:18.2	3:30.6	3:44.7	4:00.7	4:19.2	
	Fly	2:58.95	3:02.6	3:06.4	3:10.4	3:14.5	3:18.8	3:23.4	3:30.5	3:43.7	3:58.6	4:15.6	4:35.3	
	IM	2:33.99	2:37.1	2:40.4	2:43.8	2:47.4	2:51.1	2:55.0	3:01.2	3:12.5	3:25.3	3:40.0	3:56.9	
Katie Doyle	Free	2:35.14	2:38.3	2:41.6	2:45.0	2:48.6	2:52.4	2:56.3	3:02.5	3:13.9	3:26.9	3:41.6	3:58.7	
	Brst	3:20.32	3:24.4	3:28.7	3:33.1	3:37.7	3:42.6	3:47.6	3:55.7	4:10.4	4:27.1	4:46.2	5:08.2	
	IM	2:43.97	2:47.3	2:50.8	2:54.4	2:58.2	3:02.2	3:06.3	3:12.9	3:25.0	3:38.6	3:54.2	4:12.3	

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

		200	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Junior A1 Workout Group														
Katie Stein	Free	2:34.09	2:37.2	2:40.5	2:43.9	2:47.5	2:51.2	2:55.1	3:01.3	3:12.6	3:25.5	3:40.1	3:57.1	
	IM	2:53.83	2:57.4	3:01.1	3:04.9	3:08.9	3:13.1	3:17.5	3:24.5	3:37.3	3:51.8	4:08.3	4:27.4	
Kayla Gagnon	Free	2:08.27	2:10.9	2:13.6	2:16.5	2:19.4	2:22.5	2:25.8	2:30.9	2:40.3	2:51.0	3:03.2	3:17.3	
	Back	2:30.76	2:33.8	2:37.0	2:40.4	2:43.9	2:47.5	2:51.3	2:57.4	3:08.4	3:21.0	3:35.4	3:51.9	
	Brst	2:47.19	2:50.6	2:54.2	2:57.9	3:01.7	3:05.8	3:10.0	3:16.7	3:29.0	3:42.9	3:58.8	4:17.2	
	Fly	2:25.77	2:28.7	2:31.8	2:35.1	2:38.4	2:42.0	2:45.6	2:51.5	3:02.2	3:14.4	3:28.2	3:44.3	
	IM	2:21.23	2:24.1	2:27.1	2:30.2	2:33.5	2:36.9	2:40.5	2:46.2	2:56.5	3:08.3	3:21.8	3:37.3	
Keely Brown	Free	2:17.45	2:20.3	2:23.2	2:26.2	2:29.4	2:32.7	2:36.2	2:41.7	2:51.8	3:03.3	3:16.4	3:31.5	
	Back	2:25.37	2:28.3	2:31.4	2:34.6	2:38.0	2:41.5	2:45.2	2:51.0	3:01.7	3:13.8	3:27.7	3:43.6	
	Brst	2:39.39	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	2:44.98	2:48.3	2:51.9	2:55.5	2:59.3	3:03.3	3:07.5	3:14.1	3:26.2	3:40.0	3:55.7	4:13.8	
	IM	2:27.29	2:30.3	2:33.4	2:36.7	2:40.1	2:43.7	2:47.4	2:53.3	3:04.1	3:16.4	3:30.4	3:46.6	
Kimmie D'angelo	Free	2:14.23	2:17.0	2:19.8	2:22.8	2:25.9	2:29.1	2:32.5	2:37.9	2:47.8	2:59.0	3:11.8	3:26.5	
	Back	2:35.11	2:38.3	2:41.6	2:45.0	2:48.6	2:52.3	2:56.3	3:02.5	3:13.9	3:26.8	3:41.6	3:58.6	
	Brst	3:22.93	3:27.1	3:31.4	3:35.9	3:40.6	3:45.5	3:50.6	3:58.7	4:13.7	4:30.6	4:49.9	5:12.2	
	Fly	2:20.63	2:23.5	2:26.5	2:29.6	2:32.9	2:36.3	2:39.8	2:45.4	2:55.8	3:07.5	3:20.9	3:36.4	
	IM	2:33.80	2:36.9	2:40.2	2:43.6	2:47.2	2:50.9	2:54.8	3:00.9	3:12.2	3:25.1	3:39.7	3:56.6	
Lauren Belecanech	Free	2:14.64	2:17.4	2:20.2	2:23.2	2:26.3	2:29.6	2:33.0	2:38.4	2:48.3	2:59.5	3:12.3	3:27.1	
	Back	2:22.66	2:25.6	2:28.6	2:31.8	2:35.1	2:38.5	2:42.1	2:47.8	2:58.3	3:10.2	3:23.8	3:39.5	
	Brst	2:49.04	2:52.5	2:56.1	2:59.8	3:03.7	3:07.8	3:12.1	3:18.9	3:31.3	3:45.4	4:01.5	4:20.1	
	Fly	2:25.75	2:28.7	2:31.8	2:35.1	2:38.4	2:41.9	2:45.6	2:51.5	3:02.2	3:14.3	3:28.2	3:44.2	
	IM	2:24.74	2:27.7	2:30.8	2:34.0	2:37.3	2:40.8	2:44.5	2:50.3	3:00.9	3:13.0	3:26.8	3:42.7	
Lauren Cavanagh	Free	2:27.92	2:30.9	2:34.1	2:37.4	2:40.8	2:44.4	2:48.1	2:54.0	3:04.9	3:17.2	3:31.3	3:47.6	
	Back	2:53.07	2:56.6	3:00.3	3:04.1	3:08.1	3:12.3	3:16.7	3:23.6	3:36.3	3:50.8	4:07.2	4:26.3	
	Brst	2:52.29	2:55.8	2:59.5	3:03.3	3:07.3	3:11.4	3:15.8	3:22.7	3:35.4	3:49.7	4:06.1	4:25.1	
	Fly	3:05.37	3:09.2	3:13.1	3:17.2	3:21.5	3:26.0	3:30.6	3:38.1	3:51.7	4:07.2	4:24.8	4:45.2	
	IM	2:43.93	2:47.3	2:50.8	2:54.4	2:58.2	3:02.1	3:06.3	3:12.9	3:24.9	3:38.6	3:54.2	4:12.2	
Lauren Kerner	Free	2:03.20	2:05.7	2:08.3	2:11.1	2:13.9	2:16.9	2:20.0	2:24.9	2:34.0	2:44.3	2:56.0	3:09.5	
	Back	2:22.36	2:25.3	2:28.3	2:31.4	2:34.7	2:38.2	2:41.8	2:47.5	2:57.9	3:09.8	3:23.4	3:39.0	
	Brst	2:52.60	2:56.1	2:59.8	3:03.6	3:07.6	3:11.8	3:16.1	3:23.1	3:35.7	3:50.1	4:06.6	4:25.5	
	Fly	2:20.57	2:23.4	2:26.4	2:29.5	2:32.8	2:36.2	2:39.7	2:45.4	2:55.7	3:07.4	3:20.8	3:36.3	
	IM	2:23.33	2:26.3	2:29.3	2:32.5	2:35.8	2:39.3	2:42.9	2:48.6	2:59.2	3:11.1	3:24.8	3:40.5	
Mackie O'Connor	Free	2:34.03	2:37.2	2:40.4	2:43.9	2:47.4	2:51.1	2:55.0	3:01.2	3:12.5	3:25.4	3:40.0	3:57.0	
	IM	2:44.54	2:47.9	2:51.4	2:55.0	2:58.8	3:02.8	3:07.0	3:13.6	3:25.7	3:39.4	3:55.1	4:13.1	
Matt McGough	Free	2:00.56	2:03.0	2:05.6	2:08.3	2:11.0	2:14.0	2:17.0	2:21.8	2:30.7	2:40.7	2:52.2	3:05.5	
	Back	2:12.97	2:15.7	2:18.5	2:21.5	2:24.5	2:27.7	2:31.1	2:36.4	2:46.2	2:57.3	3:10.0	3:24.6	
	Brst	2:47.74	2:51.2	2:54.7	2:58.4	3:02.3	3:06.4	3:10.6	3:17.3	3:29.7	3:43.7	3:59.6	4:18.1	
	Fly	2:23.92	2:26.9	2:29.9	2:33.1	2:36.4	2:39.9	2:43.5	2:49.3	2:59.9	3:11.9	3:25.6	3:41.4	
	IM	2:18.06	2:20.9	2:23.8	2:26.9	2:30.1	2:33.4	2:36.9	2:42.4	2:52.6	3:04.1	3:17.2	3:32.4	
Matt Schaeffer	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	2:24.04	2:27.0	2:30.0	2:33.2	2:36.6	2:40.0	2:43.7	2:49.5	3:00.0	3:12.1	3:25.8	3:41.6	
	IM	2:22.70	2:25.6	2:28.6	2:31.8	2:35.1	2:38.6	2:42.2	2:47.9	2:58.4	3:10.3	3:23.9	3:39.5	
Melanie Arnold	Free	2:10.08	2:12.7	2:15.5	2:18.4	2:21.4	2:24.5	2:27.8	2:33.0	2:42.6	2:53.4	3:05.8	3:20.1	
	Back	2:25.53	2:28.5	2:31.6	2:34.8	2:38.2	2:41.7	2:45.4	2:51.2	3:01.9	3:14.0	3:27.9	3:43.9	
	Brst	2:54.46	2:58.0	3:01.7	3:05.6	3:09.6	3:13.8	3:18.2	3:25.2	3:38.1	3:52.6	4:09.2	4:28.4	
	Fly	2:41.45	2:44.7	2:48.2	2:51.8	2:55.5	2:59.4	3:03.5	3:09.9	3:21.8	3:35.3	3:50.6	4:08.4	

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

		200	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Junior A1 Workout Group														
Mike Campos	IM	2:31.49	2:34.6	2:37.8	2:41.2	2:44.7	2:48.3	2:52.1	2:58.2	3:09.4	3:22.0	3:36.4	3:53.1	
	Free	2:16.05	2:18.8	2:21.7	2:24.7	2:27.9	2:31.2	2:34.6	2:40.1	2:50.1	3:01.4	3:14.4	3:29.3	
	Back	2:28.67	2:31.7	2:34.9	2:38.2	2:41.6	2:45.2	2:48.9	2:54.9	3:05.8	3:18.2	3:32.4	3:48.7	
	Brst	3:09.27	3:13.1	3:17.2	3:21.4	3:25.7	3:30.3	3:35.1	3:42.7	3:56.6	4:12.4	4:30.4	4:51.2	
	Fly	2:38.06	2:41.3	2:44.6	2:48.1	2:51.8	2:55.6	2:59.6	3:06.0	3:17.6	3:30.7	3:45.8	4:03.2	
Molly Kowal	IM	2:29.72	2:32.8	2:36.0	2:39.3	2:42.7	2:46.4	2:50.1	2:56.1	3:07.1	3:19.6	3:33.9	3:50.3	
	Free	2:17.39	2:20.2	2:23.1	2:26.2	2:29.3	2:32.7	2:36.1	2:41.6	2:51.7	3:03.2	3:16.3	3:31.4	
	Back	2:44.94	2:48.3	2:51.8	2:55.5	2:59.3	3:03.3	3:07.4	3:14.0	3:26.2	3:39.9	3:55.6	4:13.8	
	Brst	2:46.41	2:49.8	2:53.3	2:57.0	3:00.9	3:04.9	3:09.1	3:15.8	3:28.0	3:41.9	3:57.7	4:16.0	
	Fly	2:51.14	2:54.6	2:58.3	3:02.1	3:06.0	3:10.2	3:14.5	3:21.3	3:33.9	3:48.2	4:04.5	4:23.3	
Natalie Kelly	IM	2:33.16	2:36.3	2:39.5	2:42.9	2:46.5	2:50.2	2:54.0	3:00.2	3:11.4	3:24.2	3:38.8	3:55.6	
	Free	2:20.16	2:23.0	2:26.0	2:29.1	2:32.3	2:35.7	2:39.3	2:44.9	2:55.2	3:06.9	3:20.2	3:35.6	
	Back	2:35.38	2:38.6	2:41.9	2:45.3	2:48.9	2:52.6	2:56.6	3:02.8	3:14.2	3:27.2	3:42.0	3:59.0	
	Brst	3:15.76	3:19.8	3:23.9	3:28.3	3:32.8	3:37.5	3:42.5	3:50.3	4:04.7	4:21.0	4:39.7	5:01.2	
	Fly	2:36.00	2:39.2	2:42.5	2:46.0	2:49.6	2:53.3	2:57.3	3:03.5	3:15.0	3:28.0	3:42.9	4:00.0	
Nicholas Rosa	IM	2:38.43	2:41.7	2:45.0	2:48.5	2:52.2	2:56.0	3:00.0	3:06.4	3:18.0	3:31.2	3:46.3	4:03.7	
	Free	2:22.89	2:25.8	2:28.8	2:32.0	2:35.3	2:38.8	2:42.4	2:48.1	2:58.6	3:10.5	3:24.1	3:39.8	
	Back	2:32.53	2:35.6	2:38.9	2:42.3	2:45.8	2:49.5	2:53.3	2:59.4	3:10.7	3:23.4	3:37.9	3:54.7	
	Brst	2:53.91	2:57.5	3:01.2	3:05.0	3:09.0	3:13.2	3:17.6	3:24.6	3:37.4	3:51.9	4:08.4	4:27.6	
	Fly	2:41.75	2:45.1	2:48.5	2:52.1	2:55.8	2:59.7	3:03.8	3:10.3	3:22.2	3:35.7	3:51.1	4:08.8	
Nick Belecanech	IM	2:30.92	2:34.0	2:37.2	2:40.6	2:44.0	2:47.7	2:51.5	2:57.6	3:08.6	3:21.2	3:35.6	3:52.2	
	Free	2:01.60	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	
	Back	2:20.87	2:23.7	2:26.7	2:29.9	2:33.1	2:36.5	2:40.1	2:45.7	2:56.1	3:07.8	3:21.2	3:36.7	
	Brst	2:22.81	2:25.7	2:28.8	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	
	Fly	2:06.17	2:08.7	2:11.4	2:14.2	2:17.1	2:20.2	2:23.4	2:28.4	2:37.7	2:48.2	3:00.2	3:14.1	
Nick Disanti	IM	2:10.72	2:13.4	2:16.2	2:19.1	2:22.1	2:25.2	2:28.5	2:33.8	2:43.4	2:54.3	3:06.7	3:21.1	
	Free	2:30.75	2:33.8	2:37.0	2:40.4	2:43.9	2:47.5	2:51.3	2:57.4	3:08.4	3:21.0	3:35.4	3:51.9	
	Back	2:44.36	2:47.7	2:51.2	2:54.9	2:58.7	3:02.6	3:06.8	3:13.4	3:25.4	3:39.1	3:54.8	4:12.9	
	Brst	3:26.41	3:30.6	3:35.0	3:39.6	3:44.4	3:49.3	3:54.6	4:02.8	4:18.0	4:35.2	4:54.9	5:17.6	
	IM	2:53.14	2:56.7	3:00.4	3:04.2	3:08.2	3:12.4	3:16.7	3:23.7	3:36.4	3:50.9	4:07.3	4:26.4	
Nicole Shek	Free	2:07.15	2:09.7	2:12.4	2:15.3	2:18.2	2:21.3	2:24.5	2:29.6	2:38.9	2:49.5	3:01.6	3:15.6	
	Back	2:11.28	2:14.0	2:16.7	2:19.7	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	2:40.29	2:43.6	2:47.0	2:50.5	2:54.2	2:58.1	3:02.1	3:08.6	3:20.4	3:33.7	3:49.0	4:06.6	
	Fly	2:31.58	2:34.7	2:37.9	2:41.3	2:44.8	2:48.4	2:52.2	2:58.3	3:09.5	3:22.1	3:36.5	3:53.2	
	IM	2:16.56	2:19.3	2:22.2	2:25.3	2:28.4	2:31.7	2:35.2	2:40.7	2:50.7	3:02.1	3:15.1	3:30.1	
Noah Shepard	Free	2:26.49	2:29.5	2:32.6	2:35.8	2:39.2	2:42.8	2:46.5	2:52.3	3:03.1	3:15.3	3:29.3	3:45.4	
	Back	2:52.99	2:56.5	3:00.2	3:04.0	3:08.0	3:12.2	3:16.6	3:23.5	3:36.2	3:50.7	4:07.1	4:26.1	
	Brst	3:20.77	3:24.9	3:29.1	3:33.6	3:38.2	3:43.1	3:48.1	3:56.2	4:11.0	4:27.7	4:46.8	5:08.9	
	Fly	2:57.71	3:01.3	3:05.1	3:09.1	3:13.2	3:17.5	3:21.9	3:29.1	3:42.1	3:56.9	4:13.9	4:33.4	
	IM	2:46.55	2:49.9	2:53.5	2:57.2	3:01.0	3:05.1	3:09.3	3:15.9	3:28.2	3:42.1	3:57.9	4:16.2	
Nora Woods	Free	2:38.86	2:42.1	2:45.5	2:49.0	2:52.7	2:56.5	3:00.5	3:06.9	3:18.6	3:31.8	3:46.9	4:04.4	
	IM	2:57.68	3:01.3	3:05.1	3:09.0	3:13.1	3:17.4	3:21.9	3:29.0	3:42.1	3:56.9	4:13.8	4:33.4	
Sarah McGough	Free	2:13.22	2:15.9	2:18.8	2:21.7	2:24.8	2:28.0	2:31.4	2:36.7	2:46.5	2:57.6	3:10.3	3:25.0	
	Back	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	
	Brst	2:46.18	2:49.6	2:53.1	2:56.8	3:00.6	3:04.6	3:08.8	3:15.5	3:27.7	3:41.6	3:57.4	4:15.7	
	Fly	2:38.52	2:41.8	2:45.1	2:48.6	2:52.3	2:56.1	3:00.1	3:06.5	3:18.1	3:31.4	3:46.5	4:03.9	

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

	200	100%	98%	96%	94%	92%	90%	88%	85%	80%	75%	70%	65%
Junior A1 Workout Group													
	IM	2:29.98	2:33.0	2:36.2	2:39.6	2:43.0	2:46.6	2:50.4	2:56.4	3:07.5	3:20.0	3:34.3	3:50.7
Saylor Cook	Free	2:07.73	2:10.3	2:13.1	2:15.9	2:18.8	2:21.9	2:25.1	2:30.3	2:39.7	2:50.3	3:02.5	3:16.5
	Back	2:19.72	2:22.6	2:25.5	2:28.6	2:31.9	2:35.2	2:38.8	2:44.4	2:54.6	3:06.3	3:19.6	3:35.0
	Brst	2:48.96	2:52.4	2:56.0	2:59.7	3:03.7	3:07.7	3:12.0	3:18.8	3:31.2	3:45.3	4:01.4	4:19.9
	Fly	2:26.65	2:29.6	2:32.8	2:36.0	2:39.4	2:42.9	2:46.6	2:52.5	3:03.3	3:15.5	3:29.5	3:45.6
	IM	2:21.38	2:24.3	2:27.3	2:30.4	2:33.7	2:37.1	2:40.7	2:46.3	2:56.7	3:08.5	3:22.0	3:37.5
Sean Finias	Free	2:11.01	2:13.7	2:16.5	2:19.4	2:22.4	2:25.6	2:28.9	2:34.1	2:43.8	2:54.7	3:07.2	3:21.6
	Back	2:29.24	2:32.3	2:35.5	2:38.8	2:42.2	2:45.8	2:49.6	2:55.6	3:06.5	3:19.0	3:33.2	3:49.6
	Brst	3:03.81	3:07.6	3:11.5	3:15.5	3:19.8	3:24.2	3:28.9	3:36.2	3:49.8	4:05.1	4:22.6	4:42.8
	Fly	2:17.65	2:20.5	2:23.4	2:26.4	2:29.6	2:32.9	2:36.4	2:41.9	2:52.1	3:03.5	3:16.6	3:31.8
	IM	2:27.30	2:30.3	2:33.4	2:36.7	2:40.1	2:43.7	2:47.4	2:53.3	3:04.1	3:16.4	3:30.4	3:46.6
Tee White	Free	2:17.35	2:20.2	2:23.1	2:26.1	2:29.3	2:32.6	2:36.1	2:41.6	2:51.7	3:03.1	3:16.2	3:31.3
	Back	2:43.19	2:46.5	2:50.0	2:53.6	2:57.4	3:01.3	3:05.4	3:12.0	3:24.0	3:37.6	3:53.1	4:11.1
	Brst	2:57.93	3:01.6	3:05.3	3:09.3	3:13.4	3:17.7	3:22.2	3:29.3	3:42.4	3:57.2	4:14.2	4:33.7
	IM	2:35.28	2:38.4	2:41.7	2:45.2	2:48.8	2:52.5	2:56.5	3:02.7	3:14.1	3:27.0	3:41.8	3:58.9
Timmy Proctor	Free	2:10.21	2:12.9	2:15.6	2:18.5	2:21.5	2:24.7	2:28.0	2:33.2	2:42.8	2:53.6	3:06.0	3:20.3
	Back	2:21.68	2:24.6	2:27.6	2:30.7	2:34.0	2:37.4	2:41.0	2:46.7	2:57.1	3:08.9	3:22.4	3:38.0
	Brst	2:40.33	2:43.6	2:47.0	2:50.6	2:54.3	2:58.1	3:02.2	3:08.6	3:20.4	3:33.8	3:49.0	4:06.7
	Fly	2:35.85	2:39.0	2:42.3	2:45.8	2:49.4	2:53.2	2:57.1	3:03.4	3:14.8	3:27.8	3:42.6	3:59.8
	IM	2:21.20	2:24.1	2:27.1	2:30.2	2:33.5	2:36.9	2:40.5	2:46.1	2:56.5	3:08.3	3:21.7	3:37.2