



Seahawks Swim Team

Swimmer of the Month: Shyanne Tomerlin



Fun Facts about Shyanne: Shyanne is 11 years old, is homeschooled and she moved from Texas to Statesville in April 2008. This is Shyanne's first swimming experience and she loves it! She also enjoys almost everything outdoors. She is very creative, loves to cook, crochet and sew. Great job Shyanne!

COACHES CORNER

Welcome back all swimmers and a very special welcome to the new athletes joining our team this year. Everyone has been doing a tremendous job this fall. As we began our short course season I consider our first few meets to be more of a training situation for everyone. I am not necessarily looking at times at these meets but paying more attention to technique and overall performance. Key factors play such an important role, such as: Are you applying the proper

stroke mechanics in all four strokes? Are you being aggressive towards your turns? Etc. As we set farther into the season continue to work on techniques and really start to extend our main sets and endurance training. Keep up the great work!!!!

New Swimmers on Deck

Megan Busse	9	Shynne Tomerlin	11
Zachary Vallejos	9	Salah Sayes	12
Douglas Rathje	8	Jeremy Miller	13
Kyle Ketsdever	12	Jessica Miller	10
Meredith Hinson	7	Claire Fasel	9

TO ALL 10 & UNDERS: COMPLETE THESE WORD SCRAMBLES AND BRING IT TO COACH DAVID AND RECEIVE A PRIZE.

- | | |
|--------------|----------------------|
| 1. ERTFEYLSE | 6. KETSABEKO |
| 2. SMNGIMIW | 7. TEBRKOEARTSS |
| 3. HAESKSWA | 8. DIVNILDIUA LEMEDY |
| 4. YBTUTREFL | 9. CDKIKAROB |
| 5. FHVAEUN | 10. QCHNIUETE |

GOOD LUCK!!!!!!!!!!

CAPS OFF to our Seahawk swimmers for traveling to Huntersville to compete in the NOMAD fall kick off Meet.

CAPS OFF!!!!!!!!!!!!

NOMAD MEET RESULTS September 27

8 & Under Girls

Peyton Macdougall	3 rd 25 Free 18.83	3 rd 25 Breast 26.39
	4 th 25 Back 23.13	

Erin Kelly Malloy	17 th 25 Free 23.53	23 rd Back 30.90
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9-10 Girls

Lindsey Clippard	20 th 50 Free 38.11 (B) Time	7 th Back 43.07 (BB)
	20 th 50 Fly 47.31 (B)	

11-12 Girls

Ashley Cromie 3rd 50 Free 30.24 BB 3rd 50 Fly 33.5 BB
 3rd 100 IM 1.17.97 BB

13-14 Girls

Jessie Cromie 5th 100 Free 1.04.38 BB 3rd 100 Back 1.13.26 + 2 BB
 7th 200 IM 245.00 B

Elizabeth Hernandez 8th 100 Free 1.06.12 B 5th 100 Back 1.15.81 + 1 B
 8th 100 Breast 1.28.60 + 1 B

Chaunte Durand 18th 100 Free 1.21.17 12th 100 Back 1.34.38 – B
 9th 100 Breast 1.39.25 + 3

Hanna Clark 7th 100 Back 1.18.90 B

15-18 Girls

Leandrie Durand 8th 100 Free 1.14.72 -12 BT 4th 100 Back 1.23.92 -BT
 5th 200 IM 2.57.64 -20 BT

9-10 Boys

Daniel Malloy 7th 50 Free 43.78 -2 - BT 11th 50 Back 1.06.91 - BT
 8th 50 Breast 1.07.08 - BT

Salah Sayes 7th 50 Free 33.13 BT (B) 4th 50 Fly 37.37 BT (B)
 4th 100 IM 1.25.85 BT

Joshua Clark 9th 50 Free 35.70 – BT 6th 50 Back 51.66 – BT

Michael Spencer 8th 50 Back 51.31 + 2 4th 50 Breast 49.31 + 3

13-14 Boys

Jesse Hoke 6th 100 Free 1.06.81 -3 BT (B) 10th 100 Back 1.24.94 – 5 BT
 6th 100 Breast 1.27.70 - 6 BT

Avery Wilson 4th 100 1.09.25 - 4 BT (BB) 2nd 100 Fly 1.08.57 -1 BT (B)
 3rd 200 IM 2.32.20 – 4 BT (B)



Happy Birthday!

Joseph Dotzel
Michael Spencer
Jared Souther

Team Players

Coach David Jones - seahawksswimming@yahoo.com - (828) – 228 – 4207

President- Teresa Hoke – teresashoke@aol.com

Secretary / Treasurer, Rochelle Dotzel – rndotzel@bellsouth.net

Awards - Lori MacDougall – LmacDougall@CCITelecom.net

Newsletter- Lurdes Cromie- wcromie@bellsouth.net

YMCA CEO – Tip Nicholson – ymca@statesville.net

Thanks Parents, for all the donations.

**Good Luck to all swimmers competing in
our first home meet!**

2009-2012 National Age Group Motivational Times
Short Course Meters

9/12/2008

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	50 M Free	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
10 & Under Girls												
43.99*	39.79*	35.49*	34.09*	32.69*	31.29*	50 M Free	30.99*	32.29*	33.59*	34.89*	38.89*	42.89*
1:40.89*	1:30.19*	1:19.49*	1:15.89*	1:12.29*	1:08.69*	100 M Free	1:07.99	1:11.39	1:14.79	1:18.19	1:28.29	1:38.49
3:41.19	3:16.99	2:52.79	2:44.69	2:36.59	2:28.59	200 M Free	2:26.89	2:33.89	2:40.89	2:47.89	3:08.89	3:29.79
7:26.79	6:42.09	5:57.39	5:42.49	5:27.69	5:12.79	400 M Free	5:09.89	5:24.59	5:39.39	5:54.09	6:38.39	7:22.69
53.89*	47.99*	42.09*	40.19	38.19	36.19*	50 M Back	36.29*	38.29*	40.29*	42.29*	48.29*	54.29*
1:56.79	1:43.79	1:30.89	1:26.49	1:22.19	1:17.89	100 M Back	1:17.89*	1:21.89*	1:25.89*	1:29.79*	1:41.69*	1:53.69*
59.19	52.79	46.49	44.29	42.19	40.09	50 M Breast	40.39*	42.49*	44.59*	46.69*	52.99*	59.29*
2:12.59	1:57.89	1:43.19	1:38.29	1:33.39	1:28.39	100 M Breast	1:28.19*	1:32.59*	1:36.99*	1:41.39*	1:54.59*	2:07.79*
53.89	47.49	41.19	38.99	36.89	34.79	50 M Fly	34.59	36.59	38.49	40.49	46.39	52.19
2:09.79	1:52.79	1:35.79	1:30.19	1:24.49	1:18.79	100 M Fly	1:18.19*	1:23.69*	1:29.09*	1:34.59*	1:50.89*	2:07.29*
1:55.99*	1:43.59*	1:31.29*	1:27.19*	1:23.09*	1:18.99*	100 M IM	1:18.39*	1:22.09*	1:25.79*	1:29.59*	1:40.69*	1:51.89*
4:06.09	3:40.29	3:14.49	3:05.89	2:57.29	2:48.69	200 M IM	2:48.49	2:56.89	3:05.29	3:13.69	3:38.89	4:04.09
11-12 Girls												
37.89*	35.19*	32.59*	31.29*	29.99*	28.69*	50 M Free	27.69	28.99	30.29	31.59	34.29	36.89
1:21.29	1:15.49	1:09.69	1:06.79	1:03.89	1:00.99	100 M Free	1:00.59*	1:03.49*	1:06.29*	1:09.19*	1:14.99*	1:20.79*
3:00.29*	2:47.39*	2:34.59*	2:28.09*	2:21.69*	2:15.29*	200 M Free	2:11.69*	2:17.99*	2:24.19*	2:30.49*	2:42.99*	2:55.59*
6:17.09	5:50.09	5:23.19	5:09.69	4:56.29	4:42.79	400 M Free	4:39.29	4:52.59	5:05.89	5:19.19	5:45.79	6:12.39
13:07.89*	12:11.59*	11:15.39*	10:47.19*	10:19.09*	9:50.89*	800 M Free	9:44.19*	10:11.99*	10:39.89*	11:07.69*	12:03.29*	12:58.89*
25:07.39*	23:19.69*	21:32.09*	20:38.19*	19:44.39*	18:50.59*	1500 M Free	18:36.59*	19:29.79*	20:22.89*	21:16.09*	23:02.49*	24:48.79*
43.69*	40.59*	37.49*	35.89*	34.39*	32.79*	50 M Back	31.99*	33.69*	35.29*	36.99*	40.29*	43.69*
1:37.29*	1:29.59*	1:21.99*	1:18.09*	1:14.29*	1:10.49*	100 M Back	1:08.69	1:12.39	1:16.19	1:19.89	1:27.39	1:34.79
3:20.99*	3:06.69*	2:52.29*	2:45.09*	2:37.99*	2:30.79*	200 M Back	2:27.79*	2:34.89*	2:41.89*	2:48.89*	3:02.99*	3:17.09*
48.69*	45.19*	41.69*	39.99*	38.29*	36.49*	50 M Breast	35.49*	37.39*	39.29*	41.19*	45.09*	48.89*
1:46.59	1:38.69	1:30.79	1:26.89	1:22.89	1:18.99	100 M Breast	1:16.99*	1:20.99*	1:24.99*	1:28.99*	1:36.99*	1:44.99*
3:48.09*	3:31.79*	3:15.49*	3:07.39*	2:59.19*	2:51.09*	200 M Breast	2:47.09*	2:55.09*	3:03.09*	3:10.99*	3:26.89*	3:42.79*
41.79*	38.79*	35.79*	34.29*	32.79*	31.39*	50 M Fly	30.39*	32.09*	33.79*	35.49*	38.89*	42.29*
1:36.29*	1:28.59*	1:20.89*	1:17.09*	1:13.19*	1:09.39*	100 M Fly	1:07.49*	1:11.39*	1:15.29*	1:19.19*	1:26.99*	1:34.79*
3:24.39*	3:09.79*	2:55.19*	2:47.89*	2:40.59*	2:33.29*	200 M Fly	2:30.19*	2:37.29*	2:44.49*	2:51.59*	3:05.89*	3:20.19*
1:35.39*	1:28.59*	1:21.69*	1:18.29*	1:14.89*	1:11.49*	100 M IM	1:08.89*	1:12.29*	1:15.69*	1:18.99*	1:25.69*	1:32.39*
3:23.09*	3:08.59*	2:54.09*	2:46.79*	2:39.59*	2:32.29*	200 M IM	2:29.09*	2:36.69*	2:44.29*	2:51.89*	3:07.09*	3:22.29*
7:13.29*	6:42.39*	6:11.39*	5:55.99*	5:40.49*	5:24.99*	400 M IM	5:17.99*	5:33.09*	5:48.29*	6:03.39*	6:33.69*	7:03.99*
13-14 Girls												
36.89	34.29	31.69	30.29	28.99	27.69	50 M Free	25.49*	26.69*	27.89*	29.09*	31.49*	33.89*
1:20.19	1:14.39*	1:08.69*	1:05.79*	1:02.99	1:00.09*	100 M Free	55.49*	58.19*	1:00.79*	1:03.49*	1:08.79*	1:13.99*
2:52.49*	2:40.19*	2:27.89*	2:21.69*	2:15.49*	2:09.39*	200 M Free	2:01.09*	2:06.89*	2:12.59*	2:18.39*	2:29.89*	2:41.49*
6:00.39	5:34.59	5:08.89	4:55.99	4:43.19	4:30.29	400 M Free	4:16.69*	4:28.99*	4:41.19*	4:53.39*	5:17.79*	5:42.29*
12:22.89	11:29.89	10:36.79	10:10.29	9:43.69	9:17.19	800 M Free	8:53.29*	9:18.69*	9:44.09*	10:09.49*	11:00.29*	11:50.99*
23:25.99	21:45.59	20:05.09	19:14.89	18:24.69	17:34.49	1500 M Free	16:45.39*	17:33.29*	18:21.09*	19:08.99*	20:44.69*	22:20.49*
1:28.29*	1:21.99*	1:15.69*	1:12.49*	1:09.39*	1:06.19*	100 M Back	1:02.09*	1:04.99*	1:07.99*	1:10.99*	1:16.89*	1:22.79*
3:09.89	2:56.29	2:42.79	2:35.99	2:29.19	2:22.39	200 M Back	2:13.69*	2:19.99*	2:26.39*	2:32.79*	2:45.49*	2:58.19*
1:40.09*	1:32.89*	1:25.79*	1:22.19*	1:18.59*	1:15.09*	100 M Breast	1:09.69*	1:12.99*	1:16.29*	1:19.59*	1:26.29*	1:32.89*
3:34.99*	3:19.69*	3:04.29*	2:56.59*	2:48.89*	2:41.29*	200 M Breast	2:31.19	2:38.39	2:45.59	2:52.69	3:07.09	3:21.49
1:27.39*	1:21.19*	1:14.89*	1:11.79*	1:08.69*	1:05.59*	100 M Fly	1:00.79*	1:03.69*	1:06.59*	1:09.49*	1:15.29*	1:20.99*
3:11.59	2:57.89	2:44.19	2:37.39	2:30.59	2:23.69	200 M Fly	2:15.59*	2:22.09*	2:28.49*	2:34.99*	2:47.89*	3:00.79*
3:13.99*	3:00.09*	2:46.29*	2:39.29*	2:32.39*	2:25.49*	200 M IM	2:15.59*	2:22.09*	2:28.49*	2:34.99*	2:47.89*	3:00.79*
6:49.69*	6:20.39*	5:51.19*	5:36.49*	5:21.89*	5:07.29*	400 M IM	4:50.49*	5:04.39*	5:18.19*	5:31.99*	5:59.69*	6:27.39*
15-16 Girls												
36.09*	33.59*	30.99*	29.69*	28.39*	27.09*	50 M Free	24.49	25.69	26.79*	27.99	30.29*	32.59*
1:18.29*	1:12.69*	1:07.09*	1:04.29*	1:01.49	58.69*	100 M Free	53.39*	55.99*	58.49*	1:00.99*	1:06.09*	1:11.19*
2:47.99*	2:35.99*	2:23.99*	2:17.99*	2:11.99*	2:05.99*	200 M Free	1:56.09*	2:01.59*	2:07.19*	2:12.69*	2:23.69*	2:34.79*
5:54.69*	5:29.39*	5:03.99*	4:51.39*	4:38.69*	4:25.99*	400 M Free	4:08.39*	4:20.19*	4:31.99*	4:43.79*	5:07.49*	5:31.09*
12:10.89	11:18.69	10:26.49	10:00.39	9:34.29	9:08.19	800 M Free	8:34.69	8:59.19	9:23.79	9:48.29	10:37.29	11:26.29
23:10.59	21:31.29	19:51.99	19:02.29	18:12.59	17:22.99	1500 M Free	16:21.19	17:07.89	17:54.69	18:41.39	20:14.79	21:48.29
1:25.79*	1:19.69*	1:13.59*	1:10.49*	1:07.39*	1:04.39*	100 M Back	59.09*	1:01.89*	1:04.69*	1:07.49*	1:13.19*	1:18.79*
3:05.49*	2:52.19*	2:38.99*	2:32.39*	2:25.69*	2:19.09*	200 M Back	2:07.99*	2:14.09*	2:20.19*	2:26.29*	2:38.39*	2:50.59*
1:37.59*	1:30.59*	1:23.59*	1:20.09*	1:16.69*	1:13.19*	100 M Breast	1:06.59*	1:09.79*	1:12.99*	1:16.09*	1:22.49*	1:28.79*
3:29.89*	3:14.89*	2:59.89*	2:52.39*	2:44.89*	2:37.39*	200 M Breast	2:25.19	2:32.09	2:38.99	2:45.89	2:59.69	3:13.49
1:25.49*	1:19.39*	1:13.29*	1:10.19*	1:07.19*	1:04.09*	100 M Fly	58.09*	1:00.89*	1:03.69*	1:06.39*	1:11.99*	1:17.49*
3:06.19*	2:52.89*	2:39.59*	2:32.99*	2:26.29*	2:19.69*	200 M Fly	2:08.99*	2:15.09*	2:21.29*	2:27.39*	2:39.69*	2:51.99*
3:09.49*	2:55.99*	2:42.49*	2:35.69*	2:28.89*	2:22.19*	200 M IM	2:10.69*	2:16.89*	2:23.09*	2:29.29*	2:41.79*	2:54.19*
6:39.49*	6:10.99*	5:42.39*	5:28.19*	5:13.89*	4:59.59*	400 M IM	4:38.29*	4:51.59*	5:04.79*	5:18.09*	5:44.59*	6:11.09*
17-18 Girls												
35.79*	33.19*	30.69*	29.39*	28.09*	26.89*	50 M Free	23.69*	24.79*	25.99*	27.09*	29.29*	31.59*
1:17.19*	1:11.69*	1:06.19*	1:03.39*	1:00.69*	57.89*	100 M Free	51.89*	54.29*	56.79*	59.29*	1:04.19*	1:09.09*
2:46.89*	2:34.99*	2:23.09*	2:17.09*	2:11.09*	2:05.19*	200 M Free	1:54.19*	1:59.59*	2:04.99*	2:10.49*	2:21.29*	2:32.19*
5:52.19*	5:27.09*	5:01.89*	4:49.29*	4:36.69*	4:24.19*	400 M Free	4:03.29	4:14.89	4:26.49	4:37.99	5:01.19	5:24.39
12:08.59	11:16.59	10:24.49	9:58.49	9:32.49	9:06.49	800 M Free	8:28.39	8:52.59	9:16.79	9:40.99	10:29.39	11:17.79
22:58.19	21:19.69	19:41.29	18:52.09	18:02.79	17:13.59	1500 M Free	16:03.19	16:48.99	17:34.89	18:20.69	19:52.49	21:24.19
1:25.29*	1:19.19*	1:13.09*	1:10.09*	1:06.99*	1:03.99*	100 M Back	57.29*	59.99*	1:02.69*	1:05.49*	1:10.89*	1:16.39*
3:04.89*	2:51.69*	2:38.49*	2:31.89*	2:25.29*	2:18.69*	200 M Back	2:04.79	2:10.79	2:16.69	2:22.59	2:34.49	2:46.39
1:36.99*	1:30.09*	1:23.19*	1:19.69*	1:16.19*	1:12.79*	100 M Breast	1:05.29	1:08.39	1:11.59	1:14.69	1:20.89	1:27.09
3:29.19*	3:14.19*	2:59.29*	2:51.79*	2:44.29*	2:36.89*	200 M Breast	2:22.19*	2:28.99*	2:35.69*	2:42.49*	2:55.99*	3:09.59*
1:24.39*	1:18.39*	1:12.39*	1:09.39*	1:06.29*	1:03.29*	100 M Fly	56.69*	59.39*	1:02.09*	1:04.79*	1:10.19*	1:15.59*
3:03.89*	2:50.79*	2:37.69*	2:31.09*	2:24.49*	2:17.99*	200 M Fly	2:05.29	2:11.29	2:17.29	2:23.19	2:35.19	2:47.09

2009-2012 National Age Group Motivational Times

9/12/2008

Short Course Yards

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	50 Y Free	100 Y Free	200 Y Free	500 Y Free	1000 Y Free	1500 Y Free	50 Y Back	100 Y Back	200 Y Back	50 Y Breast	100 Y Breast	200 Y Breast	50 Y Fly	100 Y Fly	200 Y Fly	50 Y IM	100 Y IM	200 Y IM	400 Y IM	
10 & Under Girls												10 & Under Boys													
39.79*	35.99*	32.19*	30.89*	29.59*	28.29*	27.99*	29.19*	30.39*	31.59*	35.19*	38.89*	27.99*	29.19*	30.39*	31.59*	35.19*	38.89*	27.99*	29.19*	30.39*	31.59*	35.19*	38.89*	27.99*	29.19*
1:31.29*	1:21.59*	1:11.89*	1:08.69*	1:05.39*	1:02.19*	1:01.49	1:04.59	1:07.69	1:10.79	1:19.99	1:29.19	1:01.49	1:04.59	1:07.69	1:10.79	1:19.99	1:29.19	1:01.49	1:04.59	1:07.69	1:10.79	1:19.99	1:29.19	1:01.49	1:04.59
3:20.19	2:58.29	2:36.39	2:29.09	2:21.79	2:14.39	2:12.89	2:19.29	2:25.59	2:31.89	2:50.89	3:09.89	2:12.89	2:19.29	2:25.59	2:31.89	2:50.89	3:09.89	2:12.89	2:19.29	2:25.59	2:31.89	2:50.89	3:09.89	2:12.89	2:19.29
8:30.49	7:39.49	6:48.39	6:31.39	6:14.39	5:57.39	5:54.09	6:10.89	6:27.79	6:44.59	7:35.19	8:25.79	5:54.09	6:10.89	6:27.79	6:44.59	7:35.19	8:25.79	5:54.09	6:10.89	6:27.79	6:44.59	7:35.19	8:25.79	5:54.09	6:10.89
48.79*	43.49	38.09*	36.39	34.59	32.79	32.79*	34.59*	36.39*	38.09*	43.49*	48.79*	32.79*	34.59*	36.39*	38.09*	43.49*	48.79*	32.79*	34.59*	36.39*	38.09*	43.49*	48.79*	32.79*	34.59*
1:45.69	1:33.99	1:22.19	1:18.29	1:14.39	1:10.49	1:10.49*	1:14.09*	1:17.69*	1:21.29*	1:32.09*	1:42.89*	1:10.49*	1:14.09*	1:17.69*	1:21.29*	1:32.09*	1:42.89*	1:10.49*	1:14.09*	1:17.69*	1:21.29*	1:32.09*	1:42.89*	1:10.49*	1:14.09*
53.59	47.79	41.99	40.09	38.19	36.29	36.29*	38.19*	40.09*	42.19*	47.79*	53.59*	36.29*	38.19*	40.09*	42.19*	47.79*	53.59*	36.29*	38.19*	40.09*	42.19*	47.79*	53.59*	36.29*	38.19*
1:59.99	1:46.69	1:33.39	1:28.89	1:24.49	1:19.99	1:19.99*	1:24.49*	1:27.79*	1:31.79*	1:43.69*	1:55.69*	1:19.99*	1:24.49*	1:27.79*	1:31.79*	1:43.69*	1:55.69*	1:19.99*	1:24.49*	1:27.79*	1:31.79*	1:43.69*	1:55.69*	1:19.99*	1:24.49*
48.79	42.99	37.29	35.29	33.39	31.49	31.49*	33.39*	35.29*	37.29*	42.99*	48.79*	31.49*	33.39*	35.29*	37.29*	42.99*	48.79*	31.49*	33.39*	35.29*	37.29*	42.99*	48.79*	31.49*	33.39*
1:57.49	1:42.09	1:26.69	1:21.59	1:16.49	1:11.29	1:11.29*	1:16.49*	1:20.59*	1:25.59*	1:40.39*	1:55.19*	1:11.29*	1:16.49*	1:20.59*	1:25.59*	1:40.39*	1:55.19*	1:11.29*	1:16.49*	1:20.59*	1:25.59*	1:40.39*	1:55.19*	1:11.29*	1:16.49*
1:44.99*	1:33.79*	1:22.59*	1:18.89*	1:15.19*	1:11.49*	1:11.49*	1:15.19*	1:17.69*	1:21.09*	1:31.19*	1:41.29*	1:11.49*	1:15.19*	1:17.69*	1:21.09*	1:31.19*	1:41.29*	1:11.49*	1:15.19*	1:17.69*	1:21.09*	1:31.19*	1:41.29*	1:11.49*	1:15.19*
3:42.69	3:19.39	2:55.99	2:48.19	2:40.39	2:32.69	2:32.69*	2:40.39*	2:47.69*	2:55.29*	3:18.09*	3:40.89*	2:32.69*	2:40.39*	2:47.69*	2:55.29*	3:18.09*	3:40.89*	2:32.69*	2:40.39*	2:47.69*	2:55.29*	3:18.09*	3:40.89*	2:32.69*	2:40.39*
11-12 Girls												11-12 Boys													
34.29*	31.89*	29.49*	28.29*	27.09*	25.99*	25.09*	26.19*	27.39*	28.59*	30.99*	33.39*	25.09*	26.19*	27.39*	28.59*	30.99*	33.39*	25.09*	26.19*	27.39*	28.59*	30.99*	33.39*	25.09*	26.19*
1:13.59	1:08.29	1:03.09	1:00.49	97.79	55.19	55.19*	57.79*	59.99*	1:02.69*	1:07.89*	1:13.09*	55.19*	57.79*	59.99*	1:02.69*	1:07.89*	1:13.09*	55.19*	57.79*	59.99*	1:02.69*	1:07.89*	1:13.09*	55.19*	57.79*
2:43.19*	2:31.49*	2:19.89*	2:14.09*	2:08.19*	2:02.39*	2:02.39*	2:08.19*	2:14.09*	2:19.89*	2:27.49*	2:38.89*	2:02.39*	2:08.19*	2:14.09*	2:19.89*	2:27.49*	2:38.89*	2:02.39*	2:08.19*	2:14.09*	2:19.89*	2:27.49*	2:38.89*	2:02.39*	2:08.19*
7:10.79	6:40.09	6:09.29	5:53.89	5:38.49	5:23.09	5:23.09*	5:38.49*	5:53.89*	6:04.69*	6:35.09*	7:05.49*	5:23.09*	5:38.49*	5:53.89*	6:04.69*	6:35.09*	7:05.49*	5:23.09*	5:38.49*	5:53.89*	6:04.69*	6:35.09*	7:05.49*	5:23.09*	5:38.49*
15:00.29*	13:55.99*	12:51.69*	12:19.49*	11:47.39*	11:15.19*	11:15.19*	11:47.39*	12:19.49*	12:42.89*	13:46.49*	14:50.09*	11:15.19*	11:47.39*	12:19.49*	12:42.89*	13:46.49*	14:50.09*	11:15.19*	11:47.39*	12:19.49*	12:42.89*	13:46.49*	14:50.09*	11:15.19*	11:47.39*
25:16.19*	23:27.89*	21:39.59*	20:45.49*	19:51.29*	18:57.19*	18:57.19*	19:51.29*	20:45.49*	21:23.59*	23:10.49*	24:57.49*	18:57.19*	19:51.29*	20:45.49*	21:23.59*	23:10.49*	24:57.49*	18:57.19*	19:51.29*	20:45.49*	21:23.59*	23:10.49*	24:57.49*	18:57.19*	19:51.29*
39.59*	36.79*	33.89*	32.49*	31.09*	29.69*	29.69*	31.09*	32.49*	33.89*	36.79*	39.59*	29.69*	31.09*	32.49*	33.89*	36.79*	39.59*	29.69*	31.09*	32.49*	33.89*	36.79*	39.59*	29.69*	31.09*
1:27.99*	1:21.09*	1:14.19*	1:10.69*	1:07.29*	1:03.79*	1:03.79*	1:07.29*	1:10.69*	1:14.19*	1:19.09*	1:25.79*	1:03.79*	1:10.69*	1:14.19*	1:19.09*	1:25.79*	1:30.59*	1:03.79*	1:10.69*	1:14.19*	1:19.09*	1:25.79*	1:30.59*	1:03.79*	1:10.69*
3:01.89*	2:48.89*	2:35.89*	2:29.39*	2:22.99*	2:16.49*	2:16.49*	2:22.99*	2:29.39*	2:35.89*	2:45.59*	2:58.39*	2:16.49*	2:22.99*	2:29.39*	2:35.89*	2:45.59*	2:58.39*	2:16.49*	2:22.99*	2:29.39*	2:35.89*	2:45.59*	2:58.39*	2:16.49*	2:22.99*
44.09*	40.89*	37.79*	36.19*	34.59*	33.09*	33.09*	34.59*	36.19*	37.79*	40.79*	44.29*	33.09*	34.59*	36.19*	37.79*	40.79*	44.29*	33.09*	34.59*	36.19*	37.79*	40.79*	44.29*	33.09*	34.59*
1:36.39	1:29.29	1:22.19	1:18.59	1:15.09	1:11.49	1:11.49*	1:15.09*	1:18.59*	1:20.49*	1:27.79*	1:35.09*	1:11.49*	1:15.09*	1:18.59*	1:20.49*	1:27.79*	1:35.09*	1:11.49*	1:15.09*	1:18.59*	1:20.49*	1:27.79*	1:35.09*	1:11.49*	1:15.09*
3:26.39*	3:11.69*	2:56.89*	2:49.59*	2:42.19*	2:34.79*	2:34.79*	2:42.19*	2:49.59*	2:56.89*	3:07.29*	3:21.69*	2:34.79*	2:42.19*	2:49.59*	2:56.89*	3:07.29*	3:21.69*	2:34.79*	2:42.19*	2:49.59*	2:56.89*	3:07.29*	3:21.69*	2:34.79*	2:42.19*
37.79*	35.09*	32.39*	31.09*	29.69*	28.39*	28.39*	29.69*	31.09*	32.39*	35.19*	38.19*	28.39*	29.69*	31.09*	32.39*	35.19*	38.19*	28.39*	29.69*	31.09*	32.39*	35.19*	38.19*	28.39*	29.69*
1:27.19*	1:20.19*	1:13.19*	1:09.79*	1:06.29*	1:02.79*	1:02.79*	1:06.29*	1:09.79*	1:11.69*	1:18.69*	1:25.79*	1:02.79*	1:06.29*	1:09.79*	1:11.69*	1:18.69*	1:25.79*	1:02.79*	1:06.29*	1:09.79*	1:11.69*	1:18.69*	1:25.79*	1:02.79*	1:06.29*
3:04.99*	2:51.79*	2:38.59*	2:31.99*	2:25.39*	2:18.79*	2:18.79*	2:25.39*	2:31.99*	2:38.59*	2:48.29*	3:01.19*	2:18.79*	2:25.39*	2:31.99*	2:38.59*	2:48.29*	3:01.19*	2:18.79*	2:25.39*	2:31.99*	2:38.59*	2:48.29*	3:01.19*	2:18.79*	2:25.39*
1:26.29*	1:20.09*	1:13.99*	1:10.89*	1:07.79*	1:04.69*	1:04.69*	1:07.79*	1:10.89*	1:13.99*	1:17.59*	1:23.69*	1:04.69*	1:10.89*	1:13.99*	1:17.59*	1:23.69*	1:30.19*	1:04.69*	1:10.89*	1:13.99*	1:17.59*	1:23.69*	1:30.19*	1:04.69*	1:10.89*
3:03.79*	2:50.69*	2:37.59*	2:30.99*	2:24.39*	2:17.89*	2:17.89*	2:24.39*	2:30.99*	2:37.59*	2:49.39*	3:03.09*	2:17.89*	2:24.39*	2:30.99*	2:37.59*	2:49.39*	3:03.09*	2:17.89*	2:24.39*	2:30.99*	2:37.59*	2:49.39*	3:03.09*	2:17.89*	2:24.39*
6:32.19*	6:04.19*	5:36.09*	5:22.09*	5:08.09*	4:54.09*	4:54.09*	5:08.09*	5:22.09*	5:36.09*	5:56.29*	6:23.69*	4:54.09*	5:08.09*	5:22.09*	5:36.09*	5:56.29*	6:23.69*	4:54.09*	5:08.09*	5:22.09*	5:36.09*	5:56.29*	6:23.69*	4:54.09*	5:08.09*
13-14 Girls												13-14 Boys													
33.39	30.99	28.69	27.49	26.29	25.09	25.09*	26.29*	27.49*	28.69*	28.49*	30.69*	25.09*	26.29*	27.49*	28.69*	28.49*	30.69*	25.09*	26.29*	27.49*	28.69*	28.49*	30.69*	25.09*	26.29*
1:12.49*	1:07.39	1:02.19	99.59	56.99*	54.39*	54.39*	56.99*	99.59*	1:02.19*	1:02.19*	1:06.99*	54.39*	56.99*	99.59*	1:02.19*	1:02.19*	1:06.99*	54.39*	56.99*	99.59*	1:02.19*	1:02.19*	1:06.99*	54.39*	56.99*
2:36.09*	2:24.99*	2:13.79*	2:08.19*	2:02.69*	1:57.09*	1:57.09*	2:02.69*	2:08.19*	2:13.79*	2:15.69*	2:26.09*	1:57.09*	2:02.69*	2:08.19*	2:13.79*	2:15.69*	2:26.09*	1:57.09*	2:02.69*	2:08.19*	2:13.79*	2:15.69*	2:26.09*	1:57.09*	2:02.69*
6:51.79	6:22.39	5:52.99	5:38.29	5:23.49	5:08.79	5:08.79*	5:23.49*	5:38.29*	5:52.99*	6:03.19*	6:31.09*	5:08.79*	5:23.49*	5:38.29*	5:52.99*	6:03.19*	6:31.09*	5:08.79*	5:23.49*	5:38.29*	5:52.99*	6:03.19*	6:31.09*	5:08.79*	5:23.49*
14:08.89	13:08.29	12:07.59	11:37.29	11:06.99	10:36.69	10:36.69*	11:06.99*	11:37.29*	12:07.59*	12:34.39*	13:32.49*	10:36.69*	11:06.99*	11:37.29*	12:07.59*	12:34.39*	13:32.49*	10:36.69*	11:06.99*	11:37.29*	12:07.59*	12:34.39*	13:32.49*	10:36.69*	11:06.99*
23:34.19	21:53.19	20:12.19	19:21.69	18:31.19	17:40.69	17:40.69*	18:31.19*	19:21.69*	20:12.19*	20:51.99*	22														