

Name: Corey Balenger Age:15 Club: DYNAMO

Event: 500 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.61	12.11	-	6 *	12.11	47.4 (1.27)	N/A	N/A	2.57	1.62	0.81
50	1.59	13.77	1.66	8.5 *	25.88	44.7 (1.34)	N/A	N/A	2.48	1.60	0.98
75	1.55	14.39	0.62	8.5 *	40.27	43.1 (1.39)	N/A	N/A	2.48	1.54	1.09
100	1.30	14.88	0.49	9 *	55.15	42.4 (1.42)	N/A	N/A	2.41	1.48	1.00
125	1.37	15.01	0.13	9 *	1:10.16	42.0 (1.43)	N/A	N/A	2.41	1.47	0.95
150	1.16	15.04	0.03	9 *	1:25.20	42.2 (1.42)	N/A	N/A	2.42	1.49	1.02
175	1.30	15.13	0.09	9 *	1:40.33	41.7 (1.44)	N/A	N/A	2.42	1.46	1.11
200	1.27	15.51	0.38	9 *	1:55.84	41.0 (1.46)	N/A	N/A	2.42	1.44	1.13
225	1.20	15.39	-0.12	9 *	2:11.23	40.6 (1.48)	N/A	N/A	2.46	1.45	1.16
250	1.13	15.76	0.37	9 *	2:26.99	40.7 (1.47)	N/A	N/A	2.39	1.41	1.13
275	1.17	15.45	-0.31	9 *	2:42.44	41.3 (1.45)	N/A	N/A	2.46	1.48	1.33
300	1.26	15.61	0.16	9 *	2:58.05	41.2 (1.46)	N/A	N/A	2.38	1.43	1.11
325	1.28	15.67	0.06	9 *	3:13.72	40.2 (1.49)	N/A	N/A	2.45	1.43	1.19
350	1.28	15.57	-0.10	9 *	3:29.29	41.2 (1.46)	N/A	N/A	2.40	1.44	1.16
375	1.36	15.62	0.05	8.5 *	3:44.91	40.0 (1.50)	N/A	N/A	2.46	1.43	1.22
400	1.27	15.63	0.01	9 *	4:00.54	41.4 (1.45)	N/A	N/A	2.36	1.42	1.08
425	1.39	15.48	-0.15	9 *	4:16.02	41.2 (1.46)	N/A	N/A	2.40	1.43	1.24
450	1.50	15.61	0.13	9 *	4:31.63	40.7 (1.47)	N/A	N/A	2.35	1.38	0.98
475	1.31	15.51	-0.10	9 *	4:47.14	41.2 (1.46)	N/A	N/A	2.33	1.39	0.81
500	1.23	14.33	-1.18	9 *	5:01.47	41.7 (1.44)	N/A	N/A	2.38	1.48	-
Totals	28.53			175.5							20.48
15M Start: 6.75 sec                      15M Velocity: 2.22 m/sec											

Event: 500 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	2.27	11.02	-	6 *	11.02	45.2 (1.33)	N/A	N/A	2.55	1.52	0.91
50	1.52	15.34	4.32	9 *	26.35	43.3 (1.39)	N/A	N/A	2.25	1.40	0.92
75	1.24	13.16	-2.17	7 *	39.51	40.5 (1.48)	N/A	N/A	3.01	1.77	1.25

\* - denotes extrapolated value

**DYNAMO : Ga State 1-4a , 2/9/2007. (Yards)**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
100	1.36	16.31	3.14	9 *	55.82	40.2 (1.49)	N/A	N/A	2.30	1.34	1.08
125	1.16	13.18	-3.13	7.5 *	1:09.00	40.6 (1.48)	N/A	N/A	2.95	1.74	1.03
150	1.44	16.71	3.53	9.5 *	1:25.71	40.5 (1.48)	N/A	N/A	2.19	1.28	0.98
175	1.33	13.84	-2.87	8 *	1:39.55	40.4 (1.49)	N/A	N/A	2.75	1.61	0.94
200	1.33	16.47	2.64	9.5 *	1:56.02	41.2 (1.46)	N/A	N/A	2.22	1.32	1.09
225	1.24	13.78	-2.70	8 *	2:09.80	40.8 (1.47)	N/A	N/A	2.79	1.65	1.09
250	1.50	16.82	3.05	9.5 *	2:26.62	40.4 (1.49)	N/A	N/A	2.19	1.28	1.14
275	1.30	13.80	-3.02	8 *	2:40.42	40.7 (1.47)	N/A	N/A	2.75	1.62	1.03
300	1.23	16.88	3.08	10 *	2:57.30	40.1 (1.50)	N/A	N/A	2.22	1.29	1.08
325	1.14	13.73	-3.15	8 *	3:11.03	40.5 (1.48)	N/A	N/A	2.80	1.64	0.97
350	1.20	16.98	3.25	10 *	3:28.01	40.6 (1.48)	N/A	N/A	2.16	1.28	0.98
375	1.30	14.15	-2.83	8 *	3:42.16	39.9 (1.50)	N/A	N/A	2.73	1.58	1.05
400	1.41	17.04	2.90	10 *	3:59.20	41.0 (1.46)	N/A	N/A	2.11	1.25	0.95
425	1.58	14.00	-3.04	7.5 *	4:13.20	40.4 (1.49)	N/A	N/A	2.73	1.59	1.19
450	1.14	17.02	3.01	10 *	4:30.22	41.6 (1.44)	N/A	N/A	2.15	1.30	1.17
475	1.42	13.78	-3.24	7.5 *	4:44.00	40.2 (1.49)	N/A	N/A	2.80	1.62	1.05
500	1.38	16.30	2.52	10 *	5:00.30	40.6 (1.48)	N/A	N/A	2.12	1.28	-
Totals	27.46			172							19.91
15M Start: 5.27 sec                      15M Velocity: 2.85 m/sec											

\* - denotes extrapolated value

Name: Katharine Bond Age:17 Club: DYNAMO

Event: 100 Bk Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.70	14.45	-	7 *	14.45	47.7 (1.26)	N/A	N/A	2.32	1.50	0.91
50	3.28	14.91	0.45	8 *	29.36	45.2 (1.33)	N/A	N/A	2.26	1.44	0.81
75	3.17	15.20	0.29	8 *	44.56	44.1 (1.36)	N/A	N/A	2.27	1.42	0.83
100	3.20	14.87	-0.33	8 *	59.43	42.0 (1.43)	N/A	N/A	2.25	1.38	-
Totals	14.36			31							2.55
15M Start: 8.64 sec                      15M Velocity: 1.74 m/sec											

Event: 500 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.69	13.17	-	7 *	13.17	50.2 (1.20)	N/A	N/A	2.36	1.63	0.84
50	2.16	14.80	1.63	9 *	27.97	45.7 (1.31)	N/A	N/A	2.17	1.41	0.89
75	2.36	15.16	0.36	9 *	43.13	46.7 (1.28)	N/A	N/A	2.05	1.36	0.95
100	1.97	14.81	-0.34	9 *	57.94	45.9 (1.31)	N/A	N/A	2.19	1.44	0.94
125	2.03	15.19	0.37	9 *	1:13.13	44.3 (1.35)	N/A	N/A	2.23	1.41	1.05
150	2.14	15.35	0.16	9 *	1:28.47	44.8 (1.34)	N/A	N/A	2.19	1.40	1.16
175	2.22	15.59	0.25	9.5 *	1:44.06	45.8 (1.31)	N/A	N/A	2.06	1.35	1.03
200	2.08	15.55	-0.05	9 *	1:59.61	44.8 (1.34)	N/A	N/A	2.11	1.35	1.00
225	2.19	15.59	0.05	9 *	2:15.20	43.4 (1.38)	N/A	N/A	2.18	1.35	1.09
250	2.14	15.40	-0.20	9 *	2:30.60	43.6 (1.38)	N/A	N/A	2.21	1.38	1.00
275	2.24	15.82	0.42	9 *	2:46.42	43.5 (1.38)	N/A	N/A	2.12	1.31	0.95
300	2.16	15.88	0.06	9.5 *	3:02.30	43.6 (1.38)	N/A	N/A	2.07	1.29	0.80
325	2.11	15.64	-0.24	9 *	3:17.94	43.1 (1.39)	N/A	N/A	2.18	1.34	0.99
350	2.28	15.90	0.26	9 *	3:33.84	43.6 (1.38)	N/A	N/A	2.08	1.29	0.92
375	2.39	15.82	-0.09	9 *	3:49.66	44.1 (1.36)	N/A	N/A	2.04	1.28	0.83
400	2.12	15.78	-0.03	9.5 *	4:05.44	44.7 (1.34)	N/A	N/A	2.08	1.33	0.97
425	1.91	15.78	-0.01	10 *	4:21.22	44.4 (1.35)	N/A	N/A	2.03	1.30	0.47
450	2.13	15.56	-0.22	9 *	4:36.78	45.0 (1.33)	N/A	N/A	2.11	1.36	1.01
475	1.77	15.67	0.11	9.5 *	4:52.45	44.5 (1.35)	N/A	N/A	2.13	1.37	1.01

\* - denotes extrapolated value

# DYNAMO : Ga State 1-4a , 2/9/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
500	2.22	14.83	-0.85	9.5 *	5:07.28	44.9 (1.34)	N/A	N/A	2.06	1.36	-
Totals	44.28			181.5							17.91
15M Start: 7.80 sec                      15M Velocity: 1.92 m/sec											

\* - denotes extrapolated value

Name: Layne Brodie Age:17 Club: DYNAMO

**Event: 100 Br Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.28	14.11	-	5 *	14.11	36.8 (1.63)	N/A	N/A	2.76	1.36	0.94
50	4.22	16.25	2.14	7 *	30.36	38.6 (1.55)	40.4 (1.49)	N/A	2.38	1.36	0.99
75	4.31	16.84	0.59	8 *	47.20	40.1 (1.50)	40.4 (1.49)	N/A	2.21	1.29	1.16
100	3.84	17.04	0.19	9 *	1:04.24	44.7 (1.34)	44.9 (1.34)	N/A	1.99	1.30	-
Totals	18.66			29							3.08
15M Start: 8.35 sec      15M Velocity: 1.80 m/sec											

**Event: 100 Br Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.30	15.36	-	6 *	15.36	38.0 (1.58)	N/A	N/A	2.12	1.08	1.06
50	4.64	16.69	1.33	7 *	32.05	38.0 (1.58)	N/A	N/A	2.39	1.31	1.14
75	4.33	17.03	0.34	8 *	49.08	40.8 (1.47)	N/A	N/A	2.18	1.29	0.94
100	4.14	16.00	-1.03	8 *	1:05.08	42.8 (1.40)	N/A	N/A	2.23	1.38	-
Totals	19.41			29							3.14
15M Start: 8.11 sec      15M Velocity: 1.85 m/sec											

**Event: 200 IM Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.28	12.30	-	7 *	12.30	53.3 (1.13)	N/A	N/A	1.97	1.43	0.92
50	3.19	14.79	2.50	10 *	27.09	55.5 (1.08)	N/A	N/A	1.86	1.51	0.97
75	3.39	15.90	1.10	7 *	42.99	40.4 (1.49)	N/A	N/A	2.68	1.54	1.05
100	3.28	16.13	0.24	8.5 *	59.12	39.9 (1.50)	N/A	N/A	1.97	1.14	1.20
125	4.56	17.15	1.01	7 *	1:16.27	37.5 (1.60)	N/A	N/A	2.34	1.26	1.00
150	4.20	18.39	1.25	8 *	1:34.66	38.6 (1.55)	N/A	N/A	2.05	1.15	1.13
175	2.05	15.57	-2.82	9.5 *	1:50.24	51.5 (1.17)	N/A	N/A	2.22	1.65	1.16
200	1.94	14.68	-0.89	10.5 *	2:04.92	49.2 (1.22)	N/A	N/A	2.05	1.50	-
Totals	26.89			67.5							7.42
15M Start: 6.80 sec      15M Velocity: 2.21 m/sec											

\* - denotes extrapolated value

Event: 200 IM Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.16	12.94	-	7 *	12.94	54.3 (1.10)	N/A	N/A	1.96	1.46	1.06
50	3.39	14.98	2.05	10 *	27.92	55.3 (1.08)	N/A	N/A	1.87	1.51	1.20
75	4.01	16.55	1.56	7 *	44.47	39.9 (1.50)	N/A	N/A	2.57	1.44	0.98
100	3.72	15.93	-0.62	8 *	1:00.40	38.0 (1.58)	N/A	N/A	2.02	1.09	1.00
125	4.64	17.72	1.79	7 *	1:18.13	36.9 (1.63)	N/A	N/A	2.24	1.19	1.08
150	4.44	17.92	0.19	8 *	1:36.04	37.1 (1.62)	N/A	N/A	2.20	1.18	1.02
175	2.56	16.08	-1.83	9.5 *	1:52.13	50.1 (1.20)	N/A	N/A	2.12	1.53	0.99
200	2.30	14.64	-1.45	10 *	2:06.76	49.4 (1.21)	N/A	N/A	2.06	1.51	-
Totals	30.22			66.5							7.33
15M Start: 7.55 sec                      15M Velocity: 1.99 m/sec											

\* - denotes extrapolated value

Name: Hannah Cody Age:17 Club: DYNAMO

**Event: 100 Bk Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.14	16.27	-	8 *	16.27	49.1 (1.22)	N/A	N/A	1.76	1.16	0.95
50	3.58	17.41	1.14	10 *	33.67	46.4 (1.29)	N/A	N/A	1.81	1.18	1.23
75	3.53	18.13	0.72	10 *	51.80	44.3 (1.35)	N/A	N/A	1.80	1.12	1.14
100	3.36	17.04	-1.08	10 *	1:08.84	45.2 (1.33)	N/A	N/A	1.76	1.16	-
Totals	15.61			38							3.33
15M Start: 8.97 sec      15M Velocity: 1.67 m/sec											

**Event: 100 Br Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.70	14.77	-	8 *	14.77	48.0 (1.25)	N/A	N/A	1.95	1.31	0.97
50	3.63	17.16	2.40	10 *	31.93	48.3 (1.24)	46.3 (1.30)	N/A	1.86	1.28	0.95
75	3.53	17.63	0.47	10 *	49.56	46.4 (1.29)	45.6 (1.32)	N/A	1.85	1.24	1.00
100	4.23	18.20	0.56	10 *	1:07.76	47.7 (1.26)	46.0 (1.30)	N/A	1.72	1.17	-
Totals	16.09			38							2.92
15M Start: 8.77 sec      15M Velocity: 1.71 m/sec											

**Event: 200 IM Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.20	13.81	-	9 *	13.81	51.2 (1.17)	N/A	N/A	1.85	1.33	1.08
50	2.06	16.29	2.48	10 *	30.10	48.2 (1.24)	N/A	N/A	1.98	1.42	1.25
75	2.11	19.26	2.97	9.5 *	49.36	38.4 (1.56)	N/A	N/A	2.22	1.23	1.03
100	2.22	17.76	-1.50	9.5 *	1:07.12	36.3 (1.65)	N/A	N/A	2.06	1.10	1.27
125	3.30	18.33	0.57	10 *	1:25.45	44.6 (1.35)	N/A	N/A	1.85	1.21	1.08
150	3.31	18.97	0.63	10 *	1:44.42	43.1 (1.39)	N/A	N/A	1.80	1.14	1.31
175	3.02	16.83	-2.14	6 *	2:01.25	32.4 (1.85)	N/A	N/A	3.22	1.49	1.34
200	3.48	14.43	-2.40	8 *	2:15.68	44.3 (1.35)	N/A	N/A	2.31	1.49	-
Totals	22.70			72							8.36
15M Start: 7.92 sec      15M Velocity: 1.89 m/sec											

\* - denotes extrapolated value

Name: Geoffrey Faux Age:18 Club: DYNAMO

**Event: 100 Free Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	2.98	10.50	-	6.5 *	10.50	59.4 (1.01)	N/A	N/A	2.30	1.80	0.75
50	1.74	11.81	1.31	8 *	22.31	54.7 (1.10)	N/A	N/A	2.45	1.92	0.92
75	1.69	12.08	0.27	8 *	34.39	51.9 (1.16)	N/A	N/A	2.50	1.86	0.94
100	1.64	12.73	0.65	9 *	47.12	49.9 (1.20)	N/A	N/A	2.24	1.66	-
Totals	8.05			31.5							2.61
15M Start: 5.67 sec                      15M Velocity: 2.65 m/sec											

**Event: 100 Free Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.34	10.92	-	6.5 *	10.92	58.2 (1.03)	N/A	N/A	2.42	1.87	0.78
50	1.61	11.38	0.46	8 *	22.30	56.5 (1.06)	N/A	N/A	2.49	2.02	0.92
75	1.59	12.47	1.09	9 *	34.76	52.6 (1.14)	N/A	N/A	2.35	1.78	0.81
100	1.53	12.23	-0.24	9 *	46.99	51.4 (1.17)	N/A	N/A	2.29	1.74	-
Totals	8.08			32.5							2.51
15M Start: 6.20 sec                      15M Velocity: 2.42 m/sec											

**Event: 50 Free Heat: Semi-Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	2.77	10.17	-	7.5 *	10.17	68.0 (.88)	N/A	N/A	2.20	2.01	0.70
50	2.09	11.05	0.88	9 *	21.22	62.2 (.96)	N/A	N/A	2.10	1.91	-
Totals	4.86			16.5							0.70
15M Start: 5.81 sec                      15M Velocity: 2.58 m/sec											

**Event: 50 Free Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	2.59	10.41	-	8 *	10.41	70.5 (.85)	N/A	N/A	2.07	1.98	0.63
50	1.95	10.77	0.37	9 *	21.18	61.9 (.97)	N/A	N/A	2.20	2.00	-
Totals	4.55			17							0.63

\* - denotes extrapolated value

15M Start: 6.06 sec      15M Velocity: 2.48 m/sec

**Event: 50 Free Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.16	10.41	-	7 *	10.41	66.8 (.90)	N/A	N/A	2.23	2.00	0.70
50	1.84	10.63	0.23	9 *	21.04	60.8 (.99)	N/A	N/A	2.27	2.03	-
Totals	5.00			16							0.70

15M Start: 6.02 sec      15M Velocity: 2.49 m/sec

\* - denotes extrapolated value

Name: D Green Age:18 Club: DYNAMO

Event: 100 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.33	10.52	-	6.5 *	10.52	62.4 (.96)	N/A	N/A	2.41	1.99	0.80
50	2.03	11.85	1.33	9.5 *	22.36	63.4 (.95)	N/A	N/A	2.06	1.86	0.77
75	1.86	11.94	0.09	9 *	34.30	58.4 (1.03)	N/A	N/A	2.26	1.89	0.88
100	2.09	12.46	0.53	9.5 *	46.76	55.8 (1.08)	N/A	N/A	2.02	1.65	-
Totals	9.31			34.5							2.44
15M Start: 6.02 sec                      15M Velocity: 2.49 m/sec											

Event: 100 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.55	11.08	-	6.5 *	11.08	62.4 (.96)	N/A	N/A	2.31	1.90	0.88
50	1.89	11.65	0.57	8.5 *	22.73	57.0 (1.05)	N/A	N/A	2.38	1.94	0.94
75	1.73	12.66	1.01	8.5 *	35.39	50.0 (1.20)	N/A	N/A	2.44	1.75	0.86
100	1.86	12.30	-0.36	8.5 *	47.69	49.3 (1.22)	N/A	N/A	2.35	1.71	-
Totals	9.03			32							2.67
15M Start: 6.33 sec                      15M Velocity: 2.37 m/sec											

Event: 200 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.48	11.25	-	6 *	11.25	55.2 (1.09)	N/A	N/A	2.47	1.80	0.75
50	1.77	12.87	1.62	8 *	24.12	47.8 (1.26)	N/A	N/A	2.51	1.72	0.86
75	1.87	13.15	0.28	8 *	37.27	47.1 (1.27)	N/A	N/A	2.49	1.68	0.92
100	1.81	13.30	0.16	8.5 *	50.57	47.7 (1.26)	N/A	N/A	2.40	1.64	0.78
125	1.83	13.18	-0.12	8.5 *	1:03.75	48.6 (1.23)	N/A	N/A	2.37	1.65	0.83
150	1.80	13.64	0.46	9 *	1:17.39	48.1 (1.25)	N/A	N/A	2.32	1.60	0.86
175	1.80	13.38	-0.26	8.5 *	1:30.77	49.0 (1.22)	N/A	N/A	2.35	1.65	0.92
200	1.63	13.41	0.04	9.5 *	1:44.18	49.0 (1.22)	N/A	N/A	2.15	1.56	-
Totals	15.98			66							5.92
15M Start: 6.41 sec                      15M Velocity: 2.34 m/sec											

\* - denotes extrapolated value

Event: 200 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.67	11.61	-	6 *	11.61	52.6 (1.14)	N/A	N/A	2.75	1.96	0.58
50	2.12	12.77	1.16	8 *	24.38	47.7 (1.26)	N/A	N/A	2.51	1.71	0.91
75	1.83	13.34	0.57	8 *	37.72	44.9 (1.34)	N/A	N/A	2.56	1.65	0.97
100	2.00	13.36	0.02	8 *	51.08	45.4 (1.32)	N/A	N/A	2.52	1.64	0.92
125	1.89	13.53	0.17	8 *	1:04.61	46.1 (1.30)	N/A	N/A	2.46	1.62	0.94
150	1.84	13.80	0.27	8 *	1:18.41	44.7 (1.34)	N/A	N/A	2.44	1.56	0.86
175	1.75	14.15	0.35	8 *	1:32.56	43.6 (1.38)	N/A	N/A	2.48	1.55	1.05
200	1.77	13.66	-0.49	8.5 *	1:46.22	44.0 (1.36)	N/A	N/A	2.34	1.52	-
Totals	16.88			62.5							6.22
15M Start: 7.27 sec                      15M Velocity: 2.06 m/sec											

\* - denotes extrapolated value

Name: Anna Griest Age:16 Club: DYNAMO

**Event: 200 Free Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.42	13.50	-	8 *	13.50	52.2 (1.15)	N/A	N/A	2.13	1.53	0.86
50	1.75	14.20	0.70	10 *	27.70	51.7 (1.16)	N/A	N/A	2.07	1.54	0.88
75	1.73	14.91	0.71	10.5 *	42.61	51.0 (1.18)	N/A	N/A	1.96	1.44	0.80
100	1.77	14.57	-0.34	10 *	57.18	50.0 (1.20)	N/A	N/A	2.07	1.49	0.84
125	1.63	15.32	0.75	10 *	1:12.50	48.3 (1.24)	N/A	N/A	2.04	1.42	0.97
150	1.58	15.26	-0.06	10 *	1:27.76	47.4 (1.27)	N/A	N/A	2.09	1.43	0.88
175	1.77	15.63	0.37	10 *	1:43.39	48.1 (1.25)	N/A	N/A	2.05	1.42	1.30
200	1.94	15.03	-0.60	10.5 *	1:58.42	47.4 (1.27)	N/A	N/A	1.95	1.36	-
Totals	15.58			79							6.52
15M Start: 7.83 sec      15M Velocity: 1.92 m/sec											

**Event: 200 Free Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.44	13.47	-	8 *	13.47	55.2 (1.09)	N/A	N/A	2.01	1.50	0.94
50	1.95	14.05	0.58	9.5 *	27.52	50.9 (1.18)	N/A	N/A	2.09	1.53	0.72
75	2.03	14.75	0.69	9.5 *	42.27	48.9 (1.23)	N/A	N/A	2.08	1.45	0.94
100	2.06	14.97	0.23	10 *	57.24	50.4 (1.19)	N/A	N/A	2.00	1.44	1.03
125	1.86	15.04	0.07	10 *	1:12.28	48.0 (1.25)	N/A	N/A	2.08	1.44	0.94
150	1.74	15.39	0.35	10 *	1:27.67	47.7 (1.26)	N/A	N/A	2.05	1.41	0.95
175	1.73	15.47	0.08	10 *	1:43.14	47.8 (1.26)	N/A	N/A	2.03	1.40	0.95
200	1.69	14.98	-0.49	10 *	1:58.12	46.5 (1.29)	N/A	N/A	2.03	1.40	-
Totals	16.50			77							6.47
15M Start: 7.64 sec      15M Velocity: 1.96 m/sec											

**Event: 500 Free Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.13	13.34	-	7 *	13.34	50.5 (1.19)	51.9 (1.16)	N/A	2.15	1.46	0.89
50	1.83	15.13	1.78	10 *	28.47	49.4 (1.21)	47.6 (1.26)	N/A	2.04	1.42	0.92

\* - denotes extrapolated value

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
75	1.78	14.55	-0.58	9.5 *	43.02	47.4 (1.27)	48.0 (1.25)	N/A	2.17	1.49	0.91
100	1.69	15.54	1.00	10 *	58.56	46.7 (1.28)	45.3 (1.32)	N/A	2.09	1.39	0.99
125	1.61	14.97	-0.57	9.5 *	1:13.53	46.7 (1.28)	46.1 (1.30)	N/A	2.17	1.45	0.91
150	1.38	15.58	0.61	10 *	1:29.11	47.7 (1.26)	42.9 (1.40)	N/A	2.16	1.42	1.08
175	1.55	15.20	-0.38	9.5 *	1:44.31	44.7 (1.34)	45.8 (1.31)	N/A	2.22	1.45	1.00
200	1.50	15.67	0.47	10 *	1:59.98	47.0 (1.28)	44.7 (1.34)	N/A	2.08	1.38	0.86
225	1.77	15.15	-0.52	9.5 *	2:15.13	46.5 (1.29)	46.5 (1.29)	N/A	2.12	1.42	0.94
250	1.78	15.93	0.78	10 *	2:31.05	47.1 (1.27)	44.8 (1.34)	N/A	2.03	1.34	1.05
275	1.69	15.37	-0.55	9.5 *	2:46.42	45.3 (1.32)	45.0 (1.33)	N/A	2.17	1.41	1.02
300	1.59	15.81	0.44	10 *	3:02.23	46.0 (1.30)	43.3 (1.39)	N/A	2.12	1.37	0.95
325	1.66	15.44	-0.37	9.5 *	3:17.67	46.8 (1.28)	44.1 (1.36)	N/A	2.14	1.40	1.05
350	1.56	15.76	0.32	10 *	3:33.43	46.1 (1.30)	45.9 (1.31)	N/A	2.06	1.37	0.94
375	1.70	15.40	-0.36	10 *	3:48.83	47.0 (1.28)	45.2 (1.33)	N/A	2.11	1.40	0.97
400	1.47	15.88	0.48	10 *	4:04.71	47.4 (1.27)	43.9 (1.37)	N/A	2.06	1.36	0.94
425	1.94	15.63	-0.25	9 *	4:20.34	44.5 (1.35)	42.7 (1.41)	N/A	2.20	1.38	1.11
450	1.53	15.82	0.18	10 *	4:36.16	47.9 (1.25)	43.9 (1.37)	N/A	2.09	1.39	1.05
475	1.55	15.32	-0.49	10 *	4:51.48	48.3 (1.24)	44.1 (1.36)	N/A	2.16	1.44	1.03
500	1.52	15.01	-0.32	11 *	5:06.49	48.5 (1.24)	48.0 (1.25)	N/A	1.95	1.40	-
Totals	35.20			194							18.58
15M Start: 7.42 sec		15M Velocity: 2.02 m/sec									

**Event: 500 Free Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.59	14.50	-	8 *	14.50	51.2 (1.17)	N/A	N/A	2.00	1.39	0.94
50	1.58	14.94	0.44	9 *	29.44	44.7 (1.34)	N/A	N/A	2.26	1.46	0.92
75	1.78	15.98	1.04	9 *	45.42	42.2 (1.42)	N/A	N/A	2.24	1.36	1.24
100	1.69	15.63	-0.35	9 *	1:01.05	41.6 (1.44)	N/A	N/A	2.30	1.38	0.97
125	1.69	16.22	0.59	9 *	1:17.27	41.3 (1.45)	N/A	N/A	2.23	1.33	1.06
150	1.94	15.99	-0.22	8.5 *	1:33.26	39.9 (1.50)	N/A	N/A	2.33	1.33	1.05
175	1.81	16.38	0.39	9 *	1:49.64	41.4 (1.45)	N/A	N/A	2.19	1.31	1.08
200	1.72	15.71	-0.67	9 *	2:05.35	41.0 (1.46)	N/A	N/A	2.32	1.37	0.95

\* - denotes extrapolated value

**DYNAMO : Ga State 1-4a , 2/9/2007. (Yards)**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
225	1.69	16.48	0.77	9 *	2:21.83	40.5 (1.48)	N/A	N/A	2.24	1.31	1.16
250	1.87	16.09	-0.39	9 *	2:37.92	40.0 (1.50)	N/A	N/A	2.28	1.31	0.94
275	1.72	16.38	0.29	9 *	2:54.30	40.4 (1.49)	N/A	N/A	2.25	1.31	1.03
300	1.77	16.00	-0.37	9 *	3:10.30	39.7 (1.51)	N/A	N/A	2.33	1.33	1.02
325	1.89	16.32	0.32	9 *	3:26.63	41.6 (1.44)	N/A	N/A	2.18	1.30	1.09
350	1.44	15.99	-0.34	9 *	3:42.61	41.0 (1.46)	N/A	N/A	2.31	1.37	0.99
375	1.88	16.59	0.61	9.5 *	3:59.20	41.1 (1.46)	N/A	N/A	2.15	1.27	1.03
400	1.87	15.97	-0.63	9 *	4:15.17	40.2 (1.49)	N/A	N/A	2.29	1.32	0.94
425	1.72	16.41	0.44	9 *	4:31.58	41.1 (1.46)	N/A	N/A	2.23	1.32	1.14
450	1.64	15.77	-0.64	9 *	4:47.35	40.6 (1.48)	N/A	N/A	2.35	1.38	1.00
475	1.58	16.02	0.25	9.5 *	5:03.38	43.4 (1.38)	N/A	N/A	2.16	1.35	1.08
500	1.77	15.11	-0.92	9 *	5:18.48	41.3 (1.45)	N/A	N/A	2.22	1.36	-
Totals	36.62			179.5							19.61
15M Start: 8.28 sec                      15M Velocity: 1.81 m/sec											

\* - denotes extrapolated value

Name: Emily Kintz Age:16 Club: DYNAMO

**Event: 100 Bk Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.27	14.39	-	7.5 *	14.39	48.9 (1.23)	N/A	N/A	2.18	1.45	0.83
50	3.06	14.88	0.49	8.5 *	29.27	46.5 (1.29)	46.3 (1.30)	N/A	2.20	1.44	0.83
75	2.94	15.40	0.52	8.5 *	44.67	44.5 (1.35)	45.2 (1.33)	N/A	2.19	1.39	0.89
100	2.30	14.57	-0.83	9 *	59.24	45.3 (1.32)	45.4 (1.32)	N/A	2.20	1.48	-
Totals	12.56			33.5							2.55
15M Start: 8.47 sec                      15M Velocity: 1.77 m/sec											

**Event: 100 Bk Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.66	14.73	-	6.5 *	14.73	49.9 (1.20)	N/A	N/A	2.16	1.40	0.97
50	4.06	15.16	0.42	7.5 *	29.89	44.1 (1.36)	N/A	N/A	2.22	1.36	0.89
75	3.20	16.03	0.88	8 *	45.92	41.9 (1.43)	N/A	N/A	2.22	1.32	0.97
100	2.86	15.13	-0.90	9 *	1:01.05	43.2 (1.39)	N/A	N/A	2.17	1.37	-
Totals	15.78			31							2.83
15M Start: 8.52 sec                      15M Velocity: 1.76 m/sec											

**Event: 500 Free Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.36	13.16	-	8 *	13.16	53.0 (1.13)	N/A	N/A	2.15	1.54	0.81
50	2.06	14.77	1.62	9.5 *	27.93	47.4 (1.27)	N/A	N/A	2.09	1.41	0.78
75	1.73	14.68	-0.09	8.5 *	42.61	42.1 (1.43)	N/A	N/A	2.46	1.49	0.95
100	1.44	15.44	0.76	9 *	58.05	41.4 (1.45)	N/A	N/A	2.37	1.42	0.92
125	1.64	15.33	-0.12	8.5 *	1:13.38	39.7 (1.51)	N/A	N/A	2.49	1.42	0.97
150	1.61	15.68	0.35	9 *	1:29.05	40.2 (1.49)	N/A	N/A	2.37	1.38	0.91
175	2.56	14.98	-0.69	7.5 *	1:44.03	39.7 (1.51)	N/A	N/A	2.42	1.36	0.91
200	1.53	16.09	1.11	9 *	2:00.12	39.5 (1.52)	N/A	N/A	2.36	1.35	0.97
225	2.47	15.22	-0.87	8 *	2:15.34	40.1 (1.50)	N/A	N/A	2.35	1.34	0.89
250	1.55	15.64	0.41	9 *	2:30.98	40.8 (1.47)	N/A	N/A	2.37	1.40	0.94

\* - denotes extrapolated value

# DYNAMO : Ga State 1-4a , 2/9/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
275	2.02	15.32	-0.32	8.5 *	2:46.30	40.7 (1.47)	N/A	N/A	2.37	1.38	0.94
300	1.39	15.58	0.27	9 *	3:01.88	41.4 (1.45)	N/A	N/A	2.33	1.40	0.86
325	1.76	15.31	-0.28	8.5 *	3:17.19	39.7 (1.51)	N/A	N/A	2.44	1.39	0.91
350	1.25	15.67	0.37	9 *	3:32.86	41.3 (1.45)	N/A	N/A	2.37	1.42	0.98
375	1.61	15.50	-0.17	8.5 *	3:48.36	40.2 (1.49)	N/A	N/A	2.42	1.41	1.00
400	1.41	15.93	0.43	9 *	4:04.29	39.3 (1.53)	N/A	N/A	2.41	1.37	0.97
425	2.28	15.30	-0.63	8 *	4:19.59	39.7 (1.51)	N/A	N/A	2.40	1.36	0.97
450	1.48	15.84	0.53	9 *	4:35.43	40.4 (1.49)	N/A	N/A	2.33	1.36	0.88
475	1.91	14.88	-0.95	7.5 *	4:50.31	35.8 (1.68)	N/A	N/A	2.65	1.36	0.25
500	1.42	14.92	0.04	10 *	5:05.23	43.6 (1.38)	N/A	N/A	2.18	1.42	-
Totals	36.48			173							16.80

## Event: 500 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.28	13.77	-	8 *	13.77	51.9 (1.16)	N/A	N/A	2.13	1.52	0.94
50	1.63	14.48	0.72	9 *	28.25	45.0 (1.33)	N/A	N/A	2.35	1.52	0.97
75	1.44	15.13	0.64	9 *	43.38	43.3 (1.39)	N/A	N/A	2.35	1.47	1.05
100	1.66	15.40	0.27	9 *	58.77	41.2 (1.46)	N/A	N/A	2.32	1.38	0.78
125	1.56	16.03	0.63	9 *	1:14.80	38.7 (1.55)	N/A	N/A	2.40	1.34	0.94
150	1.55	15.44	-0.58	8.5 *	1:30.24	39.6 (1.52)	N/A	N/A	2.50	1.43	1.05
175	1.44	16.03	0.58	9 *	1:46.27	39.5 (1.52)	N/A	N/A	2.40	1.37	1.03
200	1.45	15.45	-0.57	8.5 *	2:01.72	39.7 (1.51)	N/A	N/A	2.47	1.42	0.92
225	1.38	16.23	0.78	9 *	2:17.95	38.1 (1.57)	N/A	N/A	2.43	1.34	0.97
250	1.45	15.90	-0.34	8.5 *	2:33.85	37.2 (1.61)	N/A	N/A	2.56	1.38	0.97
275	1.37	15.92	0.02	9 *	2:49.77	39.1 (1.53)	N/A	N/A	2.42	1.37	0.95
300	1.47	15.61	-0.30	9 *	3:05.38	39.7 (1.51)	N/A	N/A	2.41	1.38	0.88
325	1.33	16.01	0.40	9 *	3:21.39	39.2 (1.53)	N/A	N/A	2.43	1.38	1.05
350	1.27	15.31	-0.70	8.5 *	3:36.70	40.0 (1.50)	N/A	N/A	2.53	1.47	1.06
375	1.11	16.05	0.74	9 *	3:52.75	38.6 (1.55)	N/A	N/A	2.47	1.39	0.98
400	1.42	15.81	-0.24	8.5 *	4:08.56	38.5 (1.56)	N/A	N/A	2.50	1.39	1.05
425	1.37	15.75	-0.06	9 *	4:24.31	40.1 (1.50)	N/A	N/A	2.38	1.38	0.89

\* - denotes extrapolated value

# DYNAMO : Ga State 1-4a , 2/9/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
450	1.17	15.61	-0.15	9 *	4:39.92	39.7 (1.51)	N/A	N/A	2.44	1.41	0.88
475	1.27	16.00	0.40	9 *	4:55.92	40.2 (1.49)	N/A	N/A	2.39	1.40	1.05
500	1.39	14.62	-1.38	9 *	5:10.54	41.2 (1.46)	N/A	N/A	2.36	1.44	-
Totals	30.00			176.5							18.39
15M Start: 8.00 sec                      15M Velocity: 1.88 m/sec											

\* - denotes extrapolated value

**Name: Matthew Lamonaca Age:16 Club: DYNAMO**

**Event: 100 Free Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.28	10.89	-	6 *	10.89	56.9 (1.05)	N/A	N/A	2.49	1.88	0.84
50	1.91	12.11	1.22	8.5 *	23.00	55.3 (1.08)	N/A	N/A	2.31	1.83	0.84
75	1.78	12.45	0.34	8.5 *	35.45	53.3 (1.13)	N/A	N/A	2.33	1.78	0.91
100	1.63	12.37	-0.09	9.5 *	47.82	53.8 (1.12)	N/A	N/A	2.15	1.71	-
Totals	8.59			32.5							2.59
15M Start: 6.14 sec                      15M Velocity: 2.44 m/sec											

**Event: 100 Free Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.34	11.50	-	6 *	11.50	54.1 (1.11)	N/A	N/A	2.48	1.79	0.94
50	1.94	12.38	0.88	8.5 *	23.88	52.4 (1.15)	N/A	N/A	2.38	1.79	0.86
75	2.03	12.96	0.58	8.5 *	36.84	50.2 (1.20)	N/A	N/A	2.35	1.68	0.92
100	1.89	12.69	-0.28	9 *	49.53	51.1 (1.17)	N/A	N/A	2.17	1.63	-
Totals	9.20			32							2.72
15M Start: 6.45 sec                      15M Velocity: 2.33 m/sec											

**Event: 50 Free Heat: Semi-Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	2.97	10.45	-	7 *	10.45	63.3 (.95)	N/A	N/A	2.09	1.76	0.50
50	2.19	11.11	0.65	9 *	21.56	61.2 (.98)	N/A	N/A	2.11	1.89	-
Totals	5.16			16							0.50
15M Start: 5.77 sec                      15M Velocity: 2.60 m/sec											

**Event: 50 Free Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.41	11.03	-	6.5 *	11.03	60.5 (.99)	N/A	N/A	2.43	1.96	0.89
50	2.13	10.89	-0.14	9 *	21.92	60.5 (.99)	N/A	N/A	2.20	1.95	-
Totals	5.53			15.5							0.89

\* - denotes extrapolated value

15M Start: 6.38 sec

15M Velocity: 2.35 m/sec

Name: Andrew Lybarger Age:16 Club: DYNAMO

**Event: 100 Bk Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.58	12.89	-	6 *	12.89	52.6 (1.14)	N/A	N/A	2.47	1.74	0.97
50	2.48	13.29	0.40	7.5 *	26.18	48.1 (1.25)	45.7 (1.31)	N/A	2.55	1.71	0.92
75	2.01	14.29	1.00	8.5 *	40.47	45.3 (1.32)	44.7 (1.34)	N/A	2.44	1.58	0.95
100	1.59	13.96	-0.33	9.5 *	54.43	46.4 (1.29)	45.0 (1.33)	N/A	2.30	1.57	-
Totals	10.67			31.5							2.84
15M Start: 7.69 sec      15M Velocity: 1.95 m/sec											

**Event: 100 Bk Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.74	13.44	-	5.5 *	13.44	49.2 (1.22)	N/A	N/A	2.50	1.58	0.83
50	3.14	13.61	0.17	7.5 *	27.05	47.2 (1.27)	N/A	N/A	2.42	1.61	0.92
75	1.72	14.36	0.75	8.5 *	41.41	44.1 (1.36)	N/A	N/A	2.51	1.60	1.02
100	1.81	14.33	-0.02	9 *	55.74	43.0 (1.40)	N/A	N/A	2.36	1.51	-
Totals	12.41			30.5							2.77
15M Start: 7.95 sec      15M Velocity: 1.89 m/sec											

**Event: 100 Fly Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.02	10.36	-	8 *	10.36	65.1 (.92)	N/A	N/A	2.00	1.80	0.88
50	1.95	14.46	4.10	12 *	24.82	64.4 (.93)	N/A	N/A	1.64	1.56	0.94
75	2.03	13.15	-1.31	10 *	37.97	60.7 (.99)	N/A	N/A	1.96	1.75	0.99
100	1.73	15.36	2.21	12 *	53.33	58.7 (1.02)	N/A	N/A	1.69	1.47	-
Totals	8.73			42							2.80
15M Start: 5.99 sec      15M Velocity: 2.50 m/sec											

**Event: 100 Fly Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.30	11.38	-	8 *	11.38	67.8 (.88)	N/A	N/A	1.79	1.66	0.92

\* - denotes extrapolated value

# DYNAMO : Ga State 1-4a , 2/9/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
50	1.86	13.20	1.83	11 *	24.58	62.4 (.96)	N/A	N/A	1.91	1.76	1.03
75	1.66	14.18	0.98	12 *	38.76	61.5 (.98)	N/A	N/A	1.78	1.62	0.99
100	1.63	14.15	-0.04	11 *	52.91	58.9 (1.02)	N/A	N/A	1.87	1.64	-
Totals	9.44			42							2.94
15M Start: 6.64 sec                      15M Velocity: 2.26 m/sec											

\* - denotes extrapolated value

**Name: Carly Lyons Age:18 Club: DYNAMO**

**Event: 100 Bk Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.48	14.00	-	6 *	14.00	48.6 (1.23)	N/A	N/A	2.44	1.56	0.88
50	4.61	14.90	0.90	7 *	28.90	44.6 (1.35)	N/A	N/A	2.22	1.36	0.81
75	4.22	14.94	0.04	7 *	43.84	41.4 (1.45)	N/A	N/A	2.40	1.38	0.83
100	3.50	14.97	0.02	8 *	58.81	40.5 (1.48)	N/A	N/A	2.31	1.36	-
Totals	17.81			28							2.52
15M Start: 8.41 sec                      15M Velocity: 1.78 m/sec											

**Event: 100 Fly Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.13	12.41	-	8 *	12.41	56.7 (1.06)	N/A	N/A	1.96	1.54	0.94
50	2.98	14.72	2.32	10 *	27.13	56.5 (1.06)	N/A	N/A	1.84	1.51	1.05
75	2.87	15.39	0.66	10 *	42.51	54.2 (1.11)	N/A	N/A	1.83	1.45	1.05
100	2.80	15.87	0.48	11 *	58.38	53.5 (1.12)	N/A	N/A	1.76	1.38	-
Totals	12.78			39							3.03
15M Start: 7.30 sec                      15M Velocity: 2.05 m/sec											

**Event: 100 Fly Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.63	12.59	-	9 *	12.59	59.1 (1.02)	N/A	N/A	1.79	1.47	1.09
50	3.02	15.09	2.49	10 *	27.68	54.6 (1.10)	N/A	N/A	1.87	1.49	1.08
75	2.70	15.49	0.41	10 *	43.17	53.1 (1.13)	N/A	N/A	1.85	1.44	1.22
100	2.86	16.13	0.64	11 *	59.30	53.2 (1.13)	N/A	N/A	1.77	1.38	-
Totals	12.20			40							3.39
15M Start: 7.24 sec                      15M Velocity: 2.07 m/sec											

\* - denotes extrapolated value

Name: Margaret Mcenerney Age:16 Club: DYNAMO

Event: 200 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.30	13.42	-	8 *	13.42	55.2 (1.09)	N/A	N/A	2.02	1.53	0.94
50	2.05	14.54	1.12	10 *	27.96	50.6 (1.19)	N/A	N/A	2.02	1.47	0.81
75	1.88	14.70	0.16	10 *	42.66	51.1 (1.17)	N/A	N/A	2.02	1.48	0.92
100	1.75	15.06	0.37	10 *	57.72	49.2 (1.22)	N/A	N/A	2.05	1.45	1.02
125	1.72	15.20	0.14	10 *	1:12.92	49.5 (1.21)	N/A	N/A	2.01	1.43	1.03
150	1.86	15.65	0.45	10 *	1:28.57	47.8 (1.26)	N/A	N/A	2.03	1.39	1.14
175	1.56	15.68	0.03	10 *	1:44.25	46.2 (1.30)	N/A	N/A	2.09	1.40	0.97
200	1.95	15.34	-0.34	10.5 *	1:59.59	47.6 (1.26)	N/A	N/A	1.90	1.33	-
Totals	16.06			78.5							6.83
15M Start: 7.67 sec                      15M Velocity: 1.96 m/sec											

Event: 500 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.19	13.83	-	7 *	13.83	50.3 (1.19)	N/A	N/A	2.03	1.34	0.95
50	1.86	15.06	1.23	9.5 *	28.89	47.2 (1.27)	N/A	N/A	2.08	1.41	0.86
75	1.97	15.66	0.60	10 *	44.55	46.1 (1.30)	N/A	N/A	2.02	1.34	0.89
100	1.80	15.34	-0.31	9.5 *	59.89	46.4 (1.29)	N/A	N/A	2.11	1.41	1.05
125	2.00	15.67	0.33	9.5 *	1:15.56	45.8 (1.31)	N/A	N/A	2.05	1.34	0.94
150	1.86	15.37	-0.30	9.5 *	1:30.93	45.8 (1.31)	N/A	N/A	2.10	1.38	0.95
175	1.81	15.93	0.56	10 *	1:46.86	45.4 (1.32)	N/A	N/A	2.06	1.34	1.00
200	1.84	15.60	-0.33	9.5 *	2:02.46	45.3 (1.32)	N/A	N/A	2.12	1.38	0.98
225	2.05	15.70	0.10	9.5 *	2:18.16	45.5 (1.32)	N/A	N/A	2.05	1.33	1.00
250	1.81	15.49	-0.20	9.5 *	2:33.65	44.5 (1.35)	N/A	N/A	2.16	1.38	0.94
275	2.08	15.83	0.34	9.5 *	2:49.48	45.6 (1.32)	N/A	N/A	2.03	1.32	1.03
300	1.64	15.19	-0.65	9.5 *	3:04.67	45.8 (1.31)	N/A	N/A	2.20	1.45	1.06
325	1.63	15.47	0.28	10 *	3:20.14	46.4 (1.29)	N/A	N/A	2.11	1.41	1.00
350	1.80	15.61	0.14	9.5 *	3:35.75	45.3 (1.32)	N/A	N/A	2.11	1.38	1.02
375	1.83	15.89	0.28	9.5 *	3:51.64	44.8 (1.34)	N/A	N/A	2.10	1.35	1.05

\* - denotes extrapolated value

**DYNAMO : Ga State 1-4a , 2/9/2007. (Yards)**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
400	1.63	15.83	-0.06	10 *	4:07.47	45.0 (1.33)	N/A	N/A	2.12	1.38	1.05
425	1.94	15.67	-0.16	10 *	4:23.14	46.2 (1.30)	N/A	N/A	2.05	1.36	0.94
450	1.84	15.77	0.10	10 *	4:38.91	45.9 (1.31)	N/A	N/A	2.06	1.36	1.00
475	1.77	15.29	-0.48	10 *	4:54.20	47.8 (1.26)	N/A	N/A	2.05	1.41	1.03
500	1.92	14.48	-0.82	10 *	5:08.68	48.4 (1.24)	N/A	N/A	1.99	1.42	-
Totals	39.25			191.5							18.73

\* - denotes extrapolated value

Name: Graham Munger Age:16 Club: DYNAMO

**Event: 200 Free Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.25	11.75	-	7.5 *	11.75	59.1 (1.02)	N/A	N/A	2.16	1.71	0.69
50	1.41	12.65	0.90	9.5 *	24.40	55.0 (1.09)	N/A	N/A	2.24	1.78	0.80
75	1.48	13.30	0.65	9.5 *	37.70	53.9 (1.11)	N/A	N/A	2.18	1.70	1.00
100	1.50	13.28	-0.03	9.5 *	50.98	52.8 (1.14)	N/A	N/A	2.20	1.68	0.84
125	1.36	13.74	0.46	10 *	1:04.72	51.9 (1.16)	N/A	N/A	2.15	1.61	0.83
150	1.20	13.62	-0.12	10 *	1:18.34	52.5 (1.14)	N/A	N/A	2.18	1.66	0.89
175	1.52	14.19	0.57	10 *	1:32.53	52.1 (1.15)	N/A	N/A	2.10	1.58	1.05
200	1.36	13.25	-0.94	10 *	1:45.78	51.5 (1.17)	N/A	N/A	2.10	1.61	-
Totals	13.08			76							6.09
15M Start: 6.77 sec      15M Velocity: 2.22 m/sec											

**Event: 200 Free Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.05	13.23	-	5.5 *	13.23	39.2 (1.53)	N/A	N/A	2.57	1.30	0.84
50	1.70	11.56	-1.67	8 *	24.80	53.0 (1.13)	N/A	N/A	2.53	1.93	0.59
75	1.64	14.86	3.29	10.5 *	39.66	51.1 (1.17)	N/A	N/A	1.92	1.42	0.61
100	1.61	12.11	-2.74	8 *	51.77	50.7 (1.18)	N/A	N/A	2.56	1.87	0.83
125	1.92	14.97	2.85	10 *	1:06.74	50.4 (1.19)	N/A	N/A	1.95	1.41	0.88
150	1.61	12.51	-2.45	8.5 *	1:19.25	50.0 (1.20)	N/A	N/A	2.50	1.80	0.84
175	1.50	15.39	2.88	11 *	1:34.64	50.6 (1.19)	N/A	N/A	1.95	1.42	1.00
200	1.39	11.79	-3.60	9 *	1:46.43	51.9 (1.16)	N/A	N/A	2.39	1.84	-
Totals	15.42			70.5							5.59

**Event: 500 Free Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.17	11.91	-	7 *	11.91	54.5 (1.10)	N/A	N/A	2.30	1.68	0.78
50	1.62	13.11	1.21	8.5 *	25.02	49.3 (1.22)	N/A	N/A	2.38	1.69	0.91
75	1.48	13.51	0.40	9 *	38.53	49.0 (1.22)	N/A	N/A	2.32	1.64	0.98

\* - denotes extrapolated value

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
100	1.39	13.89	0.38	9 *	52.42	47.7 (1.26)	N/A	N/A	2.32	1.60	1.01
125	1.41	14.24	0.35	9.5 *	1:06.66	46.3 (1.30)	N/A	N/A	2.24	1.50	0.56
150	1.17	14.15	-0.08	9 *	1:20.81	46.1 (1.30)	N/A	N/A	2.37	1.59	0.94
175	1.36	14.13	-0.03	9 *	1:34.94	47.0 (1.28)	N/A	N/A	2.32	1.58	0.97
200	1.50	14.41	0.28	9 *	1:49.35	46.1 (1.30)	N/A	N/A	2.28	1.51	0.95
225	1.37	14.29	-0.12	9 *	2:03.64	45.8 (1.31)	N/A	N/A	2.35	1.56	0.99
250	1.34	14.24	-0.05	9.5 *	2:17.88	47.1 (1.27)	N/A	N/A	2.28	1.55	0.91
275	1.33	14.28	0.04	9.5 *	2:32.16	46.6 (1.29)	N/A	N/A	2.29	1.54	0.88
300	1.25	14.26	-0.01	9.5 *	2:46.42	47.0 (1.28)	N/A	N/A	2.29	1.56	0.95
325	1.28	14.36	0.10	9.5 *	3:00.78	47.6 (1.26)	N/A	N/A	2.25	1.55	0.94
350	1.09	14.25	-0.11	10 *	3:15.03	48.0 (1.25)	N/A	N/A	2.28	1.59	0.97
375	1.03	14.47	0.22	10 *	3:29.50	47.6 (1.26)	N/A	N/A	2.22	1.54	0.84
400	1.16	14.84	0.37	10 *	3:44.34	48.0 (1.25)	N/A	N/A	2.16	1.50	0.97
425	1.11	14.65	-0.19	10 *	3:58.99	47.2 (1.27)	N/A	N/A	2.22	1.52	1.00
450	1.19	14.87	0.22	10 *	4:13.85	48.1 (1.25)	N/A	N/A	2.15	1.50	0.97
475	1.23	14.51	-0.36	10 *	4:28.36	48.3 (1.24)	N/A	N/A	2.19	1.54	1.00
500	1.19	14.14	-0.37	10.5 *	4:42.50	48.5 (1.24)	N/A	N/A	2.09	1.51	-
Totals	27.69			187.5							17.51

15M Start: 6.75 sec

15M Velocity: 2.22 m/sec

**Event: 500 Free Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.64	11.92	-	6 *	11.92	50.5 (1.19)	N/A	N/A	2.50	1.66	1.08
50	1.70	13.98	2.06	9 *	25.90	46.8 (1.28)	N/A	N/A	2.33	1.57	1.03
75	1.70	13.91	-0.07	8.5 *	39.81	45.6 (1.32)	N/A	N/A	2.41	1.58	1.05
100	1.59	14.41	0.50	8.5 *	54.22	44.6 (1.35)	N/A	N/A	2.40	1.54	1.20
125	1.53	14.33	-0.08	8.5 *	1:08.55	43.7 (1.37)	N/A	N/A	2.44	1.54	1.03
150	1.42	14.68	0.36	9 *	1:23.23	44.1 (1.36)	N/A	N/A	2.36	1.50	1.05
175	1.28	14.44	-0.24	9 *	1:37.67	43.5 (1.38)	N/A	N/A	2.45	1.54	0.94
200	1.36	14.69	0.25	9 *	1:52.36	44.5 (1.35)	N/A	N/A	2.33	1.50	0.91
225	1.38	14.25	-0.44	9 *	2:06.61	45.2 (1.33)	N/A	N/A	2.40	1.57	1.00

\* - denotes extrapolated value

# DYNAMO : Ga State 1-4a , 2/9/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
250	1.33	14.59	0.34	9 *	2:21.20	44.9 (1.34)	N/A	N/A	2.30	1.50	0.83
275	1.47	14.22	-0.37	9 *	2:35.42	46.0 (1.30)	N/A	N/A	2.34	1.56	1.11
300	1.17	14.71	0.49	10 *	2:50.13	46.9 (1.28)	N/A	N/A	2.21	1.50	0.83
325	1.36	14.09	-0.62	9 *	3:04.22	47.1 (1.27)	N/A	N/A	2.32	1.58	0.95
350	1.36	14.57	0.48	9.5 *	3:18.79	45.8 (1.31)	N/A	N/A	2.29	1.52	0.94
375	1.44	14.27	-0.30	9 *	3:33.06	46.7 (1.28)	N/A	N/A	2.31	1.56	1.03
400	1.45	14.56	0.29	10 *	3:47.62	47.7 (1.26)	N/A	N/A	2.17	1.50	0.84
425	1.41	14.24	-0.32	9.5 *	4:01.86	47.6 (1.26)	N/A	N/A	2.27	1.56	1.06
450	1.20	14.42	0.18	9.5 *	4:16.28	47.5 (1.26)	N/A	N/A	2.23	1.54	0.94
475	1.28	14.08	-0.34	9.5 *	4:30.36	48.2 (1.24)	N/A	N/A	2.28	1.59	0.97
500	1.00	13.52	-0.56	10 *	4:43.88	48.3 (1.24)	N/A	N/A	2.23	1.61	-
Totals	30.08			180.5							18.78
15M Start: 6.41 sec                      15M Velocity: 2.34 m/sec											

\* - denotes extrapolated value

Name: Sheila O`Neill Age:17 Club: DYNAMO

**Event: 200 Free Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.89	12.80	-	6 *	12.80	48.0 (1.25)	N/A	N/A	2.44	1.56	0.80
50	2.38	13.40	0.61	8.5 *	26.20	49.2 (1.22)	N/A	N/A	2.29	1.60	0.81
75	2.33	14.22	0.82	9 *	40.42	50.2 (1.20)	N/A	N/A	2.07	1.48	0.83
100	3.02	14.34	0.12	8 *	54.76	45.6 (1.32)	N/A	N/A	2.22	1.42	0.86
125	2.19	14.54	0.20	8.5 *	1:09.30	46.5 (1.29)	N/A	N/A	2.26	1.50	1.09
150	2.28	14.50	-0.03	9 *	1:23.80	46.4 (1.29)	N/A	N/A	2.21	1.46	0.84
175	2.28	14.56	0.06	9 *	1:38.36	48.2 (1.24)	N/A	N/A	2.13	1.46	0.94
200	2.09	13.66	-0.90	9.5 *	1:52.02	49.5 (1.21)	N/A	N/A	2.09	1.52	-
Totals	20.45			67.5							6.17
15M Start: 7.28 sec                      15M Velocity: 2.06 m/sec											

**Event: 200 Free Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.17	12.91	-	6.5 *	12.91	50.5 (1.19)	N/A	N/A	2.32	1.57	0.77
50	2.42	13.80	0.90	8 *	26.71	46.7 (1.28)	N/A	N/A	2.30	1.52	0.80
75	1.80	14.40	0.60	9 *	41.11	47.2 (1.27)	N/A	N/A	2.23	1.51	0.81
100	2.12	14.37	-0.03	8.5 *	55.48	46.0 (1.30)	N/A	N/A	2.26	1.48	0.89
125	1.95	14.94	0.57	9 *	1:10.42	45.9 (1.31)	N/A	N/A	2.20	1.45	1.00
150	2.09	14.73	-0.21	9 *	1:25.15	45.5 (1.32)	N/A	N/A	2.25	1.46	0.94
175	2.12	15.02	0.29	9 *	1:40.17	45.4 (1.32)	N/A	N/A	2.18	1.41	0.95
200	2.19	14.33	-0.69	9 *	1:54.50	45.2 (1.33)	N/A	N/A	2.15	1.43	-
Totals	18.88			68							6.16
15M Start: 7.44 sec                      15M Velocity: 2.02 m/sec											

**Event: 500 Free Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.48	13.22	-	7 *	13.22	49.2 (1.22)	N/A	N/A	2.25	1.50	0.78
50	2.33	14.17	0.95	8 *	27.39	45.4 (1.32)	N/A	N/A	2.32	1.50	0.91

\* - denotes extrapolated value

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
75	2.22	15.05	0.88	9 *	42.44	45.8 (1.31)	N/A	N/A	2.15	1.41	1.02
100	1.98	14.61	-0.44	9 *	57.05	44.6 (1.35)	N/A	N/A	2.26	1.45	0.80
125	2.28	15.23	0.62	9 *	1:12.28	45.0 (1.33)	N/A	N/A	2.13	1.36	0.94
150	2.03	14.79	-0.44	9 *	1:27.07	44.7 (1.34)	N/A	N/A	2.26	1.44	0.91
175	2.27	15.48	0.69	9 *	1:42.55	43.9 (1.37)	N/A	N/A	2.14	1.34	0.98
200	2.00	14.99	-0.48	8.5 *	1:57.54	43.6 (1.38)	N/A	N/A	2.29	1.43	1.03
225	2.02	15.63	0.64	9 *	2:13.17	43.7 (1.37)	N/A	N/A	2.15	1.34	0.89
250	2.16	14.93	-0.70	8.5 *	2:28.10	44.0 (1.36)	N/A	N/A	2.23	1.40	0.89
275	1.72	15.31	0.38	9.5 *	2:43.41	45.0 (1.33)	N/A	N/A	2.19	1.42	0.99
300	1.84	15.28	-0.02	9 *	2:58.69	43.1 (1.39)	N/A	N/A	2.27	1.41	0.92
325	2.30	15.65	0.37	9 *	3:14.34	43.3 (1.39)	N/A	N/A	2.17	1.34	1.11
350	1.84	15.39	-0.27	9 *	3:29.73	42.7 (1.41)	N/A	N/A	2.30	1.41	1.06
375	2.24	15.74	0.35	9 *	3:45.47	43.6 (1.38)	N/A	N/A	2.16	1.35	1.16
400	1.95	15.16	-0.58	9 *	4:00.63	43.5 (1.38)	N/A	N/A	2.23	1.39	0.91
425	2.11	15.57	0.41	9 *	4:16.20	44.3 (1.35)	N/A	N/A	2.11	1.34	0.88
450	2.03	15.25	-0.33	9 *	4:31.45	43.6 (1.38)	N/A	N/A	2.22	1.39	0.89
475	2.48	15.64	0.40	9 *	4:47.09	44.5 (1.35)	N/A	N/A	2.00	1.26	0.61
500	2.19	14.41	-1.24	9 *	5:01.50	44.1 (1.36)	N/A	N/A	2.16	1.40	-
Totals	43.47			176.5							17.66
15M Start: 7.53 sec                      15M Velocity: 1.99 m/sec											

**Event: 500 Free Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.94	13.20	-	6.5 *	13.20	46.8 (1.28)	N/A	N/A	2.30	1.43	0.88
50	2.37	14.04	0.83	8.5 *	27.24	46.3 (1.30)	N/A	N/A	2.27	1.49	0.86
75	1.81	14.93	0.90	9 *	42.17	45.0 (1.33)	N/A	N/A	2.25	1.45	1.00
100	2.16	14.82	-0.11	8.5 *	56.99	43.8 (1.37)	N/A	N/A	2.25	1.41	0.86
125	2.14	15.54	0.72	9 *	1:12.53	43.6 (1.38)	N/A	N/A	2.17	1.35	0.94
150	2.03	15.49	-0.05	9 *	1:28.02	42.9 (1.40)	N/A	N/A	2.23	1.37	0.97
175	1.75	15.65	0.16	9 *	1:43.67	43.1 (1.39)	N/A	N/A	2.24	1.39	1.05
200	2.11	15.60	-0.05	9 *	1:59.27	42.3 (1.42)	N/A	N/A	2.23	1.35	1.00

\* - denotes extrapolated value

**DYNAMO : Ga State 1-4a , 2/9/2007. (Yards)**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
225	2.09	15.89	0.29	9 *	2:15.16	42.9 (1.40)	N/A	N/A	2.15	1.32	1.00
250	2.08	15.56	-0.32	9 *	2:30.72	42.7 (1.41)	N/A	N/A	2.20	1.34	0.92
275	2.44	16.06	0.50	9 *	2:46.78	42.4 (1.42)	N/A	N/A	2.10	1.26	1.03
300	2.13	15.45	-0.61	8.5 *	3:02.23	42.4 (1.42)	N/A	N/A	2.27	1.37	1.05
325	2.06	15.97	0.53	9 *	3:18.20	43.1 (1.39)	N/A	N/A	2.12	1.31	1.03
350	1.84	15.60	-0.38	9 *	3:33.80	42.1 (1.43)	N/A	N/A	2.29	1.38	1.03
375	1.92	15.98	0.39	9 *	3:49.78	42.7 (1.41)	N/A	N/A	2.17	1.33	0.99
400	2.23	15.59	-0.39	9 *	4:05.37	42.6 (1.41)	N/A	N/A	2.21	1.34	0.97
425	2.30	16.19	0.60	9 *	4:21.56	42.4 (1.42)	N/A	N/A	2.10	1.27	1.02
450	2.22	15.52	-0.68	8.5 *	4:37.08	42.3 (1.42)	N/A	N/A	2.24	1.35	0.99
475	2.19	16.29	0.78	9 *	4:53.38	42.1 (1.43)	N/A	N/A	2.12	1.27	1.06
500	2.16	14.88	-1.42	9 *	5:08.25	42.4 (1.42)	N/A	N/A	2.16	1.35	-
Totals	43.97			175.5							18.63
15M Start: 7.20 sec                      15M Velocity: 2.08 m/sec											

\* - denotes extrapolated value

**Name: Maxwell Randolph Age:17 Club: DYNAMO**

**Event: 100 Bk Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.63	13.00	-	6 *	13.00	51.2 (1.17)	N/A	N/A	2.47	1.67	0.83
50	2.19	13.13	0.13	7.5 *	26.13	47.4 (1.27)	43.4 (1.38)	N/A	2.70	1.76	0.92
75	2.00	14.17	1.04	8 *	40.30	44.7 (1.34)	42.2 (1.42)	N/A	2.50	1.56	0.75
100	1.95	13.47	-0.69	8.5 *	53.77	44.4 (1.35)	42.6 (1.41)	N/A	2.51	1.62	-
Totals	10.77			30							2.50
15M Start: 7.77 sec                      15M Velocity: 1.93 m/sec											

**Event: 100 Bk Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.70	13.25	-	6.5 *	13.25	45.7 (1.31)	N/A	N/A	2.55	1.58	0.89
50	2.13	13.33	0.08	7.5 *	26.58	44.3 (1.35)	N/A	N/A	2.71	1.72	0.97
75	1.88	14.09	0.76	8 *	40.67	43.6 (1.38)	N/A	N/A	2.54	1.59	0.86
100	1.69	13.47	-0.62	8.5 *	54.14	43.9 (1.37)	N/A	N/A	2.49	1.62	-
Totals	9.39			30.5							2.72
15M Start: 7.70 sec                      15M Velocity: 1.95 m/sec											

**Event: 200 IM Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.61	12.11	-	8 *	12.11	55.9 (1.07)	N/A	N/A	1.96	1.54	0.94
50	1.92	13.25	1.14	10 *	25.36	56.3 (1.07)	N/A	N/A	2.15	1.79	0.88
75	2.47	15.41	2.15	8 *	40.77	42.9 (1.40)	N/A	N/A	2.58	1.59	1.13
100	1.97	13.95	-1.45	8 *	54.72	40.6 (1.48)	N/A	N/A	2.42	1.45	1.09
125	3.47	18.42	4.47	10 *	1:13.14	44.1 (1.36)	N/A	N/A	1.78	1.14	1.01
150	3.31	18.15	-0.27	10 *	1:31.29	43.7 (1.37)	N/A	N/A	1.85	1.18	1.06
175	1.45	14.83	-3.31	9 *	1:46.13	48.5 (1.24)	N/A	N/A	2.44	1.72	1.05
200	1.41	12.79	-2.04	9 *	1:58.92	48.3 (1.24)	N/A	N/A	2.42	1.74	-
Totals	19.61			72							7.16
15M Start: 7.00 sec                      15M Velocity: 2.14 m/sec											

\* - denotes extrapolated value

Event: 200 IM Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.84	11.89	-	7 *	11.89	57.3 (1.05)	N/A	N/A	2.03	1.63	1.05
50	1.95	13.84	1.95	10 *	25.73	53.7 (1.12)	N/A	N/A	2.16	1.72	1.09
75	2.45	15.52	1.68	7 *	41.25	39.4 (1.52)	N/A	N/A	2.79	1.57	0.94
100	2.17	15.02	-0.50	8 *	56.27	38.7 (1.55)	N/A	N/A	2.31	1.31	1.17
125	3.58	18.01	2.99	9 *	1:14.28	42.9 (1.40)	N/A	N/A	1.89	1.18	1.22
150	3.66	18.88	0.87	10 *	1:33.16	42.4 (1.42)	N/A	N/A	1.81	1.11	1.11
175	1.76	14.59	-4.29	8.5 *	1:47.75	48.1 (1.25)	N/A	N/A	2.52	1.75	0.95
200	1.41	13.27	-1.32	9 *	2:01.02	46.7 (1.28)	N/A	N/A	2.40	1.67	-
Totals	20.83			68.5							7.53
15M Start: 7.06 sec                      15M Velocity: 2.12 m/sec											

\* - denotes extrapolated value

Name: Allison Ranzau Age:18 Club: DYNAMO

**Event: 200 Free Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.30	12.20	-	7 *	12.20	53.0 (1.13)	N/A	N/A	2.33	1.66	0.58
50	1.78	13.85	1.64	9 *	26.05	49.0 (1.22)	N/A	N/A	2.25	1.59	0.83
75	1.72	13.68	-0.16	9 *	39.73	48.9 (1.23)	N/A	N/A	2.25	1.58	0.67
100	1.56	14.59	0.90	9.5 *	54.32	46.9 (1.28)	N/A	N/A	2.24	1.52	0.94
125	1.47	14.29	-0.30	9.5 *	1:08.61	47.3 (1.27)	N/A	N/A	2.23	1.53	0.64
150	1.61	14.68	0.39	10 *	1:23.29	48.1 (1.25)	N/A	N/A	2.16	1.50	0.86
175	1.50	14.35	-0.33	10 *	1:37.64	49.2 (1.22)	N/A	N/A	2.19	1.56	0.94
200	1.34	14.08	-0.27	10.5 *	1:51.72	48.8 (1.23)	N/A	N/A	2.09	1.52	-
Totals	14.28			74.5							5.45

**Event: 200 Free Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.44	12.66	-	7 *	12.66	50.5 (1.19)	N/A	N/A	2.32	1.56	0.97
50	1.73	13.82	1.17	8.5 *	26.48	46.5 (1.29)	N/A	N/A	2.38	1.59	0.86
75	1.41	14.41	0.59	9.5 *	40.89	47.3 (1.27)	N/A	N/A	2.26	1.55	0.84
100	1.50	14.52	0.11	9 *	55.41	45.5 (1.32)	N/A	N/A	2.33	1.53	0.88
125	1.26	14.62	0.10	9.5 *	1:10.03	46.6 (1.29)	N/A	N/A	2.29	1.55	1.02
150	1.70	14.45	-0.17	9 *	1:24.48	46.1 (1.30)	N/A	N/A	2.29	1.53	0.88
175	1.42	14.97	0.52	9.5 *	1:39.45	45.5 (1.32)	N/A	N/A	2.25	1.48	0.99
200	1.58	14.00	-0.98	10 *	1:53.45	47.3 (1.27)	N/A	N/A	2.16	1.52	-
Totals	14.04			72							6.42
15M Start: 6.97 sec                      15M Velocity: 2.15 m/sec											

**Event: 500 Free Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.39	12.88	-	6.5 *	12.88	47.1 (1.27)	N/A	N/A	2.50	1.58	0.89
50	1.76	14.48	1.60	8.5 *	27.35	43.9 (1.37)	N/A	N/A	2.37	1.49	0.92
75	1.78	14.70	0.22	9 *	42.05	44.4 (1.35)	N/A	N/A	2.31	1.48	0.99

\* - denotes extrapolated value

**DYNAMO : Ga State 1-4a , 2/9/2007. (Yards)**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
100	1.76	15.01	0.32	9 *	57.06	44.1 (1.36)	N/A	N/A	2.22	1.41	0.74
125	1.80	14.91	-0.10	9 *	1:11.97	44.2 (1.36)	N/A	N/A	2.30	1.46	1.06
150	1.77	14.92	0.01	9 *	1:26.89	44.5 (1.35)	N/A	N/A	2.24	1.43	0.84
175	1.81	15.14	0.22	9 *	1:42.03	44.1 (1.36)	N/A	N/A	2.26	1.43	1.05
200	1.67	14.96	-0.18	9 *	1:56.99	43.2 (1.39)	N/A	N/A	2.30	1.43	0.81
225	1.59	15.35	0.39	9 *	2:12.34	43.5 (1.38)	N/A	N/A	2.25	1.41	0.92
250	1.56	15.22	-0.14	9.5 *	2:27.56	44.1 (1.36)	N/A	N/A	2.23	1.42	0.88
275	1.70	15.38	0.16	9 *	2:42.94	43.9 (1.37)	N/A	N/A	2.24	1.41	1.05
300	1.56	15.27	-0.10	9.5 *	2:58.21	44.1 (1.36)	N/A	N/A	2.24	1.42	1.00
325	1.78	15.42	0.14	9.5 *	3:13.63	44.9 (1.34)	N/A	N/A	2.16	1.39	0.99
350	1.59	15.10	-0.32	9 *	3:28.72	44.4 (1.35)	N/A	N/A	2.25	1.44	0.94
375	1.70	15.47	0.37	9.5 *	3:44.19	43.9 (1.37)	N/A	N/A	2.20	1.39	0.94
400	1.56	15.51	0.05	9.5 *	3:59.70	43.6 (1.38)	N/A	N/A	2.24	1.41	1.09
425	1.53	15.72	0.21	9.5 *	4:15.42	44.1 (1.36)	N/A	N/A	2.22	1.42	1.24
450	1.42	15.19	-0.53	9 *	4:30.61	44.0 (1.36)	N/A	N/A	2.30	1.46	1.05
475	1.75	15.53	0.34	9.5 *	4:46.14	44.2 (1.36)	N/A	N/A	2.19	1.39	0.97
500	1.69	13.99	-1.54	9 *	5:00.13	43.1 (1.39)	N/A	N/A	2.34	1.49	-
Totals	35.20			180.5							18.34

\* - denotes extrapolated value

**Name: Katherine Reinmann Age:17 Club: DYNAMO**

**Event: 100 Bk Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.00	14.75	-	6.5 *	14.75	50.1 (1.20)	N/A	N/A	2.17	1.41	0.88
50	4.22	14.75	0.00	7.5 *	29.50	46.8 (1.28)	N/A	N/A	2.18	1.41	0.89
75	3.28	15.61	0.86	8.5 *	45.11	45.1 (1.33)	N/A	N/A	2.13	1.36	0.83
100	3.12	14.82	-0.79	8.5 *	59.93	43.9 (1.37)	N/A	N/A	2.18	1.40	-
Totals	16.62			31							2.59
15M Start: 8.66 sec                      15M Velocity: 1.73 m/sec											

**Event: 100 Fly Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.53	13.56	-	7 *	13.56	55.7 (1.08)	N/A	N/A	1.81	1.37	0.95
50	2.44	15.60	2.03	11 *	29.16	53.9 (1.11)	N/A	N/A	1.82	1.44	1.09
75	2.30	16.31	0.71	11 *	45.47	52.0 (1.15)	N/A	N/A	1.80	1.38	1.25
100	2.00	16.58	0.27	11 *	1:02.05	51.9 (1.16)	N/A	N/A	1.79	1.38	-
Totals	12.27			40							3.30
15M Start: 7.81 sec                      15M Velocity: 1.92 m/sec											

\* - denotes extrapolated value

**Name: Margaret Reynolds Age:17 Club: DYNAMO**

**Event: 100 Free Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.52	12.58	-	8 *	12.58	58.2 (1.03)	N/A	N/A	2.09	1.66	0.75
50	1.81	12.79	0.21	9.5 *	25.37	55.9 (1.07)	N/A	N/A	2.17	1.74	0.86
75	2.16	14.13	1.34	10.5 *	39.50	56.6 (1.06)	N/A	N/A	1.88	1.52	0.89
100	1.94	13.76	-0.37	10.5 *	53.26	52.7 (1.14)	N/A	N/A	1.94	1.51	-
Totals	9.42			38.5							2.50
15M Start: 7.39 sec                      15M Velocity: 2.03 m/sec											

**Event: 100 Free Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.41	12.73	-	8 *	12.73	59.7 (1.01)	N/A	N/A	1.97	1.58	0.86
50	2.11	13.38	0.64	10 *	26.11	56.7 (1.06)	N/A	N/A	2.00	1.62	0.84
75	2.01	14.15	0.78	10 *	40.26	54.2 (1.11)	N/A	N/A	1.94	1.51	0.80
100	1.94	14.01	-0.14	11 *	54.28	53.7 (1.12)	N/A	N/A	1.87	1.48	-
Totals	9.47			39							2.50
15M Start: 7.22 sec                      15M Velocity: 2.08 m/sec											

**Event: 200 Free Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.05	12.13	-	6 *	12.13	48.9 (1.23)	N/A	N/A	2.81	1.84	0.67
50	2.92	14.50	2.38	9 *	26.63	50.2 (1.20)	49.5 (1.21)	N/A	2.00	1.40	0.78
75	2.17	14.09	-0.42	9 *	40.72	49.1 (1.22)	47.2 (1.27)	N/A	2.19	1.51	0.73
100	2.84	14.98	0.89	9.5 *	55.70	49.7 (1.21)	49.1 (1.22)	N/A	1.90	1.32	0.72
125	2.27	14.03	-0.95	9 *	1:09.74	47.8 (1.26)	50.5 (1.19)	N/A	2.19	1.53	0.94
150	2.87	16.00	1.97	10 *	1:25.74	48.3 (1.24)	48.2 (1.24)	N/A	1.82	1.23	0.88
175	1.84	14.89	-1.12	10 *	1:40.63	49.9 (1.20)	47.6 (1.26)	N/A	2.07	1.45	0.89
200	2.56	15.29	0.40	10 *	1:55.91	48.5 (1.24)	47.3 (1.27)	N/A	1.84	1.29	-
Totals	21.53			72.5							5.61
15M Start: 7.45 sec                      15M Velocity: 2.01 m/sec											

\* - denotes extrapolated value

Event: 200 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.55	12.81	-	7.5 *	12.81	53.3 (1.13)	N/A	N/A	2.20	1.59	0.80
50	2.20	14.18	1.36	9 *	26.99	49.4 (1.21)	N/A	N/A	2.11	1.49	0.66
75	2.34	14.67	0.49	9 *	41.66	47.1 (1.27)	N/A	N/A	2.13	1.43	0.88
100	2.06	14.80	0.14	9.5 *	56.46	48.7 (1.23)	N/A	N/A	2.07	1.45	0.91
125	1.95	15.17	0.36	10 *	1:11.63	48.5 (1.24)	N/A	N/A	2.02	1.41	0.88
150	2.09	15.46	0.30	10 *	1:27.09	47.9 (1.25)	N/A	N/A	1.99	1.37	0.84
175	1.84	15.69	0.23	10 *	1:42.78	47.5 (1.26)	N/A	N/A	2.01	1.37	1.00
200	1.64	15.24	-0.45	10.5 *	1:58.02	47.0 (1.28)	N/A	N/A	1.96	1.37	-
Totals	17.69			75.5							5.95
15M Start: 7.39 sec                      15M Velocity: 2.03 m/sec											

\* - denotes extrapolated value

Name: Samantha Smith Age:18 Club: DYNAMO

**Event: 100 Bk Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.26	14.63	-	7 *	14.63	45.4 (1.32)	N/A	N/A	2.22	1.37	0.84
50	3.45	14.94	0.32	7.5 *	29.57	43.2 (1.39)	N/A	N/A	2.38	1.45	1.05
75	2.70	15.59	0.64	8 *	45.16	41.6 (1.44)	N/A	N/A	2.38	1.41	1.09
100	2.42	15.06	-0.52	8.5 *	1:00.22	41.0 (1.46)	N/A	N/A	2.33	1.41	-
Totals	12.84			31							2.99
15M Start: 8.41 sec      15M Velocity: 1.78 m/sec											

**Event: 200 IM Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.95	13.58	-	9 *	13.58	56.6 (1.06)	N/A	N/A	1.76	1.39	0.89
50	2.52	15.96	2.38	11 *	29.54	53.6 (1.12)	N/A	N/A	1.77	1.40	1.17
75	2.13	16.72	0.76	8 *	46.26	39.2 (1.53)	N/A	N/A	2.64	1.50	1.17
100	2.38	16.23	-0.50	9 *	1:02.49	38.1 (1.57)	N/A	N/A	2.18	1.22	1.08
125	3.61	19.93	3.71	11 *	1:22.42	43.5 (1.38)	N/A	N/A	1.66	1.06	1.33
150	3.53	20.76	0.83	12 *	1:43.18	43.9 (1.37)	N/A	N/A	1.60	1.03	1.16
175	1.98	15.90	-4.86	8.5 *	1:59.08	42.7 (1.41)	N/A	N/A	2.52	1.56	0.81
200	2.06	14.69	-1.21	9 *	2:13.77	42.3 (1.42)	N/A	N/A	2.38	1.49	-
Totals	22.15			77.5							7.61

**Event: 200 IM Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.99	13.53	-	8 *	13.53	55.6 (1.08)	N/A	N/A	1.70	1.27	0.95
50	2.73	16.14	2.61	11 *	29.67	53.1 (1.13)	N/A	N/A	1.76	1.37	1.06
75	2.56	17.05	0.91	8 *	46.72	39.3 (1.53)	N/A	N/A	2.51	1.42	1.02
100	2.87	15.68	-1.37	8 *	1:02.40	36.5 (1.64)	N/A	N/A	2.30	1.22	1.23
125	3.94	20.38	4.70	11 *	1:22.78	41.7 (1.44)	N/A	N/A	1.69	1.03	1.01
150	3.59	20.14	-0.24	11 *	1:42.92	43.5 (1.38)	N/A	N/A	1.63	1.04	1.20
175	1.86	16.52	-3.62	8 *	1:59.44	39.2 (1.53)	N/A	N/A	2.65	1.51	0.94

\* - denotes extrapolated value

**DYNAMO : Ga State 1-4a , 2/9/2007. (Yards)**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
200	2.11	14.90	-1.62	8.5 *	2:14.34	39.9 (1.50)	N/A	N/A	2.49	1.47	-
Totals	24.66			73.5							7.42

\* - denotes extrapolated value

**Name: Kevin Spiwak Age:15 Club: DYNAMO**

**Event: 100 Bk Heat: Finals**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.53	13.64	-	4 *	13.64	39.6 (1.52)	N/A	N/A	3.04	1.51	0.70
50	4.66	13.63	-0.01	5 *	27.27	38.3 (1.57)	N/A	N/A	2.89	1.50	0.89
75	3.72	14.59	0.96	6.5 *	41.86	39.1 (1.53)	N/A	N/A	2.61	1.42	0.91
100	3.97	14.02	-0.57	6.5 *	55.88	39.0 (1.54)	N/A	N/A	2.51	1.40	-
Totals	18.88			22							2.50
15M Start: 8.06 sec                      15M Velocity: 1.86 m/sec											

\* - denotes extrapolated value