

NWAC Junior/Senior Swimming Goal Sets All-Time Top 10 Updated 10/15/09											
<b>Boys 4000im (10 x 4im cont)</b>			<b>Girls 4000im (10x4im cont)</b>			<b>Boys Crit Vel (# 100's cr in 40 min)</b>			<b>Girls Crit Vel (100's cr in 40 min)</b>		
John	53:51	4/15/09	Stroodle	57:24	10/15/07	Evan	33 x 1:12	4/23/07	PFB	28 x 1:15	1/7/08
Evan	54:41	4/18/07	Henry	57:24	5/27/08	John	27 x 1:12	10/13/08	Henry	26 x 1:15	5/30/08
Jacob	56:05	5/27/09	Ciara	58:38	5/27/09	Tyler	31 x 1:15	6/1/07	Stroodle	24 x 1:15	9/14/07
Josh	56:16	4/15/09	Meghan	59:20	10/10/08	Jason	30 x 1:15	4/25/05	Meghan	24 x 1:15	10/13/08
Price	56:28	4/15/09	PFB	59:37	10/10/08	Price	29 x 1:15	10/13/08	Ciara	28 x 1:20	6/3/09
Jason	57:02	4/18/05	Marissa	60:13	12/21/05	Jacob	29 x 1:15	4/22/09	Marissa	27 x 1:20	6/7/05
Cameron	57:25	12/21/05	Kasha	61:26	10/10/08	Devin	28 x 1:15	6/1/07	Rachel	27 x 1:20	1/14/09
Brando	57:35	5/27/08	Rachel	61:33	10/10/08	Splash	28 x 1:15	1/14/09	Machina	25 x 1:20	1/14/09
Liver	58:38	5/27/08	Machina	63:17	1/8/09	Josh	28 x 1:15	6/3/09	Kasha	28 x 1:25	10/17/07
Scoobs	58:47	12/21/05	Kerianne	64:34	12/21/05	Bryce	27 x 1:15	1/14/09	Tori	28 x 1:25	1/7/08
<b>Boys 5 x 2 im @ 5</b>			<b>Girls 5 x 2 im @ 5</b>			<b>Boys 3 x 4 cr @ 8</b>			<b>Girls 3 x 4 cr @ 8</b>		
Evan	2:25.4	10/24/06	Henry	2:35.4	6/2/08	Evan	4:28.3	4/30/07	PFB	4:48.7	4/29/09
John	2:26.4	6/8/09	Stroodle	2:38.2	4/27/07	John	4:32.7	6/10/09	Henry	4:50.0	6/5/08
Jason	2:29.8	4/28/05	PFB	2:39.6	4/27/09	Tyler	4:39.0	10/21/08	Stroodle	4:54.0	9/21/07
Scoobs	2:30.6	6/10/05	Marissa	2:40.0	6/10/05	Jason	4:40.3	9/22/04	Marissa	5:02.0	5/2/05
Jacob	2:33.2	6/8/09	Kasha	2:42.2	4/27/09	Scoobs	4:43.3	6/11/04	Meghan	5:04.0	9/15/08
Tyler	2:33.6	1/21/09	Meghan	2:42.8	10/15/08	Bryce	4:45.0	1/26/09	Tori	5:09.0	1/15/08
Cameron	2:33.8	1/3/06	Ciara	2:43.6	10/15/08	Devin	4:46.0	6/7/07	Pickle	5:12.7	10/24/06
Price	2:34.0	6/8/09	Ehuff	2:46.6	9/22/09	Splash	4:46.0	6/10/09	Rachel	5:13.3	10/21/08
Josh	2:34.0	9/22/09	Rachel	2:48.4	1/21/09	Price	4:47.0	1/26/09	DiDi	5:15.0	1/3/07
Brando	2:35.4	10/15/08	Machina	2:49.2	4/27/09	Jacob	4:47.3	4/29/09	Ehuff	5:17.0	6/10/09
<b>Boys 6 x 1 fl @ 3</b>			<b>Girls 6 x 1 fl @ 3</b>			<b>Boys 6 x 1 ba @ 3</b>			<b>Girls 6 x 1 ba @ 3</b>		
John	1:06.8	6/16/09	Ciara	1:12.5	9/29/09	John	1:07.8	6/11/08	Henry	1:12.8	6/11/08
Jason	1:08.0	5/6/05	Henry	1:14.0	6/9/08	Scoobs	1:09.3	11/1/04	Stroodle	1:13.2	9/28/07
Price	1:08.7	9/29/09	PFB	1:14.3	10/29/07	Jacob	1:10.2	6/19/09	Marissa	1:13.8	6/21/05
Scoobs	1:08.8	11/11/06	Kasha	1:15.2	1/30/09	Cameron	1:11.8	1/13/06	Ehuff	1:15.2	5/8/09
Evan	1:09.0	5/4/07	Marissa	1:15.8	9/29/05	Evan	1:12.5	6/15/06	Kasha	1:15.3	6/11/08
Jacob	1:10.2	6/16/09	Stroodle	1:16.0	1/5/07	Price	1:12.7	5/8/09	PFB	1:16.2	11/2/07
Josh	1:13.0	9/29/09	Ehuff	1:17.3	9/29/09	Liver	1:12.8	6/14/07	Machina	1:16.8	2/2/09
Brando	1:14.2	9/17/08	Tori	1:20.2	10/29/07	Devin	1:13.0	6/14/07	Therese	1:18.0	5/8/09
Liver	1:14.3	6/9/08	Kyrie	1:20.8	6/14/04	Jason	1:13.5	5/9/05	Rachel	1:18.2	9/28/07
Tyler	1:14.5	6/11/07	Kerianne	1:20.8	9/24/07	Josh	1:14.0	2/2/09	Ciara	1:18.5	5/8/09
<b>Boys 6 x 1 br @ 3</b>			<b>Girls 6 x 1 br @ 3</b>			<b>Boys 6 x 1 cr @ 3</b>			<b>Girls 6 x 1 cr @ 3</b>		
Scoobs	1:16.1	9/29/04	Henry	1:22.5	11/6/06	John	1:01.0	9/29/08	PFB	1:05.3	6/24/09
John	1:18.2	6/22/09	Stroodle	1:23.2	10/1/07	Scoobs	1:01.7	6/24/04	Marissa	1:06.8	1/20/06
Evan	1:18.7	6/22/09	Ciara	1:25.2	6/22/09	Evan	1:02.7	6/23/06	Henry	1:07.8	6/22/07
Jason	1:21.0	12/8/04	PFB	1:25.8	10/1/07	Tyler	1:03.3	11/9/07	Stroodle	1:08.5	6/22/07
Josh	1:21.8	6/22/07	Rachel	1:27.0	1/25/08	Jason	1:03.5	10/3/03	Rachel	1:08.5	11/3/08
Price	1:22.2	6/22/09	Kasha	1:27.0	6/17/08	Jacob	1:04.8	6/24/09	Kasha	1:09.0	11/9/07
Brando	1:23.2	10/1/07	Meghan	1:27.0	10/31/08	Josh	1:04.8	6/24/09	Ehuff	1:09.0	10/9/09
Jacob	1:23.7	6/22/09	Kyrie	1:27.3	2/1/05	Cameron	1:05.2	1/20/06	Machina	1:09.2	6/24/09
Cameron	1:24.5	10/6/05	Marissa	1:27.8	10/6/05	Liver	1:05.8	10/3/07	Meghan	1:09.5	9/29/08
Alec	1:28.1	11/4/04	Tori	1:28.0	1/25/08	Price	1:05.8	6/24/09	Ciara	1:09.5	10/9/09
<b>Boys 6x1 K @ 3 (50 ba d/50 f whip)</b>			<b>Girls 6x1 K @ 3 (50 ba d/50 f whip)</b>			<b>Boys 4 (3 x 50 SWOLF @ 2)</b>			<b>Girls 4 (3 x 50 SWOLF @ 2)</b>		
John	1:29.5	5/19/09	Henry	1:28.8	6/23/08	Scoobs	45	5/21/04	Marissa	51	11/11/04
Kyle	1:35.0	5/17/04	Stroodle	1:36.3	1/31/08	Jason	50	6/28/07	Kasha	53	11/12/08
Evan	1:37.0	10/9/06	Therese	1:36.5	5/19/09	John	50	10/6/08	Henry	54	6/26/08
Jason	1:37.2	5/16/05	PFB	1:36.5	6/30/09	Brando	50	11/12/08	Machina	54	7/3/09
Jacob	1:40.5	5/19/09	Kasha	1:37.2	6/23/08	Jim McC	52	12/18/03	PFB	54	7/3/09
Price	1:41.2	5/19/09	Ciara	1:40.0	5/19/09	Cameron	52	10/21/05	Kyrie	54.5	11/11/04
Cameron	1:41.3	10/14/05	Meghan	1:40.7	10/1/08	Evan	52	6/29/06	Ehuff	55	10/14/09
Cole	1:42.5	10/12/09	Marissa	1:40.8	11/8/04	Brando	52	10/10/07	Kerianne	56	1/25/06
Brando	1:42.7	11/12/07	Machina	1:41.0	5/19/09	Price	53	5/22/09	Stroodle	56	11/12/08
Josh	1:43.3	6/30/09	Kyrie	1:43.5	5/17/04	Jacob	53	10/14/09	LD	57.5	6/29/06