

| <b>Name</b>        | <b># laps on T-30</b> | <b>Avg speed per 100 yds</b> | <b>Immed Pulse in bpm</b> | <b>Pulse in bpm after 1 min</b> | <b>Fast 100 Time</b> | <b>Avg of fast 100 &amp; t-30 speed</b> |
|--------------------|-----------------------|------------------------------|---------------------------|---------------------------------|----------------------|---|
| Ames, Emily        |                       |                              |                           |                                 |                      |   |
| Cassel, Kevin      | 66                    | 1:49.1                       | 150                       | 102                             | 1:14.1               | 1:31.6                                  |
| Cassel, Stephen    | 76.5                  | 1:34.1                       | 114                       | 96                              | 57.9                 | 1:16.0                                  |
| Curran, Sara       |                       |                              |                           |                                 |                      |   |
| Gallagher, Rachel  |                       |                              |                           |                                 |                      |   |
| Gavin, Nick        | 72.5                  | 1:39.3                       | 156                       | 114                             | 1:12.2               | 1:25.8                                  |
| Given, Maggie      | 78.5                  | 1:31.7                       | 102                       | 90                              | 1:14.96              | 1:23.3                                  |
| Handleman, Josh    | 70                    | 1:42.9                       | 156                       | 114                             | 1:11.2               | 1:27.1                                  |
| Henry, Jerome      | 91                    | 1:19.1                       | 144                       | 110                             | 59.01                | 1:09.1                                  |
| Kao, Griffin       |                       |                              |                           |                                 |                      |   |
| Keehn, Robert      |                       |                              |                           |                                 |                      |   |
| Mariette, Michelle | 86                    | 1:23.7                       | 114                       | 102                             | 1:05.65              | 1:14.7                                  |
| McComb, Maddie     |                       |                              |                           |                                 |                      |   |
| McKeon, Grace      | 83                    | 1:26.8                       | 114                       | 102                             | 1:06.81              | 1:16.8                                  |
| Millar, Riccardo   |                       |                              |                           |                                 |                      |   |
| Montenegro, Jake   |                       |                              |                           |                                 |                      |   |
| Montenegro, Sam    | 93.5                  | 1:17.0                       | 96                        | 96                              | 1:01.27              | 1:09.1                                  |
| Niskanen, Gabby    |                       |                              |                           |                                 |                      |   |
| O'Brien, Annie     | 87                    | 1:22.8                       | 144                       | 120                             | 1:03.03              | 1:12.9                                  |
| Pasquier, Andrew   |                       |                              |                           |                                 |                      |   |
| Pasquier, Roxanna  |                       |                              |                           |                                 |                      |   |
| Phillips, Matt     | 82                    | 1:27.8                       | 102                       | 78                              | 1:06.49              | 1:17.1                                  |
| Quain, Ciaran      | 81                    | 1:28.9                       | 102                       | 96                              | 1:07.68              | 1:18.3                                  |
| Reed, Cassandra    |                       |                              |                           |                                 |                      |   |
| Shaw, Devon        | 84                    | 1:25.7                       | 144                       | 144                             | 1:03.32              | 1:14.5                                  |
| Sibson, Zach       | 64.5                  | 1:51.6                       | 150                       | 108                             | 1:16.2               | 1:33.9                                  |
| Stewart, Jordan    | 74.5                  | 1:36.6                       | 60                        | 90                              | 1:12.08              | 1:24.34                                 |
| Szathmary, Steven  |                       |                              |                           |                                 |                      |   |
| Warshaw, Robbie    |                       |                              |                           |                                 |                      |   |
| Wei, Grant         |                       |                              |                           |                                 |                      |   |
| Wolfe, Emily       | 93.5                  | 1:17.0                       | 170                       | 110                             | 1:01.68              | 1:09.3                                  |
| Zalles, Andrew     |                       |                              |                           |                                 |                      |   |

Test: T-30/100 Free; Date: September 15-18, 2012; Results in yards.