

Improvement Report
2018 MD LSC LC Championships
Meet Date: 08/02/2018
Location: St. Mary's City, MD
Report Date: 08/07/2018

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Baca, Emma	13	F	13-14 100 Breast	P	30		1:26.53L	1:25.88L	0.65
			13-14 200 Breast	P	27		3:09.18L	3:08.45L	0.73
Baxter, Lily	12	F	11-12 100 Free	F	7	12.00	1:06.46L	1:08.24L	-1.78
			11-12 50 Fly	P	8		1:06.70L	1:08.24L	-1.54
Bice, Palmer	12	M	11-12 200 Free	P	14		33.66L	34.69L	-1.03
			11-12 200 Free	P	35		2:32.30L	2:28.48L	3.82
			11-12 400 IM	F	19		6:01.44L	6:05.60L	-4.16
			11-12 50 Fly	P	31		35.87L	35.50L	0.37
Cattaneo, Matthew	11	M	11-12 50 Free	P	23		31.07L	31.81L	-0.74
			11-12 100 Back	P	35		1:23.20L	1:21.84L	1.36
			11-12 200 Back	P	22		2:52.15L	2:49.82L	2.33
Corey, Luke	12	M	11-12 100 Breast	P	11		1:32.20L	1:28.22L	3.98
			11-12 100 Fly	P	14		1:16.18L	1:15.58L	0.60
			11-12 100 Free	F			1:10.27LL	1:07.78L	2.49
			11-12 200 Breast	P	11		3:19.79L	3:12.05L	7.74
			11-12 200 Fly	F	4	15.00	2:37.38L	2:37.95L	-0.57
				P	4		2:46.61L	2:37.95L	8.66
			11-12 200 Free	P	11		2:22.94L	2:22.00L	0.94
			11-12 200 IM	P	22		2:49.58L	2:42.64L	6.94
			11-12 400 Free	F	6	13.00	4:54.00L	5:01.67L	-7.67
			11-12 400 IM	F	5	14.00	5:38.72L	5:39.35L	-0.63
Corey, Madelyn	10	F	11-12 50 Fly	P	22		34.86L	34.27L	0.59
			10 & Under 50 Fly	P	28		40.14L	40.95L	-0.81
Cradock, Geoffrey	12	M	11-12 100 Breast	F	6	13.00	1:24.46L	2:03.75L	-39.29
				P	6		1:27.54L	2:03.75L	-36.21
			11-12 100 Free	P	11		1:06.39L	1:31.59L	-25.20
			11-12 200 Breast	F	4	15.00	3:02.18L		
				P	4		3:04.29L		
			11-12 200 Free	P	28		2:28.94L		
			11-12 200 IM	P	29		2:53.39L		
			11-12 400 Free	F	9	9.00	4:58.33L		
			11-12 50 Breast	F	4	15.00	38.11L	1:01.47L	-23.36
				P	4		38.83L	1:01.47L	-22.64
Currie, Tanner	10	M	11-12 50 Fly	P	28		35.53L	52.48L	-16.95
			11-12 50 Free	P	18		30.85L	40.64L	-9.79
			10 & Under 100 Breast	P	17		1:46.60L	1:44.55L	2.05
			10 & Under 100 Free	P	37		1:18.55L	1:17.77L	0.78
			10 & Under 200 Free	P	24		2:47.38L	2:45.03L	2.35

			10 & Under 200 IM	P	28		3:14.53L	3:10.15L	4.38
			10 & Under 400 Free	F	15	2.00	5:42.82L	5:47.65L	-4.83
			10 & Under 50 Back	P	47		43.62L	42.62L	1.00
			10 & Under 50 Free	P	32		35.09L	35.30L	-0.21
Decker, Nathan	12	M	11-12 100 Back	F	2	17.00	1:11.84L	1:15.04L	-3.20
				P	5		1:14.25L	1:15.04L	-0.79
			11-12 100 Free	P	10		1:06.29L	1:04.47L	1.82
			11-12 200 Back	F	5	14.00	2:36.16L	2:37.96L	-1.80
				P	6		2:38.26L	2:37.96L	0.30
			11-12 200 Free	F	6	13.00	2:20.27L	2:19.96L	0.31
				P	7		2:21.09L	2:19.96L	1.13
			11-12 200 IM	P	12		2:43.28L	2:37.02L	6.26
			11-12 400 Free	F	5	14.00	4:52.62L	4:50.08L	2.54
			11-12 50 Back	F	4	15.00	33.76L	35.16L	-1.40
	P	4		34.26L	35.16L	-0.90			
Deitch, Daniella	12	F	11-12 50 Free	P	26		31.31L	30.22L	1.09
			11-12 100 Back	P	19		1:19.47L	1:18.01L	1.46
			11-12 100 Breast	F	5	14.00	1:25.11L	1:23.77L	1.34
				P	5		1:25.84L	1:23.77L	2.07
			11-12 100 Free	F			1:07.43LL	1:08.20L	-0.77
			11-12 200 Free	P	14		2:26.83L	2:24.10L	2.73
			11-12 200 IM	P	11		2:45.88L	2:41.13L	4.75
			11-12 400 Free	F	7	12.00	5:00.88L	5:00.04L	0.84
			11-12 400 IM	F	6	13.00	5:43.97L	5:46.90L	-2.93
			11-12 50 Back	P	31		38.26L	36.87L	1.39
Downing, Tyler	14	M	11-12 50 Breast	P	10		39.97L	38.92L	1.05
			13-14 100 Breast	F	5	14.00	1:14.28L	1:14.15L	0.13
				P	7		1:15.75L	1:14.15L	1.60
			13-14 100 Fly	F	5	14.00	1:04.06L	1:04.15L	-0.09
				P	4		1:04.22L	1:04.15L	0.07
			13-14 200 Back	P	20		2:32.03L	2:32.98L	-0.95
			13-14 200 Breast	F	6	13.00	2:43.23L	2:40.83L	2.40
				P	3		2:44.26L	2:40.83L	3.43
			13-14 200 Fly	F	3	16.00	2:20.47L	2:23.88L	-3.41
				P	7		2:26.08L	2:23.88L	2.20
Eddy, Arthur	10	M	13-14 200 Free	P	24		2:13.01L	2:14.48L	-1.47
			13-14 200 IM	P	9		2:26.50L	2:24.14L	2.36
			13-14 400 IM	F	6	13.00	5:03.36L	5:03.36L	0.00
			10 & Under 50 Free	P	43		36.20L	35.62L	0.58
				P	14		2:22.21L	2:22.19L	0.02
			Open 400 Free	F	10	7.00	4:23.24L	4:28.78L	-5.54
Fitzsimmons, John	15	M	Open 100 Back	P	25		1:07.08L	1:07.06L	0.02
			Open 1500 Free	F	5	14.00	17:17.73L	17:33.89L	-16.16
			Open 200 Back	F	13	4.00	2:20.90L	2:22.19L	-1.29
				P	14		2:22.21L	2:22.19L	0.02

			Open 800 Free	F	8	11.00	9:02.43L	9:14.41L	-11.98
Foulk, Ian	9	M	10 & Under 100 Back	P	31		1:29.85L	1:27.55L	2.30
			10 & Under 100 Free	P	27		1:16.75L	1:13.77L	2.98
			10 & Under 200 Free	P	21		2:45.80L	2:41.46L	4.34
			10 & Under 200 IM	P	18		3:10.87L	3:14.20L	-3.33
			10 & Under 400 Free	F	13	4.00	5:41.36L	5:47.02L	-5.66
			10 & Under 50 Back	P	34		42.28L	40.03L	2.25
			10 & Under 50 Breast	P	15		47.51L	46.05L	1.46
			10 & Under 50 Free	P	25		34.44L	34.18L	0.26
Foulk, William	11	M	11-12 100 Free	P	37		1:10.84L	1:10.66L	0.18
			11-12 200 Free	P	39		2:33.59L	2:34.34L	-0.75
			11-12 400 Free	F	31		5:22.68L	5:20.78L	1.90
Furlow, Tristan	10	M	10 & Under 100 Breast	F	1	20.00	1:25.82L	1:27.70L	-1.88
				P	1		1:26.83L	1:27.70L	-0.87
			10 & Under 100 Fly	F	3	16.00	1:17.18L	1:39.28L	-22.10
				P	4		1:16.67L	1:39.28L	-22.61
			10 & Under 100 Free	F	1	20.00	1:06.37L	1:17.96L	-11.59
				P	2		1:08.64L	1:17.96L	-9.32
			10 & Under 200 Free	F	1	20.00	2:23.54L	2:24.28L	-0.74
				P	1		2:24.58L	2:24.28L	0.30
			10 & Under 200 IM	F	1	20.00	2:41.59L	2:41.27L	0.32
				P	1		2:40.80L	2:41.27L	-0.47
			10 & Under 400 Free	F	1	20.00	4:58.08L		
			10 & Under 50 Breast	F	1	20.00	40.56L	40.66L	-0.10
				P	1		40.20L	40.66L	-0.46
			10 & Under 50 Fly	F	1	20.00	33.02L	37.65L	-4.63
				P	5		34.61L	37.65L	-3.04
			10 & Under 50 Free	F	1	20.00	30.78L	31.27L	-0.49
				P	1		31.92L	31.27L	0.65
Gallaudet, Aspen	12	F	11-12 100 Fly	P	24		1:21.58L	1:21.12L	0.46
			11-12 100 Free	P	42		1:11.05L	1:10.61L	0.44
			11-12 400 Free	F	34		5:33.38L	5:12.40L	20.98
			11-12 400 IM	F	20		6:04.40L	6:08.53L	-4.13
			11-12 50 Fly	P	33		35.30L	35.13L	0.17
Gallaudet, Laurel	17	F	Open 100 Fly	F	13	4.00	1:08.38L	1:05.73L	2.65
				P	13		1:08.31L	1:05.73L	2.58
			Open 200 Fly	F	6	13.00	2:28.89L	2:26.51L	2.38
				P	7		2:29.70L	2:26.51L	3.19
			Open 200 Free	P	39		2:22.89L	2:17.96L	4.93
			Open 50 Free	P	30		30.33L	29.65L	0.68
Golladay, Lillian	14	F	13-14 100 Breast	P	34		1:28.80L	1:26.04L	2.76

			13-14 100 Free	P	34		1:04.71L	1:04.97L	-0.26
			13-14 200 Back	P	40		2:42.60L	2:43.97L	-1.37
			13-14 200 Breast	P	29		3:11.21L	3:07.30L	3.91
			13-14 50 Free	P	21		29.55L	29.20L	0.35
Greene, Andrew	13	M	13-14 100 Free	P	29		1:01.04L	1:02.28L	-1.24
			13-14 200 Free	P	27		2:13.95L	2:17.23L	-3.28
			13-14 200 IM	P	35		2:36.38L	2:36.21L	0.17
			13-14 50 Free	P	22		28.02L	28.41L	-0.39
Hanes, Kohl	9	M	10 & Under 50 Fly	P	28		40.28L	39.92L	0.36
Hartwell, Nyah	15	F	Open 1500 Free	F	16	1.00	19:21.69L	19:04.14L	17.55
			Open 800 Free	F	16	1.00	9:57.63L	10:01.48L	-3.85
Keith, Jonathan	14	M	13-14 100 Breast	P	17		1:18.52L	1:17.67L	0.85
			13-14 100 Free	P	34		1:02.80L	1:02.70L	0.10
			13-14 200 Breast	F	12	5.00	2:47.97L	2:50.61L	-2.64
				P	14		2:51.25L	2:50.61L	0.64
			13-14 200 Free	P	35		2:14.74L	2:13.28L	1.46
			13-14 200 IM	P	20		2:31.00L	2:31.30L	-0.30
			13-14 400 Free	F	23		4:45.41L	4:41.47L	3.94
			13-14 50 Free	P	37		29.08L	28.29L	0.79
McMahon, Kylie	18	F	Open 100 Back	P	17		1:12.24L	1:11.18L	1.06
			Open 100 Fly	F	3	16.00	1:05.21L	1:05.65L	-0.44
				P	6		1:06.21L	1:05.65L	0.56
			Open 100 Free	P	18		1:03.25L	1:02.21L	1.04
			Open 200 Fly	F	3	16.00	2:23.90L	2:27.48L	-3.58
				P	3		2:24.77L	2:27.48L	-2.71
			Open 200 Free	P	27		2:17.41L	2:18.33L	-0.92
			Open 200 IM	F	9	9.00	2:29.00L	2:31.95L	-2.95
				P	9		2:32.16L	2:31.95L	0.21
			Open 400 IM	F	5	14.00	5:17.81L	5:22.56L	-4.75
McQuaid, Liam	10	M	Open 50 Free	P	18		29.30L	28.98L	0.32
			10 & Under 100 Back	F	1	20.00	1:16.26L	1:56.68L	-40.42
				P	1		1:16.75L	1:56.68L	-39.93
			10 & Under 100 Fly	F	2	17.00	1:16.96L		
				P	2		1:16.21L		
			10 & Under 100 Free	F	2	17.00	1:06.66L	1:08.82L	-2.16
				P	1		1:08.13L	1:08.82L	-0.69
			10 & Under 200 Free	F	2	17.00	2:29.44L	2:26.78L	2.66
				P	2		2:26.98L	2:26.78L	0.20
			10 & Under 200 IM	F	2	17.00	2:49.17L	2:50.46L	-1.29
				P	2		2:46.84L	2:50.46L	-3.62
			10 & Under 400 Free	F	2	17.00	5:07.07L		
			10 & Under 50 Back	F	1	20.00	35.86L	36.19L	-0.33
				P	2		37.18L	36.19L	0.99
			10 & Under 50 Fly	F	4	15.00	35.15L		

				P	2		34.19L		
			10 & Under 50 Free	P	10		32.97L	32.00L	0.97
Means, Phillip	17	M	Open 50 Free	P	24		26.72L	26.48L	0.24
Michels, Nadia	12	F	11-12 100 Breast	P	29		1:34.34L	1:33.54L	0.80
			11-12 100 Fly	P	9		1:16.53L	1:17.34L	-0.81
			11-12 100 Free	F	3	16.00	1:04.94L	1:06.45L	-1.51
				P	4		1:05.89L	1:06.45L	-0.56
			11-12 200 Fly	F	5	14.00	2:47.06L	2:52.99L	-5.93
				P	3		2:45.10L	2:52.99L	-7.89
			11-12 200 Free	F	3	16.00	2:21.45L	2:23.40L	-1.95
				P	4		2:24.10L	2:23.40L	0.70
			11-12 200 IM	P	18		2:48.79L	2:48.18L	0.61
			11-12 400 Free	F	6	13.00	5:00.22L	5:04.01L	-3.79
			11-12 50 Fly	P	20		34.29L	33.59L	0.70
			11-12 50 Free	P	12		31.03L	30.47L	0.56
Murphy, Timothy	11	M	11-12 100 Breast	F	5	14.00	1:23.93L	1:25.60L	-1.67
				P	5		1:27.40L	1:25.60L	1.80
			11-12 100 Fly	F	2	17.00	1:07.53L	1:10.53L	-3.00
				P	2		1:09.80L	1:10.53L	-0.73
			11-12 200 Breast	F	3	16.00	2:56.99L	3:04.65L	-7.66
				P	3		3:01.25L	3:04.65L	-3.40
			11-12 200 Fly	F	1	20.00	2:28.64L	2:34.67L	-6.03
				P	2		2:35.93L	2:34.67L	1.26
			11-12 200 Free	F	1	20.00	2:14.77L	2:16.45L	-1.68
				P	2		2:17.72L	2:16.45L	1.27
			11-12 200 IM	F	3	16.00	2:33.80L	2:34.87L	-1.07
				P	3		2:36.51L	2:34.87L	1.64
			11-12 400 Free	F	2	17.00	4:44.14L	4:49.93L	-5.79
			11-12 400 IM	F	2	17.00	5:22.10L	5:31.05L	-8.95
			11-12 50 Fly	F	7	12.00	31.73L	31.81L	-0.08
				P	5		31.74L	31.81L	-0.07
Nolan, Andrew	13	M	13-14 100 Free	F			1:01.30LL	1:01.71L	-0.41
			13-14 200 Free	P	32		2:14.36L	2:15.95L	-1.59
			13-14 200 IM	P	38		2:37.08L	2:35.37L	1.71
			13-14 400 Free	F	29		4:53.11L	4:51.72L	1.39
			13-14 50 Free	P	29		28.39L	28.18L	0.21
Shahani, Rahul	10	M	10 & Under 100 Back	P	29		1:29.57L		
			10 & Under 100 Fly	P	11		1:27.51L		
			10 & Under 100 Free	P	25		1:16.38L		
			10 & Under 200 Free	P	15		2:40.63L		
			10 & Under 200 IM	P	13		3:05.23L		
			10 & Under 400 Free	F	10	7.00	5:30.69L		
			10 & Under 50 Back	P	37		42.94L		
			10 & Under 50 Fly	P	16		38.61L		
			10 & Under 50 Free	P	41		35.85L		

Smiley, Emeline	12	F	11-12 100 Back	F			1:23.11LL	1:23.09L	0.02
			11-12 100 Free	P	40		1:10.80L	1:10.98L	-0.18
			11-12 200 Back	P	26		2:53.59L	2:52.53L	1.06
			11-12 200 Free	P	22		2:28.99L	2:32.78L	-3.79
			11-12 400 Free	F	16	1.00	5:11.47L	5:12.55L	-1.08
Spragg, Benjamin	14	M	13-14 100 Back	F	12	5.00	1:08.34L	1:09.59L	-1.25
				P	14		1:09.09L	1:09.59L	-0.50
			13-14 100 Fly	F	8	11.00	1:05.77L	1:07.85L	-2.08
				P	8		1:05.87L	1:07.85L	-1.98
			13-14 200 Back	F	12	5.00	2:26.14L	2:29.19L	-3.05
				P	14		2:29.67L	2:29.19L	0.48
			13-14 200 Breast	P	18		2:56.36L	2:51.19L	5.17
			13-14 200 IM	F	14	3.00	2:28.08L	2:30.93L	-2.85
				P	16		2:29.52L	2:30.93L	-1.41
			13-14 400 IM	F	19		5:20.46L	5:22.59L	-2.13
			13-14 50 Free	P	33		28.62L	28.01L	0.61
			13-14 800 Free	F	15	2.00	9:44.80L	9:45.37L	-0.57
			Spraul, Katelyn	12	F	11-12 100 Back	F	2	17.00
	P	1					1:13.20L	1:14.60L	-1.40
11-12 100 Free	F	2				17.00	1:03.54L	1:03.86L	-0.32
	P	1					1:04.01L	1:03.86L	0.15
11-12 200 Back	F	3				16.00	2:37.33L	2:37.56L	-0.23
	P	6					2:41.60L	2:37.56L	4.04
11-12 200 Free	F	1				20.00	2:16.84L	2:18.77L	-1.93
	P	1					2:19.57L	2:18.77L	0.80
11-12 200 IM	F	3				16.00	2:39.47L	2:39.37L	0.10
	P	6					2:43.14L	2:39.37L	3.77
11-12 400 Free	F	2				17.00	4:46.43L	4:51.02L	-4.59
11-12 50 Back	F	4				15.00	34.40L	34.92L	-0.52
	P	4					34.77L	34.92L	-0.15
11-12 50 Fly	F	3				16.00	32.45L	32.82L	-0.37
	P	3		32.51L	32.82L	-0.31			
11-12 50 Free	F	3	16.00	29.76L	29.55L	0.21			
	P	2		30.06L	29.55L	0.51			
Wright, Henry	14	M	13-14 100 Back	F			1:16.94LL	1:16.46L	0.48
			13-14 100 Free	P	35		1:03.29L	1:02.62L	0.67
			13-14 50 Free	P	40		29.32L	28.91L	0.41