

SCY PACE CARD			Start 15	Start 25	Pace 25	Turn 10					
			GOAL	:24.19	7.6	11.7	12.5	4.8			
2020 Ladies NCSA Pace SCY	100	FR	BEST								
			GOAL	:52.39	7.7	11.9	25.4	13.5	27.0		
		BK	BEST								
			GOAL	:57.99	8.8	13.7	28.5	14.7	29.5		
		FLY	BEST								
			GOAL	:57.29	8.1	12.8	27.6	14.8	29.6		
	BR	BEST									
		GOAL	1:06.39	9.2	14.7	31.9	17.2	34.4			
	200	200	FR	BEST							
				GOAL	1:52.99	28.7	43.0	57.3	27.0	55.6	
			BK	BEST							
				GOAL	2:05.99	31.7	47.6	63.5	30.7	62.5	
FLY			BEST								
			GOAL	2:06.39	32.1	48.1	64.2	30.1	62.2		
BR		BEST									
		GOAL	2:23.29	36.5	54.8	73.0	33.7	70.2			
DISTANCE		500	BEST								
			GOAL	4:59.99	30.2	1:00.3	1:30.5	28.5	:58.6		
		1000	BEST								
			GOAL	10:15.99	30.9	1:01.8	1:32.7	28.9	:59.8		
	MILE	BEST									
		GOAL	17:12.89	31.4	1:02.7	1:34.1	29.4	1:00.8			

2020 Ladies SCM NCSA Pace Sheet

SCM EVENT	Time	1	2	3	4	5
50 FREE		Start 15m	Start 25m	Pace 25m	Turn 10m	
	:27.19	7.8	13.1	14.1	5.4	
100 FREE		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	:57.99	7.9	13.3	28.2	14.9	29.8
200 FREE		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:04.89	31.6	47.5	1:03.3	29.9	1:01.6
400 FREE		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	4:18.89	32.6	48.9	1:05.1	30.9	1:03.4
800 FREE		Pace 50m	Pace 100m	Pace 150m	Start 50m	
	8:54.99	33.5	1:07.1	1:40.6	31.8	
1500 FREE		Pace 50m	Pace 100m	Pace 150m	Start 50m	
	17:02.59	34.2	1:08.3	1:42.5	32.2	
100 FLY		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	1:03.79	8.4	14.4	30.9	16.4	32.9
200 FLY		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:18.99	35.2	:52.9	1:10.5	33.2	1:08.5
100 BACK		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	1:04.39	9.0	15.3	31.7	16.3	32.7
200 BACK		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:19.79	35.2	:52.8	1:10.4	34.2	1:09.4
100 BREAST		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	1:14.19	9.5	16.7	35.8	19.2	38.3
200 BREAST		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:40.39	40.8	1:01.2	1:21.6	38.0	1:18.8

2020 Ladies SCM SECTIONAL Pace Sheet

SCM EVENT	Time	1	2	3	4	5
50 FREE		Start 15m	Start 25m	Pace 25m	Turn 10m	
	:27.09	7.7	13.1	14.0	5.4	
100 FREE		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	:58.89	8.0	13.5	28.6	15.1	30.2
200 FREE		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:07.69	32.3	48.5	1:04.7	30.6	1:03.0
400 FREE		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	4:29.29	33.9	50.8	1:07.7	32.2	1:06.0
800 FREE		Pace 50m	Pace 100m	Pace 150m	Start 50m	
	9:19.99	35.1	1:10.2	1:45.3	33.4	
1500 FREE		Pace 50m	Pace 100m	Pace 150m	Start 50m	
	17:43.29	35.5	1:11.0	1:46.5	33.5	
100 FLY		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	1:04.99	8.5	14.7	31.5	16.7	33.5
200 FLY		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:25.59	36.9	:55.3	1:13.8	34.9	1:11.8
100 BACK		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	1:05.79	9.2	15.7	32.4	16.7	33.4
200 BACK		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:23.29	36.1	:54.1	1:12.1	35.1	1:11.1
100 BREAST		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	1:15.49	9.7	17.0	36.5	19.5	39.0
200 BREAST		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:44.79	41.9	1:02.8	1:23.8	39.1	1:21.0

2020 Ladies Sectional Pace SCY

SCY PACE CARD			Start 15	Start 25	Pace 25	Turn 10	
#	FR	BEST					
		GOAL	:24.79	7.7	12.0	12.8	5.0
			Start 15	Start 25	Start 50	Pace 25	Pace 50
100	FR	BEST					
		GOAL	:53.09	7.8	12.1	25.7	13.7
	BK	BEST					
		GOAL	:59.29	9.0	14.1	29.1	15.1
	FLY	BEST					
		GOAL	:58.49	8.3	13.1	28.2	15.1
	BR	BEST					
		GOAL	1:08.19	9.5	15.2	32.8	17.7
			Pace 50	Pace 75	Pace 100	Start 50	Start 100
200	FR	BEST					
		GOAL	1:54.99	29.2	43.8	58.3	27.5
	BK	BEST					
		GOAL	2:29.39	37.6	56.4	75.2	36.6
	FLY	BEST					
		GOAL	2:12.09	33.5	50.3	67.0	31.5
	BR	BEST					
		GOAL	2:29.39	38.0	57.1	76.1	35.2
			Pace 50	Pace 100	Pace 150	Start 50	Start 100
DISTANCE	500	BEST					
		GOAL	5:08.79	31.0	1:02.1	1:33.1	29.3
	1000	BEST					
		GOAL	10:38.99	32.0	1:04.1	1:36.1	30.0
	MILE	BEST					
		GOAL	17:49.39	32.5	1:04.9	1:37.4	30.5

200 IM 2:10.69

400 IM 4:38.39

			SCY PACE CARD		Start 15	Start 25	Pace 25	Turn 10	
			#	FR	BEST				
				GOAL	:23.39	7.3	11.3	12.1	4.7
					Start 15	Start 25	Start 50	Pace 25	Pace 50
2020 Ladies Winter JNATS Pace SCY	100	FR	BEST						
			GOAL	:50.69	7.4	11.5	24.5	13.1	26.1
		BK	BEST						
			GOAL	:55.79	8.5	13.2	27.4	14.2	28.4
		FLY	BEST						
			GOAL	:55.39	7.8	12.3	26.7	14.3	28.7
		BR	BEST						
			GOAL	1:03.19	8.6	13.9	30.3	16.4	32.8
					Pace 50	Pace 75	Pace 100	Start 50	Start 100
200	FR	BEST							
		GOAL	1:49.29	27.7	41.6	55.5	26.0	53.8	
	BK	BEST							
		GOAL	2:00.99	30.5	45.7	61.0	29.5	60.0	
	FLY	BEST							
		GOAL	2:02.09	31.0	46.5	62.0	29.0	60.0	
	BR	BEST							
		GOAL	2:18.79	35.4	53.1	70.8	32.6	68.0	
					Pace 50	Pace 100	Pace 150	Start 50	Start 100
DISTANCE	500	BEST							
		GOAL	4:53.09	29.5	:59.0	1:28.4	27.8	:57.3	
	1000	BEST							
		GOAL	10:03.59	30.3	1:00.5	1:30.8	28.3	:58.6	
	MILE	BEST							
		GOAL	16:46.19	30.6	1:01.1	1:31.7	28.6	:59.1	

200 IM 2:02.69
400 IM 4:22.39

2020 Ladies SCM Winter JNATS Pace Sheet

SCM EVENT	Time	1	2	3	4	5
50 FREE		Start 15m	Start 25m	Pace 25m	Turn 10m	
	:25.87	7.4	12.5	13.4	5.2	
100 FREE		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	:56.29	7.6	12.9	27.3	14.5	28.9
200 FREE		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:01.54	30.8	46.2	1:01.6	29.1	:59.9
400 FREE		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	4:13.10	31.9	47.8	1:03.7	30.2	1:02.0
800 FREE		Pace 50m	Pace 100m	Pace 150m	Start 50m	
	8:43.49	32.8	1:05.6	1:38.5	31.1	
1500 FREE		Pace 50m	Pace 100m	Pace 150m	Start 50m	
	16:33.29	33.2	1:06.4	1:39.5	31.2	
100 FLY		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	1:01.34	8.0	13.8	29.7	15.8	31.7
200 FLY		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:14.89	34.2	:51.3	1:08.4	32.2	1:06.4
100 BACK		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	1:01.23	8.5	14.6	30.1	15.6	31.1
200 BACK		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:13.99	33.7	:50.6	1:07.5	32.7	1:06.5
100 BREAST		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	1:10.45	8.9	15.7	34.0	18.2	36.5
200 BREAST		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:34.30	39.3	:58.9	1:18.6	36.5	1:15.8

200 IM 2:15.78
 400 IM 4:51.56