

Improvements Report

Team Name	Phoenix Aquatic Club
Meet Name	2017 NBAC 44th Annual Christma
Meet Date	12/07/2017
Meet Location	St. Mary's City, MD
Baseline Time Range	04/01/2017 - 12/13/2017
Report Date	12/13/2017

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Getsos, Dahlia	16	F	Open 100 Back	P	23		1:04.31Y	1:07.57Y	-3.26 (-4.82%)
			Open 100 Fly	P	42		1:07.68Y		
			Open 100 Free	P	50		58.18Y	1:02.04Y	-3.86 (-6.22%)
			Open 200 Back	P	25		2:19.71Y	2:24.78Y	-5.07 (-3.50%)
			Open 200 Free	P	48		2:05.75Y	2:14.41Y	-8.66 (-6.44%)
			Open 200 IM	P	49		2:23.96Y	2:30.71Y	-6.75 (-4.48%)
			Open 400 IM	F	35		5:11.97Y		
			Open 50 Free	P	36		27.01Y	28.12Y	-1.11 (-3.95%)
Gioia, Meredith	17	F	Open 100 Back	F	12	5.00	1:00.94Y	1:02.37Y	-1.43 (-2.29%)
				P	9		1:00.99Y	1:02.37Y	-1.38 (-2.21%)
			Open 100 Breast	P	25		1:12.88Y	1:18.30Y	-5.42 (-6.92%)
			Open 100 Fly	P	22		1:02.55Y	1:04.93Y	-2.38 (-3.67%)
			Open 100 Free	P	53		58.53Y	1:00.26Y	-1.73 (-2.87%)
			Open 200 Back	P	23		2:17.20Y	2:23.11Y	-5.91 (-4.13%)
			Open 200 Free	P	46		2:05.42Y	2:11.65Y	-6.23 (-4.73%)
			Open 200 IM	P	31		2:17.80Y		
Griffenkranz, Sean	18	M	Open 100 Fly	P	10		54.32Y	54.95Y	-0.63 (-1.15%)
			Open 100 Free	P	11		48.89Y	49.77Y	-0.88 (-1.77%)
			Open 200 Free	F	6	13.00	1:43.42Y	1:58.18Y	-14.76 (-12.49%)
				P	5		1:43.92Y	1:58.18Y	-14.26 (-12.07%)
			Open 200 IM	F	5	14.00	1:55.76Y	2:08.15Y	-12.39 (-9.67%)
				P	8		1:58.72Y	2:08.15Y	-9.43 (-7.36%)
			Open 400 IM	F	7	12.00	4:11.13Y	4:35.29Y	-24.16 (-8.78%)
			Open 50 Free	F	9	9.00	22.55Y	23.39Y	-0.84 (-3.59%)
Hall, Katelyn	17	F		P	11		22.91Y	23.39Y	-0.48 (-2.05%)
			Open 500 Free	F	4	15.00	4:41.67Y	4:47.39Y	-5.72 (-1.99%)
			Open 100 Breast	P	27		1:13.59Y	1:17.34Y	-3.75 (-4.85%)
			Open 100 Fly	P	36		1:05.50Y	1:08.75Y	-3.25 (-4.73%)
			Open 100 Free	P	56		58.75Y	1:01.63Y	-2.88 (-4.67%)
			Open 200 Back	P	35		2:31.83Y	2:33.59Y	-1.76 (-1.15%)
			Open 200 Breast	P	28		2:45.94Y	2:52.91Y	-6.97 (-4.03%)
			Open 200 Free	P	56		2:07.90Y	2:12.61Y	-4.71 (-3.55%)
Jun, Yongchan	17	M	Open 200 IM	P	45		2:22.39Y	2:34.10Y	-11.71 (-7.60%)
			Open 50 Free	P	29		26.26Y	27.16Y	-0.90 (-3.31%)
			Open 100 Back	F	15	2.00	57.19Y	58.43Y	-1.24 (-2.12%)
				P	15		57.17Y	58.43Y	-1.26 (-2.16%)
			Open 100 Fly	P	13		54.84Y	56.25Y	-1.41 (-2.51%)
			Open 100 Free	P	16		49.42Y	49.06Y	0.36 (0.73%)
			Open 200 Fly	P	6		1:59.03Y	1:59.43Y	-0.40 (-0.33%)
			Open 200 Free	F	16	1.00	1:47.39Y	1:51.72Y	-4.33 (-3.88%)
				P	15		1:46.74Y	1:51.72Y	-4.98 (-4.46%)
			Open 400 IM	F	15	2.00	4:21.52Y	4:31.34Y	-9.82 (-3.62%)
			Open 50 Free	F	11	6.00	22.79Y	23.30Y	-0.51 (-2.19%)

				P	18		23.37Y	23.30Y	0.07 (0.30%)
Kim, Christopher	15	M	Open 100 Breast	F	12	5.00	1:04.81Y	1:06.21Y	-1.40 (-2.11%)
				P	16		1:07.18Y	1:06.21Y	0.97 (1.47%)
			Open 100 Fly	P	40		1:02.50Y	1:02.69Y	-0.19 (-0.30%)
			Open 100 Free	P	56		55.78Y	55.63Y	0.15 (0.27%)
			Open 200 Back	P	29		2:24.02Y	2:27.12Y	-3.10 (-2.11%)
			Open 200 Breast	F	12	5.00	2:22.04Y	2:24.86Y	-2.82 (-1.95%)
				P	13		2:23.86Y	2:24.86Y	-1.00 (-0.69%)
			Open 200 Free	P	57		2:04.22Y	2:04.75Y	-0.53 (-0.42%)
			Open 200 IM	P	42		2:15.21Y	2:19.02Y	-3.81 (-2.74%)
			Open 500 Free	F	31		5:30.18Y	5:38.86Y	-8.68 (-2.56%)
Kim, John	14	M	13-14 100 Breast	P	18		1:12.58Y	1:13.21Y	-0.63 (-0.86%)
			13-14 100 Fly	P	20		1:06.61Y	1:07.56Y	-0.95 (-1.41%)
			13-14 100 Free	P	32		58.15Y	57.81Y	0.34 (0.59%)
			13-14 200 Breast	F	14	3.00	2:35.28Y	2:42.60Y	-7.32 (-4.50%)
				P	13		2:37.42Y	2:42.60Y	-5.18 (-3.19%)
			13-14 200 Fly	P	17		2:26.56Y		
			13-14 200 Free	P	36		2:07.30Y	2:08.82Y	-1.52 (-1.18%)
			13-14 200 IM	P	27		2:21.52Y	2:22.74Y	-1.22 (-0.85%)
			13-14 500 Free	F	22		5:38.15Y	5:49.09Y	-10.94 (-3.13%)
Kim, William	14	M	13-14 100 Breast	F	10	7.00	1:09.24Y	1:12.77Y	-3.53 (-4.85%)
				P	13		1:11.18Y	1:12.77Y	-1.59 (-2.18%)
			13-14 100 Fly	P	28		1:10.49Y	1:08.42Y	2.07 (3.03%)
			13-14 100 Free	P	27		57.09Y	57.20Y	-0.11 (-0.19%)
			13-14 200 Back	P	21		2:20.86Y		
			13-14 200 Breast	F	10	7.00	2:30.27Y	2:35.04Y	-4.77 (-3.08%)
				P	11		2:34.96Y	2:35.04Y	-0.08 (-0.05%)
			13-14 200 Free	P	25		2:03.42Y	2:05.53Y	-2.11 (-1.68%)
			13-14 200 IM	P	24		2:19.14Y	2:21.86Y	-2.72 (-1.92%)
			13-14 50 Free	P	17		25.96Y	25.77Y	0.19 (0.74%)
Maretic, Matthew	17	M	Open 100 Breast	F	6	13.00	1:01.35Y	1:04.81Y	-3.46 (-5.34%)
				P	7		1:02.79Y	1:04.81Y	-2.02 (-3.12%)
			Open 100 Fly	P	12		54.37Y	56.93Y	-2.56 (-4.50%)
			Open 100 Free	P	6		48.26Y	50.30Y	-2.04 (-4.06%)
			Open 200 Back	P	27		2:14.89Y	2:19.50Y	-4.61 (-3.30%)
			Open 200 Free	F	11	6.00	1:45.14Y	1:51.34Y	-6.20 (-5.57%)
				P	11		1:44.92Y	1:51.34Y	-6.42 (-5.77%)
			Open 200 IM	P	17		2:02.99Y	2:15.82Y	-12.83 (-9.45%)
			Open 50 Free	F	8	11.00	22.27Y	23.00Y	-0.73 (-3.17%)
				P	8		22.44Y	23.00Y	-0.56 (-2.43%)
Marzano, Haleigh	16	F	Open 100 Back	F	13	4.00	1:00.95Y	1:02.94Y	-1.99 (-3.16%)
				P	13		1:01.44Y	1:02.94Y	-1.50 (-2.38%)
			Open 100 Breast	F	6	13.00	1:07.29Y	1:12.89Y	-5.60 (-7.68%)
				P	5		1:07.06Y	1:12.89Y	-5.83 (-8.00%)
			Open 100 Fly	P	21		1:02.03Y	1:02.86Y	-0.83 (-1.32%)
			Open 100 Free	P	18		54.83Y	57.79Y	-2.96 (-5.12%)
			Open 200 Back	P	16		2:12.23Y	2:17.92Y	-5.69 (-4.13%)
			Open 200 Breast	F	11	6.00	2:27.59Y	2:35.98Y	-8.39 (-5.38%)
				P	11		2:29.76Y	2:35.98Y	-6.22 (-3.99%)
			Open 200 Free	P	32		2:01.22Y	2:06.39Y	-5.17 (-4.09%)
			Open 200 IM	P	20		2:13.80Y	2:17.79Y	-3.99 (-2.90%)
Marzano, Tyler	14	M	13-14 100 Breast	F	11	6.00	1:09.60Y	1:12.81Y	-3.21 (-4.41%)
				P	10		1:10.33Y	1:12.81Y	-2.48 (-3.41%)
			13-14 100 Fly	P	27		1:08.90Y	1:08.70Y	0.20 (0.29%)
			13-14 100 Free	P	21		55.84Y	56.88Y	-1.04 (-1.83%)
			13-14 200 Back	P	24		2:22.96Y	2:30.04Y	-7.08 (-4.72%)

			13-14 200 Breast	F	13	4.00	2:35.25Y	2:38.28Y	-3.03 (-1.91%)
				P	14		2:38.79Y	2:38.28Y	0.51 (0.32%)
			13-14 200 Free	P	32		2:05.20Y	2:05.57Y	-0.37 (-0.29%)
			13-14 200 IM	P	28		2:22.16Y	2:26.22Y	-4.06 (-2.78%)
			13-14 50 Free	F	14	3.00	25.14Y	25.41Y	-0.27 (-1.06%)
				P	13		25.24Y	25.41Y	-0.17 (-0.67%)
Mcdonough, Madison	16	F	Open 100 Back	F	4	15.00	56.15Y	58.62Y	-2.47 (-4.21%)
				P	5		59.67Y	58.62Y	1.05 (1.79%)
			Open 100 Breast	F	13	4.00	1:08.75Y	1:10.57Y	-1.82 (-2.58%)
				P	12		1:08.78Y	1:10.57Y	-1.79 (-2.54%)
			Open 100 Fly	F	9	9.00	58.85Y	1:05.82Y	-6.97 (-10.59%)
				P	9		59.07Y	1:05.82Y	-6.75 (-10.26%)
			Open 100 Free	F			55.91Y	54.96Y	0.95 (1.73%)
			Open 200 Back	P	8		2:07.10Y	2:02.87Y	4.23 (3.44%)
			Open 200 IM	F	9	9.00	2:07.63Y	2:11.45Y	-3.82 (-2.91%)
				P	12		2:12.11Y	2:11.45Y	0.66 (0.50%)
			Open 400 IM	F	7	12.00	4:32.90Y	4:48.79Y	-15.89 (-5.50%)
			Open 50 Free	F	12	5.00	25.07Y	26.47Y	-1.40 (-5.29%)
				P	17		25.49Y	26.47Y	-0.98 (-3.70%)
Negast, Taylor	14	F	13-14 100 Back	P	27		1:06.59Y	1:08.67Y	-2.08 (-3.03%)
			13-14 100 Fly	P	25		1:06.56Y	1:07.07Y	-0.51 (-0.76%)
			13-14 100 Free	P	43		1:01.03Y	1:02.22Y	-1.19 (-1.91%)
			13-14 200 Fly	P	23		2:29.58Y	2:31.53Y	-1.95 (-1.29%)
			13-14 200 Free	P	37		2:12.59Y	2:13.08Y	-0.49 (-0.37%)
			13-14 50 Free	P	28		28.08Y	28.67Y	-0.59 (-2.06%)
			13-14 500 Free	F	13	4.00	5:49.15Y		
Rose, Alexander	14	M	13-14 100 Back	F	8	11.00	58.60Y	1:00.74Y	-2.14 (-3.52%)
				P	7		59.14Y	1:00.74Y	-1.60 (-2.63%)
			13-14 100 Fly	F	12	5.00	1:00.90Y	1:01.59Y	-0.69 (-1.12%)
				P	11		1:00.55Y	1:01.59Y	-1.04 (-1.69%)
			13-14 100 Free	F			52.88Y	54.47Y	-1.59 (-2.92%)
			13-14 200 Back	P	10		2:09.24Y	2:12.72Y	-3.48 (-2.62%)
			13-14 200 Free	F	14	3.00	1:55.34Y	1:59.92Y	-4.58 (-3.82%)
				P	14		1:56.20Y	1:59.92Y	-3.72 (-3.10%)
			13-14 200 IM	F	14	3.00	2:11.67Y	2:18.22Y	-6.55 (-4.74%)
				P	15		2:13.27Y	2:18.22Y	-4.95 (-3.58%)
			13-14 400 IM	F	18		4:46.83Y	4:53.18Y	-6.35 (-2.17%)
			13-14 500 Free	F	11	6.00	5:17.59Y	5:24.00Y	-6.41 (-1.98%)
Rose, Benjamin	16	M	Open 100 Back	F	11	6.00	55.25Y	57.85Y	-2.60 (-4.49%)
				P	14		57.07Y	57.85Y	-0.78 (-1.35%)
			Open 100 Fly	P	38		1:01.48Y	1:01.04Y	0.44 (0.72%)
			Open 100 Free	P	46		53.16Y	53.92Y	-0.76 (-1.41%)
			Open 200 Back	P	6		1:59.39Y	2:02.84Y	-3.45 (-2.81%)
			Open 200 Free	P	49		1:56.87Y	1:54.89Y	1.98 (1.72%)
			Open 200 IM	P	27		2:07.14Y	2:07.30Y	-0.16 (-0.13%)
			Open 400 IM	F	21		4:33.18Y	4:38.25Y	-5.07 (-1.82%)
			Open 500 Free	F	30		5:16.31Y	5:21.37Y	-5.06 (-1.57%)
Sampath, Kristyn	16	F	Open 100 Back	P	34		1:08.32Y	1:11.59Y	-3.27 (-4.57%)
			Open 100 Fly	P	51		1:12.45Y	1:13.53Y	-1.08 (-1.47%)
			Open 100 Free	P	63		1:00.01Y		
			Open 200 Back	P	33		2:29.07Y		
			Open 200 Free	P	57		2:08.99Y	2:14.99Y	-6.00 (-4.44%)
			Open 200 IM	P	54		2:28.81Y	2:35.42Y	-6.61 (-4.25%)
			Open 400 IM	F	36		5:19.80Y	5:26.88Y	-7.08 (-2.17%)
			Open 50 Free	P	47		27.72Y	28.16Y	-0.44 (-1.56%)
Shaw, Danielle	17	F	15 & Over 1000 Free	F	10	7.00	11:50.76Y		
			15 & Over 1650 Free	F	15	2.00	19:41.65Y		

			Open 100 Back	P	37		1:12.07Y	1:13.22Y	-1.15 (-1.57%)
			Open 100 Fly	P	49		1:10.74Y	1:14.32Y	-3.58 (-4.82%)
			Open 100 Free	P	66		1:02.70Y	1:01.46Y	1.24 (2.02%)
			Open 200 Free	P	60		2:12.35Y	2:14.33Y	-1.98 (-1.47%)
			Open 200 IM	P	57		2:37.37Y	2:39.57Y	-2.20 (-1.38%)
			Open 500 Free	F	31		5:47.29Y	6:05.79Y	-18.50 (-5.06%)
Sobocinski, Alexandra	17	F	Open 100 Back	P	22		1:03.99Y	1:06.58Y	-2.59 (-3.89%)
			Open 100 Breast	P	31		1:14.25Y	1:15.45Y	-1.20 (-1.59%)
			Open 100 Fly	P	29		1:03.82Y	1:04.23Y	-0.41 (-0.64%)
			Open 100 Free	P	65		1:00.93Y	59.50Y	1.43 (2.40%)
			Open 200 Back	P	29		2:22.16Y	2:23.64Y	-1.48 (-1.03%)
			Open 200 IM	P	46		2:23.12Y	2:23.79Y	-0.67 (-0.47%)
			Open 400 IM	F	30		5:00.80Y	5:08.84Y	-8.04 (-2.60%)
			Open 50 Free	P	42		27.20Y	27.84Y	-0.64 (-2.30%)
Stangeby, Jon-Christian	16	M	Open 100 Back	P	21		58.65Y	1:00.68Y	-2.03 (-3.35%)
			Open 100 Breast	P	25		1:14.19Y	1:13.20Y	0.99 (1.35%)
			Open 100 Fly	F	12	5.00	54.47Y	57.92Y	-3.45 (-5.96%)
				P	14		54.98Y	57.92Y	-2.94 (-5.08%)
			Open 100 Free	P	34		51.88Y	52.90Y	-1.02 (-1.93%)
			Open 200 Back	P	22		2:11.48Y	2:15.44Y	-3.96 (-2.92%)
			Open 200 Free	P	50		1:57.16Y	2:00.95Y	-3.79 (-3.13%)
			Open 50 Free	P	19		23.37Y	24.79Y	-1.42 (-5.73%)
Tallides, Eleni	13	F	13-14 100 Breast	P	17		1:14.06Y	1:14.85Y	-0.79 (-1.06%)
			13-14 100 Fly	P	29		1:07.45Y	1:09.34Y	-1.89 (-2.73%)
			13-14 100 Free	P	39		59.68Y	1:00.36Y	-0.68 (-1.13%)
			13-14 200 Breast	F	12	5.00	2:38.47Y	2:39.85Y	-1.38 (-0.86%)
				P	12		2:41.58Y	2:39.85Y	1.73 (1.08%)
			13-14 200 Fly	P	25		2:33.18Y		
			13-14 200 Free	P	38		2:13.16Y	2:10.83Y	2.33 (1.78%)
			13-14 200 IM	P	34		2:24.57Y	2:29.00Y	-4.43 (-2.97%)
			13-14 50 Free	P	23		27.21Y	27.39Y	-0.18 (-0.66%)
			Open 100 Free	F			58.73Y	1:00.36Y	-1.63 (-2.70%)
Tobia, Phiona	17	F	Open 100 Breast	P	35		1:15.78Y		
			Open 100 Free	P	64		1:00.78Y		
			Open 200 Breast	P	29		2:48.21Y		
			Open 200 Free	P	59		2:11.96Y		
			Open 50 Free	P	46		27.70Y		
Tritter, Ellis	11	M	11-12 100 Free	P	21		1:26.43Y	1:20.71Y	5.72 (7.09%)
			11-12 200 Breast	F	14	3.00	3:34.79Y		
			11-12 50 Back	P	25		44.91Y	44.73Y	0.18 (0.40%)
			11-12 50 Breast	P	18		46.30Y	46.47Y	-0.17 (-0.37%)
			11-12 50 Free	P	22		36.30Y	36.42Y	-0.12 (-0.33%)
Tritter, Hudson	15	M	Open 100 Back	F	2	17.00	51.97Y	54.11Y	-2.14 (-3.95%)
				P	3		53.20Y	54.11Y	-0.91 (-1.68%)
			Open 100 Fly	F	9	9.00	51.93Y	55.31Y	-3.38 (-6.11%)
				P	9		54.00Y	55.31Y	-1.31 (-2.37%)
			Open 100 Free	F	10	7.00	48.13Y	51.07Y	-2.94 (-5.76%)
				P	12		49.03Y	51.07Y	-2.04 (-3.99%)
			Open 200 Back	P	10		1:59.98Y	1:59.56Y	0.42 (0.35%)
			Open 200 Fly	F	10	7.00	2:00.22Y	2:05.53Y	-5.31 (-4.23%)
				P	17		2:07.05Y	2:05.53Y	1.52 (1.21%)
			Open 200 Free	P	26		1:48.88Y	1:51.92Y	-3.04 (-2.72%)
			Open 200 IM	P	14		2:01.84Y	2:08.28Y	-6.44 (-5.02%)
			Open 400 IM	F	19		4:31.51Y	4:34.09Y	-2.58 (-0.94%)
Yoo, Kaitlyn	16	F	Open 100 Back	P	36		1:09.65Y	1:09.02Y	0.63 (0.91%)
			Open 100 Fly	P	20		1:01.90Y	1:02.32Y	-0.42 (-0.67%)

		Open 100 Free	P	23	55.22Y	56.61Y	-1.39 (-2.46%)
		Open 200 Fly	P	14	2:16.96Y	2:23.75Y	-6.79 (-4.72%)
		Open 200 Free	P	39	2:03.50Y	2:03.58Y	-0.08 (-0.06%)
		Open 50 Free	P	37	27.04Y	26.39Y	0.65 (2.46%)
		Open 500 Free	F	21	5:28.75Y	5:39.40Y	-10.65 (-3.14%)