

# Improvements Report

<b>Team Name</b>	Phoenix Aquatic Club
<b>Meet Name</b>	2017 MR NCAC Fourth Sprint Mee
<b>Meet Date</b>	12/17/2017
<b>Meet Location</b>	YONKERS, NC
<b>Report Date</b>	01/17/2018

<b>Athlete Name</b>	<b>Age</b>	<b>Gen</b>	<b>Event</b>	<b>P/F/T</b>	<b>Place</b>	<b>Points</b>	<b>Time</b>	<b>Base Line</b>	<b>Improvement</b>
<b>Argueta, Celine</b>	10	F	12 & Under 100 IM	F	24		2:02.69Y	1:56.19Y	6.50 (5.59%)
			12 & Under 50 Back	F	26		57.31Y	56.06Y	1.25 (2.23%)
			12 & Under 50 Breast	F	19		1:02.16Y	1:00.46Y	1.70 (2.81%)
			12 & Under 50 Free	F	34		46.45Y	43.41Y	3.04 (7.00%)
<b>Argueta, Kirsten</b>	14	F	13 & Over 100 Back	F	28		1:31.42Y	1:29.73Y	1.69 (1.88%)
			13 & Over 100 Breast	F	24		1:52.01Y	1:55.27Y	-3.26 (-2.83%)
			13 & Over 100 Fly	F	17		1:47.94Y	1:38.53Y	9.41 (9.55%)
			13 & Over 100 Free	F	35		1:14.45Y	1:12.52Y	1.93 (2.66%)
			13 & Over 200 IM	F	15		3:19.52Y	3:07.43Y	12.09 (6.45%)
<b>Bednarz, Aiden</b>	10	M	12 & Under 100 IM	F	38		1:49.44Y		
			12 & Under 50 Back	F	49		52.60Y	50.11Y	2.49 (4.97%)
			12 & Under 50 Free	F	58		45.31Y	41.28Y	4.03 (9.76%)
<b>Christensen, Patricia</b>	16	F	13 & Over 100 Back	F	8		1:08.90Y		
			13 & Over 100 Breast	F	4		1:14.70Y		
			13 & Over 100 Fly	F	5		1:06.23Y	1:05.24Y	0.99 (1.52%)
			13 & Over 100 Free	F	12		59.50Y	1:00.37Y	-0.87 (-1.44%)
			13 & Over 200 IM	F	3		2:30.73Y	2:25.71Y	5.02 (3.45%)
<b>Conti, Gabriella</b>	13	F	13 & Over 100 Back	F	18		1:14.40Y	1:12.68Y	1.72 (2.37%)
			13 & Over 100 Breast	F	13		1:20.92Y	1:20.36Y	0.56 (0.70%)
			13 & Over 100 Free	F	19		1:02.78Y	1:02.76Y	0.02 (0.03%)
			13 & Over 200 IM	F	6		2:32.63Y	2:32.57Y	0.06 (0.04%)
<b>Finley, Michael</b>	14	M	13 & Over 100 Breast	F	3		1:12.15Y	1:12.66Y	-0.51 (-0.70%)
			13 & Over 100 Fly	F	13		1:06.55Y	1:02.37Y	4.18 (6.70%)
			13 & Over 100 Free	F	11		55.59Y	55.38Y	0.21 (0.38%)
			13 & Over 200 IM	F	8		2:20.44Y	2:16.35Y	4.09 (3.00%)
<b>Flynn, Grace</b>	15	F	13 & Over 100 Back	F	2		1:02.01Y	1:02.16Y	-0.15 (-0.24%)
			13 & Over 100 Breast	F	9		1:18.79Y		
			13 & Over 100 Free	F	7		58.06Y	57.50Y	0.56 (0.97%)
<b>Gatto, Robert</b>	13	M	13 & Over 100 Back	F	21		1:12.22Y	1:08.73Y	3.49 (5.08%)
			13 & Over 100 Breast	F	21		1:28.31Y	1:25.99Y	2.32 (2.70%)
			13 & Over 100 Fly	F	14		1:10.43Y	1:04.79Y	5.64 (8.71%)
			13 & Over 100 Free	F	20		59.03Y	57.87Y	1.16 (2.00%)
			13 & Over 200 IM	F	19		2:36.67Y	2:31.32Y	5.35 (3.54%)
<b>Genco, Olivia</b>	15	F	13 & Over 100 Back	F	19		1:15.27Y	1:16.84Y	-1.57 (-2.04%)
			13 & Over 100 Breast	F	19		1:34.13Y		
			13 & Over 100 Fly	F	13		1:20.29Y	1:18.89Y	1.40 (1.77%)
			13 & Over 100 Free	F	31		1:07.67Y	1:07.61Y	0.06 (0.09%)
			13 & Over 200 IM	F	12		2:51.53Y		
<b>Gioia, Meredith</b>	18	F	13 & Over 100 Breast	F	8		1:17.59Y	1:12.88Y	4.71 (6.46%)
			13 & Over 100 Fly	F	4		1:05.20Y	1:02.55Y	2.65 (4.24%)
			13 & Over 100 Free	F	8		58.07Y	56.61Y	1.46 (2.58%)
<b>Gordinier, Peter, Jr.</b>	17	M	13 & Over 100 Breast	F	2		1:06.68Y	1:06.66Y	0.02 (0.03%)
			13 & Over 100 Fly	F	6		1:01.31Y	1:00.79Y	0.52 (0.86%)
			13 & Over 100 Free	F	2		50.86Y	50.60Y	0.26 (0.51%)
			13 & Over 200 IM	F	4		2:15.39Y	2:11.09Y	4.30 (3.28%)

<b>Guindine, Geoffrey</b>	13	M	13 & Over 100 Back	F	7	1:03.03Y		
			13 & Over 100 Free	F	7	53.68Y	53.76Y	-0.08 (-0.15%)
			13 & Over 200 IM	F	3	2:11.21Y		
<b>JEOUNG, GENE</b>	14	M	13 & Over 100 Back	F	17	1:09.06Y	1:07.81Y	1.25 (1.84%)
			13 & Over 100 Breast	F	13	1:21.19Y	1:16.05Y	5.14 (6.76%)
			13 & Over 100 Free	F	24	1:00.68Y	59.44Y	1.24 (2.09%)
			13 & Over 200 IM	F	16	2:30.18Y	2:28.02Y	2.16 (1.46%)
<b>Karpenko, Dennis</b>	13	M	13 & Over 100 Back	F	13	1:06.40Y	1:05.93Y	0.47 (0.71%)
			13 & Over 100 Breast	F	11	1:20.48Y		
			13 & Over 100 Free	F	12	56.56Y	56.01Y	0.55 (0.98%)
			13 & Over 200 IM	F	14	2:28.48Y	2:28.59Y	-0.11 (-0.07%)
<b>Karpenko, Stefan</b>	8	M	12 & Under 50 Back	F	52	54.70Y	54.46Y	0.24 (0.44%)
			12 & Under 50 Breast	F	38	1:02.68Y	1:07.14Y	-4.46 (-6.64%)
			12 & Under 50 Free	F	60	46.11Y	53.72Y	-7.61 (-14.17%)
<b>Khassanov, Tyler</b>	9	M	12 & Under 50 Back	F	46	48.44Y	46.62Y	1.82 (3.90%)
			12 & Under 50 Fly	F	37	1:02.54Y		
			12 & Under 50 Free	F	55	42.31Y	41.38Y	0.93 (2.25%)
<b>Kim, Elijah</b>	8	M	12 & Under 100 IM	F	39	1:55.53Y		
			12 & Under 50 Back	F	47	51.19Y	50.88Y	0.31 (0.61%)
			12 & Under 50 Free	F	51	40.08Y	38.74Y	1.34 (3.46%)
<b>Kim, Gianluca</b>	6	M	12 & Under 50 Back	F	58	1:01.28Y	1:07.90Y	-6.62 (-9.75%)
			12 & Under 50 Free	F	66	55.08Y	59.66Y	-4.58 (-7.68%)
<b>Kim, John</b>	14	M	13 & Over 100 Back	F	14	1:06.41Y	1:06.26Y	0.15 (0.23%)
			13 & Over 100 Breast	F	4	1:12.22Y	1:10.69Y	1.53 (2.16%)
			13 & Over 100 Free	F	17	57.61Y	56.77Y	0.84 (1.48%)
			13 & Over 200 IM	F	13	2:27.83Y	2:21.52Y	6.31 (4.46%)
<b>Kolesnikov, Nicholas</b>	12	M	12 & Under 100 IM	F	19	1:27.44Y	1:24.69Y	2.75 (3.25%)
			12 & Under 50 Back	F	16	37.21Y	37.14Y	0.07 (0.19%)
			12 & Under 50 Breast	F	21	46.05Y	44.77Y	1.28 (2.86%)
			12 & Under 50 Fly	F	28	44.15Y	43.57Y	0.58 (1.33%)
			12 & Under 50 Free	F	30	33.64Y	33.84Y	-0.20 (-0.59%)
<b>Lee, Michelle</b>	14	F	13 & Over 100 Back	F	13	1:11.03Y	1:11.32Y	-0.29 (-0.41%)
			13 & Over 100 Breast	F	3	1:13.53Y	1:13.23Y	0.30 (0.41%)
			13 & Over 100 Free	F	15	1:00.86Y	1:00.31Y	0.55 (0.91%)
<b>Lyubman, Eric</b>	7	M	12 & Under 50 Back	F	56	57.73Y	52.31Y	5.42 (10.36%)
			12 & Under 50 Breast	F	39	1:08.55Y	1:06.25Y	2.30 (3.47%)
			12 & Under 50 Fly	F	36	58.86Y	59.45Y	-0.59 (-0.99%)
			12 & Under 50 Free	F	61	47.72Y	44.17Y	3.55 (8.04%)
<b>Lyubman, Ron</b>	11	M	12 & Under 100 IM	F	11	1:16.30Y	1:16.54Y	-0.24 (-0.31%)
			12 & Under 50 Back	F	14	36.33Y	34.87Y	1.46 (4.19%)
			12 & Under 50 Breast	F	6	38.51Y	39.52Y	-1.01 (-2.56%)
			12 & Under 50 Fly	F	11	34.19Y	33.49Y	0.70 (2.09%)
			12 & Under 50 Free	F	13	29.73Y	29.76Y	-0.03 (-0.10%)
<b>Lyubman, Samuel</b>	14	M	13 & Over 100 Breast	F	14	1:22.61Y	1:21.06Y	1.55 (1.91%)
			13 & Over 100 Fly	F	10	1:03.72Y	1:01.66Y	2.06 (3.34%)
			13 & Over 100 Free	F	19	59.00Y	58.27Y	0.73 (1.25%)
			13 & Over 200 IM	F	15	2:29.68Y	2:30.60Y	-0.92 (-0.61%)
<b>Maretic, Matthew</b>	17	M	13 & Over 100 Back	F	5	1:01.03Y	1:02.03Y	-1.00 (-1.61%)
			13 & Over 100 Breast	F	1	1:05.75Y	1:01.35Y	4.40 (7.17%)
			13 & Over 100 Fly	F	3	56.91Y	54.37Y	2.54 (4.67%)
			13 & Over 100 Free	F	1	49.98Y	48.26Y	1.72 (3.56%)
<b>Martinko, John</b>	10	M	12 & Under 50 Back	F	59	1:05.66Y	1:02.71Y	2.95 (4.70%)
			12 & Under 50 Breast	F	42	1:11.32Y	1:09.29Y	2.03 (2.93%)
			12 & Under 50 Free	F	67	55.26Y	57.53Y	-2.27 (-3.95%)
<b>Martinko, Mia</b>	12	F	12 & Under 100 IM	F	7	1:20.74Y	1:17.37Y	3.37 (4.36%)
			12 & Under 50 Back	F	6	37.79Y	37.75Y	0.04 (0.11%)

			12 & Under 50 Breast	F	6	42.63Y	43.26Y	-0.63 (-1.46%)
			12 & Under 50 Fly	F	6	37.16Y	36.22Y	0.94 (2.60%)
			12 & Under 50 Free	F	8	31.44Y	31.31Y	0.13 (0.42%)
<b>Martinko, Thomas</b>	7	M	12 & Under 50 Free	F	69	1:03.81Y	1:06.51Y	-2.70 (-4.06%)
<b>Marzano, Haleigh</b>	16	F	13 & Over 100 Back	F	1	1:00.77Y	1:00.95Y	-0.18 (-0.30%)
			13 & Over 100 Breast	F	1	1:07.50Y	1:07.06Y	0.44 (0.66%)
			13 & Over 100 Free	F	1	55.13Y	54.83Y	0.30 (0.55%)
			13 & Over 200 IM	F	1	2:12.49Y	2:13.80Y	-1.31 (-0.98%)
<b>Marzano, Tyler</b>	14	M	13 & Over 100 Back	F	15	1:06.73Y	1:07.01Y	-0.28 (-0.42%)
			13 & Over 100 Breast	F	5	1:13.78Y	1:09.60Y	4.18 (6.01%)
			13 & Over 100 Free	F	14	56.82Y	55.64Y	1.18 (2.12%)
			13 & Over 200 IM	F	10	2:24.90Y	2:22.16Y	2.74 (1.93%)
<b>McGuire, Lauren</b>	16	F	13 & Over 100 Back	F	16	1:11.98Y	1:08.85Y	3.13 (4.55%)
			13 & Over 100 Breast	F	12	1:20.73Y	1:15.65Y	5.08 (6.72%)
			13 & Over 100 Free	F	10	59.36Y	58.37Y	0.99 (1.70%)
<b>Milstein, Jillian</b>	10	F	12 & Under 100 IM	F	12	1:30.03Y	1:29.30Y	0.73 (0.82%)
			12 & Under 50 Back	F	18	44.49Y	41.66Y	2.83 (6.79%)
			12 & Under 50 Breast	F	10	44.55Y	45.36Y	-0.81 (-1.79%)
			12 & Under 50 Fly	F	7	40.19Y	40.25Y	-0.06 (-0.15%)
			12 & Under 50 Free	F	19	36.58Y	34.77Y	1.81 (5.21%)
<b>Morr, Isabelle</b>	13	F	13 & Over 100 Back	F	26	1:23.62Y	1:23.10Y	0.52 (0.63%)
			13 & Over 100 Breast	F	21	1:38.32Y	1:33.34Y	4.98 (5.34%)
			13 & Over 100 Fly	F	16	1:33.85Y	1:35.83Y	-1.98 (-2.07%)
			13 & Over 100 Free	F	33	1:10.99Y	1:13.00Y	-2.01 (-2.75%)
			13 & Over 200 IM	F	13	3:03.10Y	3:01.19Y	1.91 (1.05%)
<b>O'Connor, Alexa</b>	17	F	13 & Over 100 Free	F	3	57.88Y	57.00Y	0.88 (1.54%)
<b>Parisi, Lauren</b>	17	F	13 & Over 100 Back	F	23	1:18.33Y		
			13 & Over 100 Breast	F	11	1:20.52Y	1:17.94Y	2.58 (3.31%)
			13 & Over 100 Fly	F	9	1:13.18Y	1:14.98Y	-1.80 (-2.40%)
			13 & Over 100 Free	F	21	1:02.91Y	1:02.99Y	-0.08 (-0.13%)
			13 & Over 200 IM	F	10	2:41.96Y	2:44.00Y	-2.04 (-1.24%)
<b>Pierre-Louis, Aiden</b>	12	M	12 & Under 100 IM	F	35	1:41.87Y		
			12 & Under 50 Back	F	37	46.00Y	45.46Y	0.54 (1.19%)
			12 & Under 50 Breast	F	35	57.32Y	55.21Y	2.11 (3.82%)
			12 & Under 50 Free	F	25	32.99Y	31.74Y	1.25 (3.94%)
<b>Rose, Alexander</b>	14	M	13 & Over 100 Back	F	4	1:00.52Y	58.60Y	1.92 (3.28%)
			13 & Over 100 Breast	F	6	1:14.32Y	1:17.00Y	-2.68 (-3.48%)
			13 & Over 100 Fly	F	7	1:01.40Y	59.89Y	1.51 (2.52%)
			13 & Over 100 Free	F	9	54.22Y	52.88Y	1.34 (2.53%)
			13 & Over 200 IM	F	7	2:16.56Y	2:11.67Y	4.89 (3.71%)
<b>Rose, Benjamin</b>	16	M	13 & Over 100 Back	F	2	57.86Y	55.25Y	2.61 (4.72%)
			13 & Over 100 Breast	F	9	1:17.16Y	1:08.12Y	9.04 (13.27%)
			13 & Over 100 Fly	F	9	1:03.27Y	1:01.04Y	2.23 (3.65%)
			13 & Over 100 Free	F	8	53.69Y	53.16Y	0.53 (1.00%)
			15 & Over 50 Back	F		27.42Y		
<b>Sampath, Kristyn</b>	16	F	13 & Over 100 Back	F	9	1:09.14Y	1:08.32Y	0.82 (1.20%)
			13 & Over 100 Breast	F	14	1:21.16Y	1:19.69Y	1.47 (1.84%)
			13 & Over 100 Fly	F	10	1:14.73Y	1:11.68Y	3.05 (4.26%)
			13 & Over 100 Free	F	13	1:00.20Y	59.26Y	0.94 (1.59%)
			13 & Over 200 IM	F	5	2:32.01Y	2:28.81Y	3.20 (2.15%)
<b>Santos, Isabelle</b>	10	F	12 & Under 100 IM	F	15	1:31.26Y	1:27.70Y	3.56 (4.06%)
			12 & Under 50 Back	F	19	44.88Y	41.67Y	3.21 (7.70%)
			12 & Under 50 Breast	F	11	45.88Y	43.94Y	1.94 (4.42%)
			12 & Under 50 Fly	F	10	44.06Y	43.22Y	0.84 (1.94%)
			12 & Under 50 Free	F	18	35.90Y	36.30Y	-0.40 (-1.10%)
<b>Sarier-Smith, Hannah</b>	10	F	12 & Under 100 IM	F	12	1:30.03Y	1:26.69Y	3.34 (3.85%)

			12 & Under 50 Back	F	10	40.35Y	39.30Y	1.05 (2.67%)
			12 & Under 50 Breast	F	15	48.35Y	47.37Y	0.98 (2.07%)
			12 & Under 50 Fly	F	8	41.07Y	39.84Y	1.23 (3.09%)
			12 & Under 50 Free	F	14	33.45Y	33.44Y	0.01 (0.03%)
<b>Sobocinski, Alexandra</b>	17	F	13 & Over 100 Back	F	7	1:08.17Y	1:03.99Y	4.18 (6.53%)
			13 & Over 100 Breast	F	15	1:22.08Y	1:14.25Y	7.83 (10.55%)
<b>Storch, Rebecca</b>	12	F	12 & Under 100 IM	F	9	1:23.26Y	1:18.85Y	4.41 (5.59%)
			12 & Under 50 Back	F	11	40.56Y		
			12 & Under 50 Breast	F	8	43.69Y	43.07Y	0.62 (1.44%)
			12 & Under 50 Fly	F	5	36.35Y		
			12 & Under 50 Free	F	3	29.81Y	30.03Y	-0.22 (-0.73%)
<b>Tallides, Eleni</b>	13	F	13 & Over 100 Back	F	15	1:11.91Y	1:07.43Y	4.48 (6.64%)
			13 & Over 100 Breast	F	5	1:16.69Y	1:13.02Y	3.67 (5.03%)
			13 & Over 100 Free	F	16	1:01.20Y	58.42Y	2.78 (4.76%)
			13 & Over 200 IM	F	4	2:31.43Y	2:18.73Y	12.70 (9.15%)
<b>Tomioka, Jeremiah</b>	10	M	12 & Under 100 IM	F	25	1:30.54Y	1:24.18Y	6.36 (7.56%)
			12 & Under 50 Back	F	23	40.42Y	39.96Y	0.46 (1.15%)
			12 & Under 50 Breast	F	28	47.91Y	46.92Y	0.99 (2.11%)
			12 & Under 50 Fly	F	20	40.63Y	39.49Y	1.14 (2.89%)
			12 & Under 50 Free	F	27	33.37Y	33.73Y	-0.36 (-1.07%)
<b>Valentini, Ilaria</b>	14	F	13 & Over 100 Back	F	4	1:05.38Y	1:04.38Y	1.00 (1.55%)
			13 & Over 100 Fly	F	1	1:02.96Y	1:02.70Y	0.26 (0.41%)
			13 & Over 100 Free	F	4	57.94Y	56.81Y	1.13 (1.99%)
<b>Voegeli, Alexa</b>	8	F	12 & Under 50 Back	F	27	1:01.95Y	56.87Y	5.08 (8.93%)
			12 & Under 50 Fly	F	16	1:02.61Y	1:01.94Y	0.67 (1.08%)
			12 & Under 50 Free	F	30	44.77Y	48.02Y	-3.25 (-6.77%)
<b>Wadsworth, Anna</b>	16	F	13 & Over 100 Fly	F	6	1:08.65Y	1:07.28Y	1.37 (2.04%)
			13 & Over 100 Free	F	11	59.46Y	1:00.12Y	-0.66 (-1.10%)
<b>Wolosiuk, Daniel</b>	13	M	13 & Over 100 Back	F	19	1:10.89Y		
			13 & Over 100 Breast	F	15	1:25.66Y		
			13 & Over 100 Fly	F	18	1:20.50Y		
			13 & Over 100 Free	F	23	1:00.64Y	59.44Y	1.20 (2.02%)
<b>Yoo, Emily</b>	13	F	13 & Over 100 Back	F	3	1:05.15Y	1:03.83Y	1.32 (2.07%)
			13 & Over 100 Fly	F	3	1:05.04Y	1:02.80Y	2.24 (3.57%)
			13 & Over 100 Free	F	14	1:00.47Y		
			13 & Over 200 IM	F	2	2:27.89Y	2:23.49Y	4.40 (3.07%)
			13-14 50 Back	F		31.57Y	31.28Y	0.29 (0.93%)
<b>Zoelle, Ryan</b>	9	F	12 & Under 100 IM	F	21	1:43.91Y	1:46.91Y	-3.00 (-2.81%)
			12 & Under 50 Back	F	20	47.20Y	47.12Y	0.08 (0.17%)
			12 & Under 50 Breast	F	18	56.87Y	54.69Y	2.18 (3.99%)
			12 & Under 50 Fly	F	11	46.19Y	46.06Y	0.13 (0.28%)
			12 & Under 50 Free	F	28	43.01Y	40.45Y	2.56 (6.33%)