

Improvements Report

Team Name	Phoenix Aquatic Club
Meet Name	2018 MR Metro Silvers North Ch
Meet Date	02/23/2018
Meet Location	West Nyack, NY
Report Date	02/27/2018

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Aydin, Eren	10	M	10 & Under 100 Back	F	4		1:37.57Y	1:35.06Y	2.51 (2.64%)
			10 & Under 50 Back	F	34		41.97Y	41.69Y	0.28 (0.67%)
			10 & Under 50 Fly	F	33		43.87Y	43.33Y	0.54 (1.25%)
Choi, Alexis	10	F	10 & Under 100 Breast	F	31		1:40.46Y	1:39.74Y	0.72 (0.72%)
			10 & Under 50 Breast	F	25		45.55Y	43.64Y	1.91 (4.38%)
Christensen, Patricia	16	F	15-18 100 Back	F	2	17.00	1:05.95Y	1:07.87Y	-1.92 (-2.83%)
			15-18 50 Free	F	1	20.00	26.62Y	26.66Y	-0.04 (-0.15%)
Conti, Gabriella	13	F	13-14 100 Back	F	52		1:10.69Y	1:12.68Y	-1.99 (-2.74%)
			13-14 100 Breast	F	33		1:20.81Y	1:18.98Y	1.83 (2.32%)
			13-14 100 Free	F	53		1:01.33Y	59.57Y	1.76 (2.95%)
			13-14 200 Breast	F	3	16.00	2:42.07Y	2:42.74Y	-0.67 (-0.41%)
			13-14 200 IM	F	18		2:26.47Y	2:26.94Y	-0.47 (-0.32%)
			13-14 400 IM	F	5	14.00	5:06.38Y	5:08.57Y	-2.19 (-0.71%)
			13-14 50 Free	F	17		29.78Y	28.42Y	1.36 (4.79%)
			13-14 500 Free	F	8	11.00	5:41.11Y	5:44.44Y	-3.33 (-0.97%)
Finley, Michael	14	M	13-14 100 Fly	F	3	16.00	1:01.65Y	1:01.48Y	0.17 (0.28%)
			13-14 100 Free	F	4		53.79Y	54.24Y	-0.45 (-0.83%)
			13-14 200 Fly	F	5	14.00	2:25.79Y	2:28.31Y	-2.52 (-1.70%)
			13-14 50 Free	F	1		24.49Y	24.97Y	-0.48 (-1.92%)
			13-14 500 Free	F	1	20.00	5:20.21Y	5:18.45Y	1.76 (0.55%)
Gatto, Robert	13	M	13-14 100 Fly	F	4		1:09.39Y	1:04.79Y	4.60 (7.10%)
			13-14 100 Free	F	11		59.90Y	57.87Y	2.03 (3.51%)
			13-14 200 Free	F	25		2:04.15Y	2:05.83Y	-1.68 (-1.34%)
			13-14 500 Free	F	18		5:41.07Y	5:45.58Y	-4.51 (-1.31%)
Guindine, Geoffrey	13	M	13-14 100 Back	F	1		1:01.11Y	1:02.33Y	-1.22 (-1.96%)
			13-14 200 Back	F	3		2:10.58Y	2:15.51Y	-4.93 (-3.64%)
			13-14 50 Free	F	2	17.00	24.91Y	24.87Y	0.04 (0.16%)
			13-14 500 Free	F	2		5:16.95Y	5:17.31Y	-0.36 (-0.11%)
Han, Jason	12	M	11-12 50 Breast	F	7	12.00	38.28Y	38.22Y	0.06 (0.16%)
JEOUNG, GENE	14	M	13-14 100 Back	F	3		1:08.38Y	1:07.81Y	0.57 (0.84%)
			13-14 100 Breast	F	10	7.00	1:14.74Y	1:14.88Y	-0.14 (-0.19%)
			13-14 100 Free	F	34		59.37Y	58.28Y	1.09 (1.87%)
			13-14 200 Free	F	35		2:09.44Y	2:11.05Y	-1.61 (-1.23%)
			13-14 200 IM	F	24		2:23.91Y	2:28.02Y	-4.11 (-2.78%)
			13-14 50 Free	F	32		26.64Y	26.40Y	0.24 (0.91%)
Kim, Christopher	15	M	15-18 100 Fly	F	8	11.00	1:00.21Y	1:02.50Y	-2.29 (-3.66%)
			15-18 100 Free	F	14	3.00	53.73Y	54.44Y	-0.71 (-1.30%)
			15-18 200 IM	F	6	13.00	2:11.04Y	2:12.68Y	-1.64 (-1.24%)
			Open 50 Free	F	1		24.60Y	24.88Y	-0.28 (-1.13%)
Kim, John	14	M	13-14 100 Back	F	6	13.00	1:03.97Y	1:06.26Y	-2.29 (-3.46%)
			13-14 100 Fly	F	6	13.00	1:01.99Y	1:00.97Y	1.02 (1.67%)
			13-14 200 Breast	F	4	15.00	2:35.11Y	2:32.88Y	2.23 (1.46%)
			13-14 200 Free	F	10	7.00	2:01.22Y	2:07.00Y	-5.78 (-4.55%)
			13-14 200 IM	F	10	7.00	2:18.68Y	2:18.00Y	0.68 (0.49%)
			13-14 50 Free	F	16		25.91Y	25.45Y	0.46 (1.81%)

			Open 100 Fly	F	1		1:00.38Y	1:00.97Y	-0.59 (-0.97%)
Kim, William	14	M	13-14 100 Back	F	13	4.00	1:05.46Y	1:04.08Y	1.38 (2.15%)
			13-14 100 Free	F	10	7.00	55.46Y	55.39Y	0.07 (0.13%)
			13-14 200 Back	F	3	16.00	2:16.18Y	2:17.51Y	-1.33 (-0.97%)
			13-14 200 Free	F	22		2:03.43Y	2:00.97Y	2.46 (2.03%)
			13-14 200 IM	F	7	12.00	2:17.48Y	2:19.14Y	-1.66 (-1.19%)
			13-14 50 Free	F	13	4.00	25.57Y	25.66Y	-0.09 (-0.35%)
			13-14 500 Free	F	7	12.00	5:26.75Y	5:29.90Y	-3.15 (-0.95%)
Lee, Michelle	14	F	13-14 100 Back	F	34		1:09.01Y	1:09.69Y	-0.68 (-0.98%)
			13-14 100 Fly	F	7		1:14.19Y	1:09.93Y	4.26 (6.09%)
			13-14 100 Free	F	7	12.00	58.19Y	58.17Y	0.02 (0.03%)
			13-14 200 Free	F	20		2:10.49Y	2:08.52Y	1.97 (1.53%)
			13-14 200 IM	F	13	4.00	2:24.57Y	2:24.92Y	-0.35 (-0.24%)
Lyubman, Ron	12	M	11-12 100 Breast	F	15	2.00	1:25.88Y	1:23.73Y	2.15 (2.57%)
			11-12 100 Fly	F	4		1:18.19Y	1:15.34Y	2.85 (3.78%)
			11-12 100 Free	F	25		1:04.54Y	1:03.65Y	0.89 (1.40%)
			11-12 50 Back	F	25		35.13Y	34.68Y	0.45 (1.30%)
			11-12 50 Breast	F	18		39.94Y	38.51Y	1.43 (3.71%)
			11-12 50 Fly	F	12	5.00	33.09Y	32.87Y	0.22 (0.67%)
			11-12 50 Free	F	19		29.56Y	29.47Y	0.09 (0.31%)
			11-12 500 Free	F	8	11.00	6:08.61Y	5:59.25Y	9.36 (2.61%)
			Open 100 IM	F	2		1:16.66Y	1:16.30Y	0.36 (0.47%)
Lyubman, Samuel	14	M	13-14 100 Back	F	23		1:07.83Y	1:06.97Y	0.86 (1.28%)
			13-14 100 Fly	F	1	20.00	1:00.71Y	1:01.17Y	-0.46 (-0.75%)
			13-14 200 Fly	F	1	20.00	2:20.54Y	2:20.18Y	0.36 (0.26%)
			13-14 200 IM	F	25		2:24.07Y	2:26.83Y	-2.76 (-1.88%)
			13-14 50 Free	F	29		26.55Y	26.30Y	0.25 (0.95%)
			13-14 500 Free	F	15	2.00	5:38.71Y	5:45.95Y	-7.24 (-2.09%)
			Open 100 Fly	F	2		1:01.08Y	1:01.17Y	-0.09 (-0.15%)
Martinko, Mia	12	F	11-12 100 Back	F	42		1:15.84Y	1:15.72Y	0.12 (0.16%)
			11-12 100 Breast	F	8		1:30.35Y	1:26.05Y	4.30 (5.00%)
			11-12 100 Free	F	50		1:06.69Y	1:05.98Y	0.71 (1.08%)
			11-12 100 IM	F	37		1:17.05Y	1:16.94Y	0.11 (0.14%)
			11-12 200 IM	F	32		2:44.65Y	2:41.82Y	2.83 (1.75%)
			11-12 50 Fly	F	10		35.63Y	34.37Y	1.26 (3.67%)
			11-12 50 Free	F	55		30.71Y	29.98Y	0.73 (2.43%)
Marzano, Tyler	14	M	13-14 100 Back	F	8	11.00	1:04.72Y	1:06.73Y	-2.01 (-3.01%)
			13-14 100 Breast	F	2	17.00	1:10.10Y	1:09.60Y	0.50 (0.72%)
			13-14 100 Free	F	2	17.00	54.04Y	54.37Y	-0.33 (-0.61%)
			13-14 200 Breast	F	2	17.00	2:34.50Y	2:35.25Y	-0.75 (-0.48%)
			13-14 200 Free	F	14	3.00	2:02.05Y	2:02.02Y	0.03 (0.02%)
			13-14 500 Free	F	5	14.00	5:22.99Y	5:35.59Y	-12.60 (-3.75%)
			Open 100 Breast	F	1		1:10.05Y	1:09.60Y	0.45 (0.65%)
			Open 100 Free	F	1		53.07Y	54.37Y	-1.30 (-2.39%)
McGuire, Lauren	16	F	15-18 100 Back	F	24		1:09.46Y	1:08.85Y	0.61 (0.89%)
			15-18 100 Breast	F	2	17.00	1:16.04Y	1:15.65Y	0.39 (0.52%)
			15-18 100 Free	F	4	15.00	58.29Y	58.37Y	-0.08 (-0.14%)
			15-18 200 Breast	F	5	14.00	2:49.11Y	2:47.28Y	1.83 (1.09%)
Milstein, Jillian	10	F	10 & Under 100 Breast	F	7	12.00	1:34.47Y	1:33.01Y	1.46 (1.57%)
			10 & Under 100 Free	F	30		1:16.01Y	1:17.48Y	-1.47 (-1.90%)
			10 & Under 100 IM	F	23		1:27.59Y	1:26.50Y	1.09 (1.26%)
			10 & Under 50 Back	F	2		42.25Y	41.66Y	0.59 (1.42%)
			10 & Under 50 Breast	F	12	5.00	43.98Y	43.14Y	0.84 (1.95%)
			10 & Under 50 Fly	F	24		41.33Y	40.19Y	1.14 (2.84%)
			10 & Under 50 Free	F	15	1.00	33.63Y	33.89Y	-0.26 (-0.77%)
Negast, Taylor	14	F	13-14 100 Back	F	11	6.00	1:06.54Y	1:05.77Y	0.77 (1.17%)
			13-14 100 Fly	F	7	12.00	1:05.51Y	1:05.13Y	0.38 (0.58%)

			13-14 100 Free	F	41		1:00.65Y	1:00.24Y	0.41 (0.68%)
			13-14 200 Back	F	7	12.00	2:23.03Y	2:22.52Y	0.51 (0.36%)
			13-14 200 Fly	F	1	20.00	2:31.84Y	2:27.68Y	4.16 (2.82%)
			13-14 200 IM	F	25		2:27.47Y	2:26.92Y	0.55 (0.37%)
			13-14 400 IM	F	9	9.00	5:08.24Y	5:11.13Y	-2.89 (-0.93%)
			13-14 50 Free	F	49		28.21Y	28.00Y	0.21 (0.75%)
Paltag, Gabriela	9	F	10 & Under 100 Back	F	35		1:29.86Y	1:31.63Y	-1.77 (-1.93%)
			10 & Under 50 Back	F	31		41.00Y	41.67Y	-0.67 (-1.61%)
			10 & Under 50 Free	F	4		35.47Y	34.82Y	0.65 (1.87%)
Parisi, Lauren	18	F	15-18 100 Breast	F	18		1:19.54Y	1:16.84Y	2.70 (3.51%)
			15-18 200 Breast	F	7	12.00	2:49.78Y	2:46.66Y	3.12 (1.87%)
Sampath, Kristyn	16	F	15-18 100 Back	F	9		1:11.59Y	1:08.32Y	3.27 (4.79%)
			15-18 100 Breast	F	4		1:22.80Y	1:19.69Y	3.11 (3.90%)
			15-18 100 Free	F	22		1:00.45Y	59.26Y	1.19 (2.01%)
			15-18 200 IM	F	4		2:34.00Y	2:28.81Y	5.19 (3.49%)
			15-18 400 IM	F	7		5:26.63Y	5:19.80Y	6.83 (2.14%)
			15-18 50 Free	F	17		27.63Y	27.32Y	0.31 (1.13%)
Saric, Juliana	16	F	15-18 100 Back	F	20		1:08.29Y	1:07.24Y	1.05 (1.56%)
			15-18 100 Breast	F	19		1:20.05Y	1:15.40Y	4.65 (6.17%)
			15-18 200 Back	F	14	3.00	2:25.90Y	2:27.34Y	-1.44 (-0.98%)
			15-18 200 IM	F	17		2:26.96Y	2:22.25Y	4.71 (3.31%)
			15-18 50 Free	F	26		27.93Y	26.97Y	0.96 (3.56%)
			15-18 500 Free	F	7		5:49.45Y	5:34.77Y	14.68 (4.39%)
Shaw, Danielle	17	F	15-18 100 Fly	F	5		1:10.49Y	1:08.88Y	1.61 (2.34%)
			15-18 100 Free	F	23		1:00.53Y	1:00.02Y	0.51 (0.85%)
			15-18 200 Free	F	6		2:11.71Y	2:08.68Y	3.03 (2.35%)
			15-18 50 Free	F	8		28.56Y	27.03Y	1.53 (5.66%)
			15-18 500 Free	F	3		5:40.09Y	5:36.86Y	3.23 (0.96%)
Shaw, Jessica	14	F	13-14 100 Fly	F	34		1:10.22Y	1:08.44Y	1.78 (2.60%)
			13-14 100 Free	F	17		59.08Y	59.57Y	-0.49 (-0.82%)
			13-14 200 Free	F	48		2:16.03Y	2:09.80Y	6.23 (4.80%)
			13-14 200 IM	F	27		2:27.89Y	2:26.16Y	1.73 (1.18%)
			13-14 50 Free	F	20		27.24Y	27.14Y	0.10 (0.37%)
Shell, Adam	9	M	10 & Under 100 Back	F	10		1:42.68Y	1:35.13Y	7.55 (7.94%)
Sobocinski, Alexandra	17	F	15-18 100 Free	F	5	14.00	58.39Y	57.84Y	0.55 (0.95%)
			15-18 200 Breast	F	3	16.00	2:48.62Y	2:45.73Y	2.89 (1.74%)
Storch, Rebecca	12	F	11-12 100 Free	F	38		1:05.47Y	1:06.24Y	-0.77 (-1.16%)
			11-12 50 Free	F	25		29.37Y	29.51Y	-0.14 (-0.47%)
Tallides, Eleni	13	F	13-14 100 Back	F	10	7.00	1:06.46Y	1:06.70Y	-0.24 (-0.36%)
			13-14 100 Fly	F	9	9.00	1:06.44Y	1:05.57Y	0.87 (1.33%)
			13-14 100 Free	F	33		1:00.05Y	58.42Y	1.63 (2.79%)
			13-14 200 Back	F	15	2.00	2:25.26Y	2:26.98Y	-1.72 (-1.17%)
			13-14 200 Fly	F	3		2:24.42Y	2:33.18Y	-8.76 (-5.72%)
			13-14 50 Free	F	5	14.00	26.76Y	26.77Y	-0.01 (-0.04%)
			13-14 500 Free	F	9	9.00	5:41.54Y	5:39.86Y	1.68 (0.49%)
			Open 50 Free	F	3		26.82Y	26.77Y	0.05 (0.19%)
Tomioka, Jeremiah	10	M	10 & Under 100 Back	F	9	9.00	1:23.19Y	1:24.22Y	-1.03 (-1.22%)
			10 & Under 100 Breast	F	12	5.00	1:41.90Y	1:40.56Y	1.34 (1.33%)
			10 & Under 100 Free	F	12	5.00	1:12.82Y	1:11.81Y	1.01 (1.41%)
			10 & Under 100 IM	F	8	11.00	1:22.98Y	1:24.18Y	-1.20 (-1.43%)
			10 & Under 200 Free	F	4	15.00	2:38.55Y	2:38.76Y	-0.21 (-0.13%)
			10 & Under 50 Back	F	15	2.00	38.90Y	38.81Y	0.09 (0.23%)
			10 & Under 50 Fly	F	13	4.00	38.86Y	39.49Y	-0.63 (-1.60%)
			10 & Under 50 Free	F	12	5.00	33.43Y	32.76Y	0.67 (2.05%)
			Open 100 Free	F	5		1:14.03Y	1:11.81Y	2.22 (3.09%)
Valentini, Ilaria	14	F	13-14 100 Breast	F	13	4.00	1:16.65Y	1:18.26Y	-1.61 (-2.06%)
			13-14 200 Back	F	1	20.00	2:18.69Y	2:21.30Y	-2.61 (-1.85%)

			13-14 200 Free	F	2		2:03.84Y	2:05.06Y	-1.22 (-0.98%)
			13-14 200 IM	F	1		2:18.64Y	2:20.68Y	-2.04 (-1.45%)
			13-14 400 IM	F	1		4:54.31Y	5:00.04Y	-5.73 (-1.91%)
Wadsworth, Anna	16	F	15-18 100 Back	F	10		1:11.97Y	1:07.45Y	4.52 (6.70%)
			15-18 200 Free	F	7		2:13.09Y	2:07.14Y	5.95 (4.68%)
			15-18 50 Free	F	33		28.25Y	27.19Y	1.06 (3.90%)
Wentland, Emma	15	F	15-18 100 Free	F	2	17.00	57.99Y	58.09Y	-0.10 (-0.17%)
			15-18 200 Back	F	13	4.00	2:25.81Y	2:22.84Y	2.97 (2.08%)
Yoo, Emily	13	F	13-14 100 Breast	F	47		1:22.88Y	1:22.04Y	0.84 (1.02%)
			13-14 100 Free	F	24		59.29Y	58.65Y	0.64 (1.09%)
			13-14 200 Breast	F	26		2:54.18Y	2:55.29Y	-1.11 (-0.63%)
			13-14 200 Free	F	9	9.00	2:07.24Y	2:05.75Y	1.49 (1.18%)
			13-14 200 IM	F	5	14.00	2:22.45Y	2:23.49Y	-1.04 (-0.72%)
			13-14 50 Free	F	35		27.73Y	27.73Y	0.00 (0.00%)
			13-14 500 Free	F	5	14.00	5:38.15Y	5:36.65Y	1.50 (0.45%)
Zoelle, Ryan	9	F	10 & Under 50 Fly	F	25		41.56Y	41.64Y	-0.08 (-0.19%)