

# Improvements Report

<b>Team Name</b>	Phoenix Aquatic Club
<b>Meet Name</b>	2018 MR Metro 15-18 Age Group
<b>Meet Date</b>	03/09/2018
<b>Meet Location</b>	East Meadow, NY
<b>Baseline Time Range</b>	01/01/2018 - 03/12/2018
<b>Report Date</b>	03/12/2018

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
<b>Chrenko, Alex</b>	16	M	15-18 200 Breast	F	51		2:24.71Y	2:23.12Y	1.59 (1.11%)
			15-18 200 Free	F	58		1:53.74Y	1:52.46Y	1.28 (1.14%)
			15-18 400 IM	F	39		4:34.71Y	4:46.43Y	-11.72 (-4.09%)
			15-18 500 Free	F	19		5:01.79Y	4:58.92Y	2.87 (0.96%)
<b>Christensen, Patricia</b>	16	F	15-18 100 Breast	F	59		1:14.23Y	1:14.04Y	0.19 (0.26%)
<b>Daly, Tyler</b>	16	M	15-18 100 Back	F	97		1:00.55Y	59.60Y	0.95 (1.59%)
			15-18 100 Breast	F	33		1:04.47Y	1:04.74Y	-0.27 (-0.42%)
			15-18 200 Breast	F	60		2:25.62Y	2:23.46Y	2.16 (1.51%)
<b>Flynn, Grace</b>	15	F	15-18 100 Back	F	31		1:02.22Y	1:00.85Y	1.37 (2.25%)
			15-18 100 Free	F	112		58.32Y	57.50Y	0.82 (1.43%)
			15-18 200 Free	F	72		2:05.45Y	2:03.07Y	2.38 (1.93%)
<b>Flynn, Richard</b>	15	M	15-18 400 IM	F	19		4:50.47Y		
			15-18 100 Back	F	72		58.98Y	58.33Y	0.65 (1.11%)
			15-18 200 Back	F	42		2:07.29Y	2:03.12Y	4.17 (3.39%)
			15-18 200 Breast	F	12	5.00	2:16.66Y	2:16.32Y	0.34 (0.25%)
<b>Getsos, Dahlia</b>	16	F	15-18 400 IM	F	11	6.00	4:23.07Y	4:24.69Y	-1.62 (-0.61%)
			15-18 100 Back	F	100		1:05.77Y	1:03.58Y	2.19 (3.44%)
			15-18 100 Free	F	119		58.75Y	57.54Y	1.21 (2.10%)
			15-18 50 Back	F			30.11Y		
<b>Gioia, Meredith</b>	18	F	15-18 100 Back	F	25		1:01.86Y	1:00.32Y	1.54 (2.55%)
			15-18 100 Breast	F	73		1:15.46Y	1:13.94Y	1.52 (2.06%)
			15-18 100 Fly	F	51		1:02.49Y	1:02.31Y	0.18 (0.29%)
			15-18 100 Free	F	40		56.10Y	55.11Y	0.99 (1.80%)
			15-18 200 Back	F	31		2:16.00Y	2:13.86Y	2.14 (1.60%)
			15-18 200 IM	F	40		2:18.80Y	2:18.29Y	0.51 (0.37%)
<b>Gordinier, Peter, Jr.</b>	17	M	15-18 50 Free	F			26.12Y	26.31Y	-0.19 (-0.72%)
			15-18 100 Back	F	102		1:01.41Y	59.05Y	2.36 (4.00%)
			15-18 100 Breast	F	30		1:04.07Y	1:04.74Y	-0.67 (-1.03%)
			15-18 100 Free	F	47		50.63Y	50.51Y	0.12 (0.24%)
			15-18 200 Breast	F	83		2:29.21Y	2:24.56Y	4.65 (3.22%)
			15-18 200 Free	F	24		1:50.38Y	1:51.88Y	-1.50 (-1.34%)
			15-18 50 Free	F			23.03Y	22.92Y	0.11 (0.48%)

<b>Hall, Katelyn</b>	17	F	15-18 100 Breast	F	19		1:10.60Y	1:11.23Y	-0.63 (-0.88%)
			15-18 100 Fly	F	77		1:04.15Y	1:03.87Y	0.28 (0.44%)
			15-18 100 Free	F	68		56.69Y	57.23Y	-0.54 (-0.94%)
			15-18 200 Breast	F	77		2:45.18Y	2:41.47Y	3.71 (2.30%)
			15-18 50 Free	F	67		26.30Y	26.37Y	-0.07 (-0.27%)
<b>Kim, Christopher</b>	15	M	15-18 100 Breast	F	36		1:04.64Y	1:04.96Y	-0.32 (-0.49%)
			15-18 200 Breast	F	56		2:25.20Y	2:22.41Y	2.79 (1.96%)
			15-18 400 IM	F	54		4:54.64Y	4:41.94Y	12.70 (4.50%)
<b>Kim, Nicholas</b>	16	M	15-18 100 Fly	F	54		56.64Y	57.36Y	-0.72 (-1.26%)
			15-18 200 Fly	F	30		2:09.71Y	2:10.17Y	-0.46 (-0.35%)
<b>McGuire, Lauren</b>	16	F	15-18 100 Free	F			57.75Y	58.29Y	-0.54 (-0.93%)
			15-18 50 Free	F	63		26.25Y	26.22Y	0.03 (0.11%)
<b>Rose, Benjamin</b>	16	M	15-18 100 Back	F			56.98Y	56.27Y	0.71 (1.26%)
			15-18 200 Back	F	12	5.00	2:01.74Y	2:02.12Y	-0.38 (-0.31%)
			15-18 200 Breast	F	70		2:27.20Y	2:31.32Y	-4.12 (-2.72%)
			15-18 200 IM	F	31		2:07.61Y	2:05.87Y	1.74 (1.38%)
			15-18 400 IM	F	31		4:31.65Y	4:33.68Y	-2.03 (-0.74%)
			15-18 50 Back	F			29.43Y		
			15-18 500 Free	F	40		5:11.73Y	5:09.70Y	2.03 (0.66%)
<b>Sobocinski, Alexandra</b>	17	F	15-18 100 Back	F	50		1:03.65Y	1:02.73Y	0.92 (1.47%)
			15-18 100 Breast	F	52		1:13.89Y	1:13.84Y	0.05 (0.07%)
			15-18 100 Fly	F	74		1:04.01Y	1:03.55Y	0.46 (0.72%)
			15-18 200 Back	F	57		2:20.32Y	2:20.51Y	-0.19 (-0.14%)
			15-18 50 Back	F			29.79Y		
			15-18 50 Free	F	80		26.56Y	26.37Y	0.19 (0.72%)
<b>Stangeby, Jon-Christian</b>	17	M	15-18 100 Back	F	58		58.28Y	59.07Y	-0.79 (-1.34%)
			15-18 100 Fly	F	14	3.00	54.27Y	55.41Y	-1.14 (-2.06%)
			15-18 100 Free	F			51.20Y	50.86Y	0.34 (0.67%)
			15-18 50 Free	F	40		23.27Y	23.17Y	0.10 (0.43%)
<b>Tobia, Phiona</b>	17	F	15-18 100 Breast	F	71		1:15.41Y	1:15.72Y	-0.31 (-0.41%)
			15-18 200 Breast	F	83		2:47.91Y	2:46.91Y	1.00 (0.60%)
<b>Wentland, Emma</b>	15	F	15-18 100 Free	F	120		58.81Y	57.99Y	0.82 (1.41%)
			15-18 50 Free	F	94		26.90Y	26.15Y	0.75 (2.87%)
<b>Yoo, Kaitlyn</b>	17	F	15-18 100 Fly	F	38		1:01.82Y	1:00.43Y	1.39 (2.30%)
			15-18 200 Free	F	70		2:05.07Y	2:00.14Y	4.93 (4.10%)

# 2018 MR Metro 15-18 Age Group

Individual Events

Relay Events

Use the filters below; only up to 400 records are returned.

Add Relay Result

Search

LSC-Team: MR-PAC

Gender: --ALL--

Age Group: --ALL--

Distance: --ALL--

Stroke: --ALL--

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LSC-Team	Date	Event	Relay Team	Prelim	Finals	Prelim Pos	Finals Pos	Points	Admin Only
LSC-Team	Date	Event	Relay Team	Prelim	Finals	Prelim Pos	Finals Pos	Points	
MR-PAC	3/9/18	Female (15-18) 200 Free Relay	Relay Team B						<a href="#">Edit</a>   <a href="#">Add</a>   <a href="#">Delete</a>
MR-PAC	3/9/18	Female (15-18) 200 Free Relay	Relay Team A »Gioia, Meredith S »Sobocinski, Alexandra J »Flynn, Grace C »Wentland, Emma A		<u>1:45.94Y</u>		17		<a href="#">Edit</a>   <a href="#">Add</a>   <a href="#">Delete</a>
MR-PAC	3/9/18	Female (15-18) 200 MR	Relay Team A »Getsos, Dahlia »Hall, Katelyn M »Gioia, Meredith S »Wentland, Emma A		<u>1:57.85Y</u>		13	8.00	<a href="#">Edit</a>   <a href="#">Add</a>   <a href="#">Delete</a>
MR-PAC	3/9/18	Female (15-18) 200 MR	Relay Team B »Sobocinski, Alexandra J »Tobia, Phiona »Christensen, Patricia D »McGuire, Lauren X		<u>1:57.13Y</u>		10	14.00	<a href="#">Edit</a>   <a href="#">Add</a>   <a href="#">Delete</a>
MR-PAC	3/9/18	Female (15-18) 400 Free Relay	Relay Team A »McGuire, Lauren X »Flynn, Grace C »Hall, Katelyn M »Yoo, Kaitlyn		<u>3:51.58Y</u>		16	2.00	<a href="#">Edit</a>   <a href="#">Add</a>   <a href="#">Delete</a>
MR-PAC	3/9/18	Female (15-18) 400 MR	Relay Team A »Flynn, Grace C »Hall, Katelyn M »Gioia, Meredith S »Sobocinski, Alexandra J		<u>4:20.55Y</u>		17		<a href="#">Edit</a>   <a href="#">Add</a>   <a href="#">Delete</a>
MR-PAC	3/9/18	Female (15-18) 400 MR	Relay Team B						<a href="#">Edit</a>   <a href="#">Add</a>   <a href="#">Delete</a>
MR-PAC	3/9/18	Male (15-18) 200 Free Relay	Relay Team A »Gordinier, Peter T »Daly, Tyler A »Flynn, Richard E »Stangeby, Jon-christian		<u>1:32.61Y</u>		9	18.00	<a href="#">Edit</a>   <a href="#">Add</a>   <a href="#">Delete</a>
MR-PAC	3/9/18	Male (15-18) 200 MR	Relay Team A »Rose, Benjamin W »Daly, Tyler A »Stangeby, Jon-christian »Gordinier, Peter T		<u>1:45.18Y</u>		8	22.00	<a href="#">Edit</a>   <a href="#">Add</a>   <a href="#">Delete</a>
MR-PAC	3/9/18	Male (15-18) 400 Free Relay	Relay Team A »Stangeby, Jon-christian »Flynn, Richard E »Chrenko, Alex J »Gordinier, Peter T		<u>3:25.67Y</u>		13	8.00	<a href="#">Edit</a>   <a href="#">Add</a>   <a href="#">Delete</a>
MR-PAC	3/9/18	Male (15-18) 400 MR	Relay Team A »Rose, Benjamin W »Flynn, Richard E »Stangeby, Jon-christian		<u>3:47.76Y</u>		6	26.00	<a href="#">Edit</a>   <a href="#">Add</a>   <a href="#">Delete</a>



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