

# Improvements Report

**Improvement Report**  
**Tsunami Fall Round Up**  
**Meet Date: 10/15/2021**  
**Location: Gladstone, MO**  
**Report Date: 10/22/2021**

| Athlete Name       | Age | Gen | Event           | P/F/T | Place | Points | Time  | Base Line | Improvement | New Best Cut | Time Standard |
|--------------------|-----|-----|-----------------|-------|-------|--------|---|-----------|-------------|--------------|---------------|
| Asbury, Isobel     | 14  | F   | Open 100 Back   | F     | 90    |        | 1:19.62Y  | 1:21.46Y  | -1.84       |              |               |
|                    |     |     |                 |       |       |        | <b>Splits 50:</b> 37.71   <b>100:</b> 41.91   |           |             |              |               |
| Asbury, Isobel     |     |     | Open 100 Free   | F     | 115   |        | 1:08.77Y  | 1:10.84Y  | -2.07       |              |               |
|                    |     |     |                 |       |       |        | <b>Splits 50:</b> 33.08   <b>100:</b> 35.69   |           |             |              |               |
| Asbury, Isobel     |     |     | Open 50 Free    | F     | 83    |        | 29.65Y  | 28.52Y    | 1.13        |              |               |
| Clark, Joah        | 14  | F   | Open 100 Back   | F     | 106   |        | 1:23.34Y  | 1:31.40Y  | -8.06       |              |               |
|                    |     |     |                 |       |       |        | <b>Splits 100:</b> 1:23.34  |           |             |              |               |
| Clark, Joah        |     |     | Open 100 Fly    | F     | 87    |        | 1:29.85Y  | 1:38.93Y  | -9.08       |              |               |
|                    |     |     |                 |       |       |        | <b>Splits 50:</b> 39.76   <b>100:</b> 50.09   |           |             |              |               |
| Clark, Joah        |     |     | Open 100 Free   | F     | 129   |        | 1:11.60Y  | 1:15.43Y  | -3.83       |              |               |
|                    |     |     |                 |       |       |        | <b>Splits 50:</b> 33.41   <b>100:</b> 38.19   |           |             |              |               |
| Clark, Joah        |     |     | Open 50 Free    | F     | 134   |        | 32.32Y  | 34.24Y    | -1.92       |              |               |
| Farrington, Hannah | 15  | F   | Open 100 Back   | F     | 55    |        | 1:12.90Y  | 1:14.81Y  | -1.91       |              |               |
|                    |     |     |                 |       |       |        | <b>Splits 50:</b> 36.53   <b>100:</b> 36.37   |           |             |              |               |
| Farrington, Hannah |     |     | Open 100 Breast | F     | 92    |        | 1:35.03Y  |           |             |              |               |
|                    |     |     |                 |       |       |        | <b>Splits 50:</b> 44.89   <b>100:</b> 50.14   |           |             |              |               |
| Farrington, Hannah |     |     | Open 100 Fly    | F     | 62    |        | 1:18.29Y  |           |             |              |               |
|                    |     |     |                 |       |       |        | <b>Splits 50:</b> 33.40   <b>100:</b> 44.89   |           |             |              |               |
| Farrington, Hannah |     |     | Open 100 Free   | F     | 74    |        | 1:04.45Y  | 1:06.06Y  | -1.61       |              |               |
|                    |     |     |                 |       |       |        | <b>Splits 50:</b> 30.80   <b>100:</b> 33.65   |           |             |              |               |
| Farrington, Hannah |     |     | Open 50 Free    | F     | 85    |        | 29.68Y  |           |             |              |               |
| Leigh, Jada        | 14  | F   | Open 100 Back   | F     | 84    |        | 1:18.34Y  | 1:22.37Y  | -4.03       |              |               |
|                    |     |     |                 |       |       |        | <b>Splits 50:</b> 38.62   <b>100:</b> 39.72   |           |             |              |               |
| Leigh, Jada        |     |     | Open 100 Free   | F     | 127   |        | 1:10.77Y  | 1:08.49Y  | 2.28        |              |               |
|                    |     |     |                 |       |       |        | <b>Splits 50:</b> 33.17   <b>100:</b> 37.60   |           |             |              |               |
| Leigh, Jada        |     |     | Open 200 Back   | F     | 70    |        | 2:42.46Y  | 2:49.51Y  | -7.05       | Districts    | MV LCM 2021   |
|                    |     |     |                 |       |       |        | <b>Splits 50:</b> 38.04   <b>100:</b> 42.11   <b>150:</b> 42.58   <b>200:</b> 39.73 |           |             |              |               |
| Leigh, Jada        |     |     | Open 200 Free   | F     | 94    |        | 2:29.82Y  | 2:31.90Y  | -2.08       |              |               |
|                    |     |     |                 |       |       |        | <b>Splits 50:</b> 32.86   <b>100:</b> 38.22   <b>150:</b> 40.49   <b>200:</b> 38.25 |           |             |              |               |
| Leigh, Jada        |     |     | Open 50 Free    | F     | 120   |        | 31.15Y  | 30.30Y    | 0.85        |              |               |
| McCauley, Margaret | 14  | F   | Open 100 Back   | F     | 60    |        | 1:14.50Y  | 1:12.94Y  | 1.56        |              |               |
|                    |     |     |                 |       |       |        | <b>Splits 50:</b> 35.86   <b>100:</b> 38.64   |           |             |              |               |
| McCauley, Margaret |     |     | Open 100 Breast | F     | 71    |        | 1:28.27Y  | 1:26.52Y  | 1.75        |              |               |
|                    |     |     |                 |       |       |        | <b>Splits 50:</b> 40.84   <b>100:</b> 47.43   |           |             |              |               |
| McCauley, Margaret |     |     | Open 100 Fly    | F     | 59    |        | 1:17.76Y  | 1:16.49Y  | 1.27        |              |               |

|                           |    |                 |   |     |   |          |        |                 |
|---------------------------|----|-----------------|---|-----|---|----------|--------|-----------------|
|                           |    |                 |   |     | <b>Splits 50:</b> 34.79   <b>100:</b> 42.97   |          |        |                 |
| <b>McCauley, Margaret</b> |    | Open 100 Free   | F | 55  | 1:02.75Y  | 1:02.36Y |        | 0.39            |
|                           |    |                 |   |     | <b>Splits 50:</b> 29.44   <b>100:</b> 33.31   |          |        |                 |
| <b>McCauley, Margaret</b> |    | Open 200 Back   | F | 59  | 2:37.59Y  | 2:43.69Y |        | -6.10           |
|                           |    |                 |   |     | <b>Splits 50:</b> 36.28   <b>100:</b> 39.29   <b>150:</b> 41.49   <b>200:</b> 40.53 |          |        |                 |
| <b>McCauley, Margaret</b> |    | Open 200 Breast | F | 60  | 3:13.05Y  | 3:21.94Y |        | -8.89           |
|                           |    |                 |   |     | <b>Splits 50:</b> 43.56   <b>100:</b> 49.36   <b>150:</b> 50.37   <b>200:</b> 49.76 |          |        |                 |
| <b>McCauley, Margaret</b> |    | Open 200 Free   | F | 76  | 2:20.34Y  | 2:19.14Y |        | 1.20            |
|                           |    |                 |   |     | <b>Splits 50:</b> 31.25   <b>100:</b> 35.61   <b>150:</b> 36.52   <b>200:</b> 36.96 |          |        |                 |
| <b>McCauley, Margaret</b> |    | Open 200 IM     | F | 34  | 2:39.08Y  | 2:45.25Y |        | -6.17 Districts |
|                           |    |                 |   |     |   |          |        | MV LCM 2021     |
|                           |    |                 |   |     | <b>Splits 50:</b> 32.99   <b>100:</b> 39.74   <b>150:</b> 48.37   <b>200:</b> 37.98 |          |        |                 |
| <b>McCauley, Margaret</b> |    | Open 50 Free    | F | 58  | 28.57Y  | 27.93Y   |        | 0.64            |
| <b>Miller, Dylan</b>      | 16 | M Open 100 Back | F | 21  | 1:08.52Y  | 1:10.54Y |        | -2.02           |
|                           |    |                 |   |     | <b>Splits 50:</b> 34.06   <b>100:</b> 34.46   |          |        |                 |
| <b>Miller, Dylan</b>      |    | Open 100 Breast | F | 19  | 1:13.23Y  | 1:16.77Y |        | -3.54           |
|                           |    |                 |   |     | <b>Splits 50:</b> 33.72   <b>100:</b> 39.51   |          |        |                 |
| <b>Miller, Dylan</b>      |    | Open 100 Fly    | F | 27  | 1:10.06Y  | 1:08.07Y |        | 1.99            |
|                           |    |                 |   |     | <b>Splits 50:</b> 30.60   <b>100:</b> 39.46   |          |        |                 |
| <b>Miller, Dylan</b>      |    | Open 100 Free   | F | 21  | 56.51Y  | 56.81Y   |        | -0.30           |
|                           |    |                 |   |     | <b>Splits 50:</b> 27.67   <b>100:</b> 28.84   |          |        |                 |
| <b>Miller, Dylan</b>      |    | Open 200 IM     | F | 21  | 2:30.31Y  |          |        |                 |
|                           |    |                 |   |     | <b>Splits 50:</b> 31.05   <b>100:</b> 37.89   <b>150:</b> 47.14   <b>200:</b> 34.23 |          |        |                 |
| <b>Miller, Dylan</b>      |    | Open 50 Free    | F | 7   | 12.00   | 24.67Y   | 24.50Y | 0.17            |
| <b>Zell, Claire</b>       | 14 | F Open 100 Back | F | 104 | 1:22.95Y  | 1:22.53Y |        | 0.42            |
|                           |    |                 |   |     | <b>Splits 100:</b> 1:22.95  |          |        |                 |
| <b>Zell, Claire</b>       |    | Open 100 Breast | F | 80  | 1:29.67Y  | 1:30.30Y |        | -0.63 Districts |
|                           |    |                 |   |     |   |          |        | MV LCM 2021     |
|                           |    |                 |   |     | <b>Splits 50:</b> 41.46   <b>100:</b> 48.21   |          |        |                 |
| <b>Zell, Claire</b>       |    | Open 100 Fly    | F | 86  | 1:29.66Y  |          |        |                 |
|                           |    |                 |   |     | <b>Splits 50:</b> 38.46   <b>100:</b> 51.20   |          |        |                 |
| <b>Zell, Claire</b>       |    | Open 100 Free   | F | 112 | 1:08.37Y  | 1:11.38Y |        | -3.01           |
|                           |    |                 |   |     | <b>Splits 50:</b> 33.11   <b>100:</b> 35.26   |          |        |                 |
| <b>Zell, Claire</b>       |    | Open 200 Free   | F | 97  | 2:30.69Y  | 2:43.58Y |        | -12.89          |
|                           |    |                 |   |     | <b>Splits 50:</b> 34.76   <b>100:</b> 38.88   <b>150:</b> 39.89   <b>200:</b> 37.16 |          |        |                 |
| <b>Zell, Claire</b>       |    | Open 200 IM     | F | 55  | 2:56.65Y  | 2:58.71Y |        | -2.06           |
|                           |    |                 |   |     | <b>Splits 50:</b> 39.66   <b>100:</b> 46.45   <b>150:</b> 51.49   <b>200:</b> 39.05 |          |        |                 |
| <b>Zell, Claire</b>       |    | Open 50 Free    | F | 116 | 30.95Y  | 30.11Y   |        | 0.84            |