

Improvement Report
2019 STAR January Friday Night
Meet Date: 01/25/2019
Location: Greensboro, NC
Report Date: 01/29/2019

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Berge, Isabel	13	F	Open 100 Free	F	10		1:00.99Y	1:00.38Y	0.61
			Splits 50: 29.67 100: 31.32						
			Open 100 IM	F	7		1:11.90Y	1:13.86Y	-1.96
			Splits 50: 33.59 100: 38.31						
			Open 50 Breast	F	15		36.78Y	38.36Y	-1.58
			Open 50 Free	F	20		27.92Y	27.87Y	0.05
Braun, Logan	16	F	Open 100 Free	F	22		1:05.28Y	1:02.69Y	2.59
			Splits 50: 30.57 100: 34.71						
			Open 100 IM	F	16		1:15.48Y	1:12.72Y	2.76
			Splits 50: 33.99 100: 41.49						
			Open 50 Fly	F	15		30.98Y	36.68Y	-5.70
			Open 50 Free	F	32		28.79Y	28.38Y	0.41
Bryner, Eve	14	F	Open 100 IM	F	34		1:24.74Y	1:30.69Y	-5.95
			Splits 50: 37.84 100: 46.90						
			Open 200 Free	F	15		2:34.12Y	2:28.86Y	5.26
			Splits 50: 32.76 100: 39.39 150: 41.87 200: 40.10						
			Open 50 Breast	F	30		42.02Y	45.23Y	-3.21
			Open 50 Free	F	53		30.71Y	30.69Y	0.02
Cheifetz, Adam	18	M	Open 100 Breast	F	2		1:05.97Y	1:01.49Y	4.48
			Splits 50: 29.68 100: 36.29						
			Open 50 Back	F	3		27.58Y	26.89Y	0.69
			Open 50 Breast	F	1		28.50Y	39.67Y	-11.17
			Open 50 Free	F	2		23.22Y	23.04Y	0.18
DeSimone, Benjamin	10	M	Open 50 Back	F	17		37.13Y	37.15Y	-0.02
			Open 50 Breast	F	20		44.76Y	51.24Y	-6.48
			Open 50 Fly	F	21		37.77Y	41.82Y	-4.05
			Open 50 Free	F	38		31.85Y	32.38Y	-0.53
Desimone, Alice	14	F	Open 100 Back	F	11		1:07.53Y	1:07.13Y	0.40
			Splits 50: 32.87 100: 34.66						
			Open 100 Fly	F	7		1:09.27Y	1:07.87Y	1.40
			Splits 50: 32.29 100: 36.98						
			Open 50 Fly	F	5		29.70Y	30.20Y	-0.50
			Open 50 Free	F	51		30.37Y	28.64Y	1.73
DiGrazia, Lillian	12	F	Open 50 Back	F	41		39.91Y	38.29Y	1.62
			Open 50 Breast	F	45		47.63Y	50.43Y	-2.80
			Open 50 Fly	F	36		38.74Y	38.35Y	0.39
			Open 50 Free	F	69		33.14Y	32.31Y	0.83
Falise, Grace	13	F	Open 100 Fly	F	6		1:07.77Y	1:07.65Y	0.12
			Splits 50: 30.78 100: 36.99						

			Open 200 Fly	F	5	2:32.29Y	2:28.84Y	3.45
			Splits 50: 31.78 100: 39.69 150: 41.67 200: 39.15					
			Open 200 Free	F	8	2:16.61Y	2:09.01Y	7.60
			Splits 50: 30.30 100: 35.55 150: 35.92 200: 34.84					
Gray, William	13	M	Open 50 Free	F	22	28.23Y	27.70Y	0.53
			Open 100 Fly	F	6	1:09.00Y	1:12.56Y	-3.56
			Splits 50: 30.97 100: 38.03					
			Open 100 Free	F	12	59.30Y	1:00.61Y	-1.31
			Splits 50: 28.51 100: 30.79					
			Open 100 IM	F	6	1:10.95Y	1:11.92Y	-0.97
			Splits 50: 32.31 100: 38.64					
Husketh, Sabrina	13	F	Open 50 Free	F	19	26.21Y	27.28Y	-1.07
			Open 100 Fly	F	11	1:10.50Y	1:08.44Y	2.06
			Splits 50: 33.01 100: 37.49					
			Open 100 IM	F	11	1:14.09Y	1:16.50Y	-2.41
			Splits 50: 34.04 100: 40.05					
			Open 200 Back	F	9	2:34.93Y	2:34.56Y	0.37
			Splits 50: 36.36 100: 39.70 150: 39.64 200: 39.23					
			Open 200 Breast	F	10	3:03.52Y	3:04.30Y	-0.78
			Splits 50: 41.75 100: 48.02 150: 47.03 200: 46.72					
Lee, Benjamin	10	M	Open 50 Back	F	21	38.80Y	38.91Y	-0.11
			Open 50 Breast	F	25	45.47Y	47.10Y	-1.63
			Open 50 Fly	F	16	33.31Y	32.81Y	0.50
Lee, Isaac	12	M	Open 50 Free	F	31	29.46Y	29.84Y	-0.38
			Open 100 Free	F	10	58.53Y	59.40Y	-0.87
			Splits 50: 27.91 100: 30.62					
			Open 200 IM	F	8	2:44.10Y	2:41.72Y	2.38
			Splits 50: 34.81 100: 41.55 150: 52.14 200: 35.60					
Lewek, Cole	11	M	Open 50 Fly	F	6	29.93Y	30.61Y	-0.68
			Open 50 Back	F	29	43.19Y	43.59Y	-0.40
			Open 50 Breast	F	28	46.25Y	50.10Y	-3.85
			Open 50 Fly	F	23	39.26Y	40.15Y	-0.89
Marley, Jordan	14	F	Open 50 Free	F	47	33.27Y	36.15Y	-2.88
			Open 100 Back	F	2	1:02.93Y	1:04.17Y	-1.24
			Splits 50: 30.20 100: 32.73					
			Open 100 Free	F	3	57.32Y	56.89Y	0.43
			Splits 50: 27.33 100: 29.99					
			Open 200 IM	F	2	2:20.22Y	2:18.87Y	1.35
			Splits 50: 29.14 100: 35.57 150: 42.88 200: 32.63					
Meredith-Andrews, Sara	15	F	Open 50 Free	F	6	26.35Y	25.99Y	0.36
			Open 100 Breast	F	12	1:29.09Y	1:25.50Y	3.59
			Splits 50: 42.03 100: 47.06					

			Open 100 Free	F	29	1:08.70Y	1:09.47Y	-0.77
			Splits 50: 32.77 100: 35.93					
			Open 100 IM	F	25	1:20.94Y	1:24.21Y	-3.27
			Splits 50: 37.86 100: 43.08					
			Open 50 Breast	F	28	40.27Y	39.62Y	0.65
Mihaly, Chloe	11	F	Open 100 Back	F	22	1:16.12Y	1:18.94Y	-2.82
			Splits 50: 36.82 100: 39.30					
			Open 100 Breast	F	15	1:33.32Y	1:33.91Y	-0.59
			Splits 50: 44.89 100: 48.43					
			Open 100 IM	F	22	1:18.85Y	1:19.82Y	-0.97
			Splits 50: 37.94 100: 40.91					
			Open 50 Fly	F	32	36.41Y	36.70Y	-0.29
Mihaly, Lysander	9	M	Open 100 Back	F	24	1:27.22Y	1:26.44Y	0.78
			Splits 50: 42.10 100: 45.12					
			Open 100 Breast	F	20	1:29.75Y	1:29.09Y	0.66
			Splits 50: 42.59 100: 47.16					
			Open 100 Free	F	24	1:10.95Y	1:12.47Y	-1.52
			Splits 50: 33.88 100: 37.07					
			Open 100 IM	F	18	1:23.04Y	1:24.87Y	-1.83
			Splits 100: 1:23.04					
Nash, Kathryn	14	F	Open 100 Free	F	16	1:02.55Y	1:01.85Y	0.70
			Splits 50: 30.24 100: 32.31					
			Open 50 Back	F	14	33.14Y	36.09Y	-2.95
			Open 50 Breast	F	29	40.83Y	44.61Y	-3.78
			Open 50 Free	F	23	28.24Y	28.81Y	-0.57
Pritchard, Benjamin	13	M	Open 100 IM	F	10	1:13.81Y	1:10.62Y	3.19
			Splits 50: 33.07 100: 40.74					
			Open 50 Back	F	9	33.22Y	32.17Y	1.05
			Open 50 Fly	F	9	30.44Y	30.01Y	0.43
			Open 50 Free	F	27	28.65Y	27.84Y	0.81
Ritchey, David	12	M	Open 100 Breast	F	14	1:21.22Y	1:21.61Y	-0.39
			Splits 50: 38.53 100: 42.69					
			Open 100 IM	F	12	1:14.79Y	1:15.85Y	-1.06
			Splits 50: 35.37 100: 39.42					
			Open 200 Breast	F	12	2:58.95Y	2:57.83Y	1.12
			Splits 50: 40.16 100: 46.42 150: 46.23 200: 46.14					
			Open 50 Breast	F	8	37.14Y	38.16Y	-1.02
Roberts, Christopher	13	M	Open 100 Breast	F	7	1:12.54Y	1:14.88Y	-2.34
			Splits 50: 34.27 100: 38.27					
			Open 100 IM	F	1	1:06.90Y	1:08.83Y	-1.93

Splits 50: 30.74 | 100: 36.16

Roberts, Grace	11	F	Open 50 Back	F	6	30.93Y	31.41Y	-0.48
			Open 50 Fly	F	4	29.10Y	29.91Y	-0.81
			Open 50 Back	F	30	36.92Y	35.04Y	1.88
Schonwalder, Olivia	11	F	Open 50 Breast	F	31	42.15Y	42.87Y	-0.72
			Open 50 Fly	F	33	36.63Y	35.97Y	0.66
			Open 50 Free	F	58	31.28Y	31.32Y	-0.04
			Open 50 Back	F	43	40.26Y	41.55Y	-1.29
Schonwalder, Otto	13	M	Open 50 Breast	F	36	44.16Y	45.79Y	-1.63
			Open 50 Fly	F	40	40.58Y	41.44Y	-0.86
			Open 50 Free	F	75	33.81Y	33.36Y	0.45
			Open 100 Fly	F	10	1:10.59Y	1:07.52Y	3.07

Splits 50: 32.06 | 100: 38.53

Open 100 Free	F	11	58.92Y	59.08Y	-0.16
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Splits 50: 28.40 | 100: 30.52

Open 100 IM	F	2	1:09.12Y	1:10.27Y	-1.15
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Splits 50: 31.86 | 100: 37.26

Sept, Margaret	14	F	Open 50 Fly	F	8	30.26Y	30.51Y	-0.25
			Open 100 Back	F	4	1:05.33Y	1:04.90Y	0.43

Splits 50: 31.90 | 100: 33.43

Open 100 Free	F	2	57.04Y	56.47Y	0.57
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Splits 50: 27.39 | 100: 29.65

Open 200 IM	F	3	2:22.28Y	2:21.27Y	1.01
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Splits 50: 32.03 | 100: 36.32 | 150: 41.01 | 200: 32.92

Spreitzer, Aubree	11	F	Open 50 Free	F	5	26.28Y	25.99Y	0.29
			Open 50 Back	F	31	37.12Y	35.83Y	1.29
			Open 50 Breast	F	33	42.45Y	43.68Y	-1.23
Thornburg, Sophie	10	F	Open 50 Fly	F	25	33.85Y	34.35Y	-0.50
			Open 50 Free	F	42	29.61Y	29.29Y	0.32
			Open 50 Back	F	27	36.32Y	36.17Y	0.15

Veach, Joshua	16	M	Open 50 Breast	F	43	46.16Y	46.14Y	0.02
			Open 50 Fly	F	29	35.66Y	35.83Y	-0.17
			Open 50 Free	F	43	29.63Y	29.49Y	0.14
			Open 100 Breast	F	3	1:07.51Y	1:09.74Y	-2.23

Splits 50: 31.55 | 100: 35.96

Open 100 Free	F	5	55.79Y	55.17Y	0.62
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Splits 50: 26.65 | 100: 29.14

Open 200 Breast	F	8	2:30.64Y	2:30.26Y	0.38
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Splits 50: 33.02 | 100: 37.73 | 150: 39.83 | 200: 40.06

Open 200 Free	F	9	2:02.54Y	1:59.29Y	3.25
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Splits 50: 27.24 | 100: 30.81 | 150: 32.37 | 200: 32.12

Weaver, Erin	7	F	Open 50 Back	F	70	47.17Y	46.92Y	0.25
			Open 50 Fly	F	55	52.59Y	52.68Y	-0.09
			Open 50 Free	F	95	37.42Y	38.33Y	-0.91
Wilcox, Emma	13	F	Open 50 Back	F	45	40.82Y	42.09Y	-1.27
			Open 50 Breast	F	46	47.67Y	46.46Y	1.21
			Open 50 Fly	F	41	40.69Y	38.78Y	1.91
			Open 50 Free	F	77	33.94Y	32.56Y	1.38