

Improvement Report
2019 ESSZ Age Group Championsh
Meet Date: 03/14/2019
Location: Atlanta, GA
Report Date: 04/29/2019

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Lee, Benjamin	10	M	10 & Under 100 Fly	F	11	11.00	1:12.16Y	1:16.87Y	-4.71
			Splits 50: 33.15 100: 39.01						
			10 & Under 100 Free	F	10	12.00	1:02.45Y	1:05.11Y	-2.66
			Splits 50: 29.83 100: 32.62						
			10 & Under 50 Fly	F	23		32.31Y	32.81Y	-0.50
			10 & Under 50 Free	F	10	13.00	28.31Y	29.46Y	-1.15

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Lee, Isaac	12	M	11-12 100 Free	P	30		58.36Y	58.53Y	-0.17
Splits 50: 27.87 100: 30.49									
			11-12 50 Back	P	55		31.39Y	31.49Y	-0.10
			11-12 50 Fly	P	44		29.44Y	29.93Y	-0.49
			11-12 50 Free	P	33		26.45Y	27.21Y	-0.76

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement			
Marley, Jordan	14	F	13-14 100 Back	P	48		1:02.16Y	1:02.93Y	-0.77			
			Splits 50: 30.06 100: 32.10									
			13-14 100 Fly	F	17	4.00	59.12Y	59.29Y	-0.17			
			Splits 50: 27.32 100: 31.80									
				P	14		59.37Y	59.29Y	0.08			
			Splits 50: 27.32 100: 31.80									
			13-14 100 Free	P	55		56.25Y	54.89Y	1.36			
			Splits 50: 26.40 100: 29.85									
			13-14 200 Back	P	46		2:14.28Y	2:13.58Y	0.70			
			Splits 50: 31.84 100: 34.24 150: 34.40 200: 33.80									
			13-14 200 Fly	F	8	15.00	2:10.81Y	2:12.53Y	-1.72			
			Splits 50: 28.27 100: 32.81 150: 34.05 200: 35.68									
	P	6		2:09.93Y	2:12.53Y	-2.60						
Splits 50: 28.27 100: 32.81 150: 34.05 200: 35.68												
13-14 400 IM	F	17	4.00	4:43.23Y	4:47.44Y	-4.21						
Splits 50: 28.72 100: 33.30 150: 36.83 200: 35.64 250: 41.61 300: 42.16 350: 33.65 400: 31.32												
	P	12		4:44.94Y	4:47.44Y	-2.50						
Splits 50: 28.72 100: 33.30 150: 36.83 200: 35.64 250: 41.61 300: 42.16 350: 33.65 400: 31.32												
13-14 50 Free	P	44		25.62Y	25.99Y	-0.37						

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Roberts, Nicholas	14	M	13-14 100 Back	P	28		57.06Y	55.06Y	2.00
Splits 50: 27.57 100: 29.49									
			13-14 100 Breast	P	24		1:04.18Y	1:05.82Y	-1.64
Splits 50: 30.35 100: 33.83									
			13-14 100 Fly	F	10	13.00	53.87Y	54.57Y	-0.70
Splits 50: 25.10 100: 28.77									
				P	11		54.04Y	54.57Y	-0.53
Splits 50: 25.10 100: 28.77									
			13-14 200 Back	P	39		2:06.33Y	2:01.68Y	4.65
Splits 50: 29.38 100: 32.25 150: 32.55 200: 32.15									
			13-14 200 Fly	F	13	8.00	2:02.18Y	2:02.70Y	-0.52
Splits 50: 25.77 100: 29.90 150: 32.74 200: 33.77									
				P	13		2:03.15Y	2:02.70Y	0.45
Splits 50: 25.77 100: 29.90 150: 32.74 200: 33.77									

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Sept, Margaret	14	F	13-14 100 Free	P	35		55.14Y	55.71Y	-0.57
Splits 50: 26.58 100: 28.56									
			13-14 200 Free	P	27		1:59.13Y	2:00.87Y	-1.74
Splits 50: 27.13 100: 29.53 150: 30.65 200: 31.82									
			13-14 50 Free	P	26		25.26Y	25.55Y	-0.29

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Thornburg, Sophie	10	F	10 & Under 100 Back	F	30		1:15.37Y	1:16.61Y	-1.24
Splits 50: 35.96 100: 39.41									
			10 & Under 100 Free	F	10	13.00	1:03.22Y	1:04.02Y	-0.80
Splits 50: 30.66 100: 32.56									
			10 & Under 100 IM	F	27		1:17.35Y	1:17.67Y	-0.32
Splits 50: 35.18 100: 42.17									
			10 & Under 200 Free	F	10	13.00	2:18.25Y	2:22.15Y	-3.90
Splits 50: 31.31 100: 34.34 150: 35.82 200: 36.78									
			10 & Under 500 Free	F	14	7.00	6:16.83Y	6:21.53Y	-4.70
Splits 50: 34.94 100: 37.72 150: 37.47 200: 37.98 250: 38.69 300: 37.89 350: 39.18 400: 38.28 450: 37.89 500: 36.79									