

**Improvement Report**  
**2019 Speedo ESSZ Spring SC Cha**  
**Meet Date: 03/07/2019**  
**Location: Raleigh, NC**  
**Report Date: 04/29/2019**

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Bria, Eamon	18	M	Open 100 Breast	P	53		1:01.30Y	1:00.82Y	0.48
Splits 50: 28.55   100: 32.75									
			Open 200 Breast	P	43		2:14.39Y	2:13.92Y	0.47
Splits 50: 30.30   100: 34.39   150: 34.64   200: 35.06									

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Bunner, Devin	16	M	Open 100 Breast	P	37		1:00.13Y	1:00.46Y	-0.33
Splits 50: 28.39   100: 31.74									
			Open 100 Free	F			49.96YL	50.49Y	-0.53
			Open 200 Breast	F	19		2:09.88Y	2:11.07Y	-1.19
Splits 50: 29.08   100: 32.47   150: 33.67   200: 34.66									
				P	19		2:09.40Y	2:11.07Y	-1.67
Splits 50: 29.08   100: 32.47   150: 33.67   200: 34.66									

<b>Athlete Name</b>	<b>Age</b>	<b>Gen</b>	<b>Event</b>	<b>P/F/T</b>	<b>Place</b>	<b>Points</b>	<b>Time</b>	<b>Base Line</b>	<b>Improvement</b>
Candelaria, Bianca	18	F	Open 50 Free	P	62		25.06Y	24.86Y	0.20

<b>Athlete Name</b>	<b>Age</b>	<b>Gen</b>	<b>Event</b>	<b>P/F/T</b>	<b>Place</b>	<b>Points</b>	<b>Time</b>	<b>Base Line</b>	<b>Improvement</b>
Charles, Emile	18	M	Open 100 Free	P	96		51.91Y	47.51Y	4.40
			Splits 50: 24.51   100: 27.40						
			Open 50 Free	P	85		22.76Y	22.08Y	0.68

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Cheifetz, Adam	18	M	Open 100 Breast	F	32		1:00.79Y	57.70Y	3.09
Splits 50: 27.91   100: 32.88									
				P	31		59.89Y	57.70Y	2.19
Splits 50: 27.91   100: 32.88									
			Open 50 Free	P	88		22.80Y	22.05Y	0.75

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Dingfelder, David	18	M	Open 100 Back	P	60		54.21Y	54.77Y	-0.56
Splits 50: 26.24   100: 27.97									
			Open 100 Free	P	88		49.87Y	48.88Y	0.99
Splits 50: 23.69   100: 26.18									
			Open 200 Back	F	1		1:57.61Y	2:00.57Y	-2.96
Splits 50: 27.33   100: 29.59   150: 30.01   200: 30.68									
			Open 200 Free	F			1:47.93YL	1:48.37Y	-0.44
			Open 200 IM	P	66		2:00.68Y	2:00.72Y	-0.04
Splits 50: 26.20   100: 30.51   150: 35.43   200: 28.54									
			Open 50 Free	P	79		22.69Y	22.61Y	0.08

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Ervin, Bridgette	16	F	Open 100 Breast	F	31		1:07.53Y	1:06.23Y	1.30
Splits 50: 31.79   100: 35.74									
				P	32		1:07.36Y	1:06.23Y	1.13
Splits 50: 31.79   100: 35.74									

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement		
Falise, Nicholas	16	M	Open 100 Back	F			53.54YL	53.68Y	-0.14		
			Open 200 Free	P	76		1:47.63Y	1:45.46Y	2.17		
			Splits 50: 24.15   100: 27.06   150: 28.55   200: 27.87								
			Open 200 IM	F	18		1:54.93Y	1:57.51Y	-2.58		
			Splits 50: 24.87   100: 29.24   150: 33.90   200: 26.92								
				P	21		1:56.63Y	1:57.51Y	-0.88		
			Splits 50: 24.87   100: 29.24   150: 33.90   200: 26.92								
			Open 400 IM	P	39		4:12.24Y	4:14.76Y	-2.52		
			Splits 50: 25.48   100: 30.66   150: 31.91   200: 31.71   250: 37.46   300: 37.12   350: 29.73   400: 28.17								
			Open 500 Free	F	1		4:46.35Y	4:52.87Y	-6.52		
Splits 50: 25.41   100: 27.94   150: 28.54   200: 28.91   250: 29.39   300: 29.46   350: 29.65   400: 29.66   450: 29.49   500: 27.90											

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Heetderks, Claire	15	F	Open 100 Back	P	106		1:04.12Y	1:01.30Y	2.82

Splits 50: 31.15 | 100: 32.97

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement		
Heidkamp, George	18	M	Open 100 Back	P	77		55.20Y	53.46Y	1.74		
			Splits 50: 26.48   100: 28.72								
			Open 100 Fly	P	69		53.33Y	52.60Y	0.73		
			Splits 50: 24.66   100: 28.67								
			Open 100 Free	F	25		47.06Y	46.82Y	0.24		
			Splits 50: 22.74   100: 24.32								
				P	30		47.65Y	46.82Y	0.83		
			Splits 50: 22.74   100: 24.32								
			Open 200 Free	P	46		1:45.79Y	1:44.45Y	1.34		
			Splits 50: 24.19   100: 26.67   150: 27.28   200: 27.65								
Open 200 IM	P	56		1:59.68Y	1:59.36Y	0.32					
Splits 50: 25.83   100: 30.73   150: 36.38   200: 26.74											
Open 50 Free	F	21		21.48Y	21.20Y	0.28					
	P	19		21.51Y	21.20Y	0.31					

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Kosik, Ede	15	F	Open 100 Free	F	24		54.06Y	52.68Y	1.38
Splits 50: 25.99   100: 28.07									
Splits 50: 25.99   100: 28.07				P	34		53.25Y	52.68Y	0.57
Splits 50: 29.29   100: 33.11   150: 36.58   200: 34.86									
Open 200 Fly				P	50		2:13.84Y	2:11.08Y	2.76
Splits 50: 29.29   100: 33.11   150: 36.58   200: 34.86									
Open 200 Free				P	94		1:59.28Y	1:55.05Y	4.23
Splits 50: 26.83   100: 30.03   150: 31.24   200: 31.18									

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Lange, Sophia	17	F	Open 100 Fly	F	17		56.60Y	56.73Y	-0.13
Splits 50: 26.68   100: 29.92									
				P	24		57.27Y	56.73Y	0.54
Splits 50: 26.68   100: 29.92									
			Open 1000 Free	F	11	6.00	10:16.40Y	10:25.63Y	-9.23
Splits 50: 27.95   100: 29.80   150: 30.64   200: 31.28   250: 30.62   300: 31.01   350: 30.92   400: 30.89   450: 30.71   500: 30.91   550: 30.79   600: 31.42   650: 31.01   700: 31.14   750: 30.93   800: 31.00   850: 31.32   900: 31.81   950: 31.69   1000: 30.56									
			Open 1650 Free	F	20		17:38.37Y	17:21.16Y	17.21
Splits 50: 28.45   100: 31.23   150: 31.69   200: 31.93   250: 32.03   300: 32.04   350: 31.95   400: 32.45   450: 31.95   500: 32.56   550: 32.19   600: 32.51   650: 32.32   700: 32.37   750: 32.76   800: 32.38   850: 32.61   900: 32.48   950: 32.19   1000: 32.73   1050: 32.17   1100: 32.41   1150: 32.13   1200: 32.16   1250: 31.69   1300: 32.11   1350: 32.32   1400: 32.04   1450: 31.94   1500: 32.44   1550: 32.31   1600: 32.38   1650: 31.45									
			Open 200 Fly	F	10	7.00	2:04.19Y	2:05.55Y	-1.36
Splits 50: 27.96   100: 31.34   150: 31.75   200: 33.14									
				P	10		2:05.46Y	2:05.55Y	-0.09
Splits 50: 27.96   100: 31.34   150: 31.75   200: 33.14									
			Open 200 Free	P	40		1:54.39Y	1:56.14Y	-1.75
Splits 50: 26.57   100: 29.25   150: 29.44   200: 29.13									
			Open 500 Free	F	31		5:08.82Y	5:02.02Y	6.80
Splits 50: 27.47   100: 30.24   150: 31.05   200: 30.99   250: 31.36   300: 31.61   350: 31.60   400: 32.16   450: 31.39   500: 30.95									
				P	33		5:07.50Y	5:02.02Y	5.48
Splits 50: 27.47   100: 30.24   150: 31.05   200: 30.99   250: 31.36   300: 31.61   350: 31.60   400: 32.16   450: 31.39   500: 30.95									

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Pritchard, Thomas	17	M	Open 100 Free	P	72		49.00Y	49.00Y	0.00
Splits 50: 23.49   100: 25.51									
			Open 1000 Free	F	8	11.00	9:29.78Y	9:40.51Y	-10.73
Splits 50: 25.22   100: 27.55   150: 28.24   200: 28.34   250: 28.72   300: 28.58   350: 28.92   400: 28.82   450: 28.78   500: 28.82   550: 28.93   600: 28.92   650: 28.89   700: 28.99   750: 28.95   800: 28.66   850: 28.88   900: 28.86   950: 28.91   1000: 27.80									
			Open 1650 Free	F	5	14.00	15:54.51Y	16:01.58Y	-7.07
Splits 50: 25.46   100: 28.15   150: 28.95   200: 28.94   250: 28.79   300: 28.85   350: 28.86   400: 28.83   450: 29.01   500: 29.45   550: 29.17   600: 29.33   650: 29.47   700: 29.29   750: 29.05   800: 29.60   850: 29.10   900: 29.35   950: 29.41   1000: 29.35   1050: 29.45   1100: 28.97   1150: 29.24   1200: 29.08   1250: 29.17   1300: 29.05   1350: 29.11   1400: 29.22   1450: 29.03   1500: 29.04   1550: 28.98   1600: 28.78   1650: 26.98									
			Open 200 Free	F	16	1.00	1:43.76Y	1:43.77Y	-0.01
Splits 50: 24.14   100: 25.71   150: 26.77   200: 27.14									
				P	15		1:43.44Y	1:43.77Y	-0.33
Splits 50: 24.14   100: 25.71   150: 26.77   200: 27.14									
			Open 500 Free	F	4	15.00	4:32.84Y	4:36.76Y	-3.92
Splits 50: 24.85   100: 27.18   150: 27.59   200: 27.87   250: 27.67   300: 27.75   350: 27.72   400: 27.95   450: 27.39   500: 26.87									
				P	5		4:35.20Y	4:36.76Y	-1.56
Splits 50: 24.85   100: 27.18   150: 27.59   200: 27.87   250: 27.67   300: 27.75   350: 27.72   400: 27.95   450: 27.39   500: 26.87									

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Sept, Audrey	17	F	Open 100 Free	P	82		54.92Y	54.24Y	0.68

Splits 50: 26.31 | 100: 28.61

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement			
Simpson, Leah	15	F	Open 100 Breast	P	33		1:07.36Y	1:06.38Y	0.98			
			Splits 50: 31.53   100: 35.83									
			Open 100 Free	P	59		53.81Y	53.93Y	-0.12			
			Splits 50: 25.86   100: 27.95									
			Open 200 Breast	F	25		2:22.09Y	2:22.80Y	-0.71			
			Splits 50: 32.39   100: 35.74   150: 36.57   200: 37.39									
				P	27		2:25.34Y	2:22.80Y	2.54			
			Splits 50: 32.39   100: 35.74   150: 36.57   200: 37.39									
		F	Open 200 Free	F			1:53.77YL	1:56.83Y	-3.06			
		F	Open 200 IM	F	25		2:08.00Y	2:10.68Y	-2.68			
Splits 50: 27.77   100: 34.01   150: 37.12   200: 29.10												
		P		P	34		2:10.39Y	2:10.68Y	-0.29			
Splits 50: 27.77   100: 34.01   150: 37.12   200: 29.10												

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Weaver, Ryan	15	M	Open 100 Back	F	4	15.00	49.86Y	49.94Y	-0.08
Splits 50: 23.97   100: 25.89									
				P	5		50.01Y	49.94Y	0.07
Splits 50: 23.97   100: 25.89									
			Open 100 Breast	P	52		1:01.24Y	1:01.08Y	0.16
Splits 50: 28.59   100: 32.65									
			Open 100 Free	P	38		47.83Y	47.17Y	0.66
Splits 50: 22.69   100: 25.14									
			Open 200 Back	F	13	4.00	1:52.90Y	1:49.97Y	2.93
Splits 50: 25.98   100: 28.65   150: 29.28   200: 28.99									
				P	18		1:53.50Y	1:49.97Y	3.53
Splits 50: 25.98   100: 28.65   150: 29.28   200: 28.99									
			Open 50 Free	F	13	4.00	21.34Y	21.32Y	0.02
				P	16		21.37Y	21.32Y	0.05

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Wen, Melody	16	F	Open 100 Back	P	77		1:00.15Y	59.64Y	0.51
Splits 50: 29.15   100: 31.00									
			Open 100 Free	F	21		53.26Y	52.56Y	0.70
Splits 50: 25.36   100: 27.90									
				P	37		53.27Y	52.56Y	0.71
Splits 50: 25.36   100: 27.90									
			Open 50 Free	F	7	12.00	23.93Y	23.75Y	0.18
				P	8		23.74Y	23.75Y	-0.01