

PROGRESSION for Short Course Yards

Annika Abbott	8&UN	25 FR	25 BA	25 BR	25 FLY												
TIME TRIALS 2011	04/30/2011 Finals	:22.70	:29.06	:32.92	:31.24												
RH @ TW 5.7.11	05/07/2011 Finals	:23.80		:32.65	:36.56												
TW @ SSST	05/14/2011 Finals	:23.12	:26.15	:30.56													
SHST @ TW	05/21/2011 Finals		:27.33	:30.96													
TW @ ORCAS	06/04/2011 Finals	:24.95															
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:22.06															
TW @ MARINWOOD	06/18/2011 Finals	:23.48	:27.30	:29.54													
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:21.61	:26.32	:30.69													
Zoe Bernsten	8&UN	25 FR	25 BA	25 FLY													
TIME TRIALS 2011	04/30/2011 Finals	:21.11	:23.25														
RH @ TW 5.7.11	05/07/2011 Finals	:20.81		:26.33													
TW @ SSST	05/14/2011 Finals	:21.08	:23.80	:25.86													
SHST @ TW	05/21/2011 Finals	:20.47	:21.96	:26.86													
ALL STARS 2011	06/08/2011 Finals		:20.56														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:19.93	:21.58	:24.79													
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:20.15	:22.38	:24.91													

PROGRESSION for Short Course Yards

Devin Bosley	8&UN	25 FR	25 BA	25 FLY													
TIME TRIALS 2011	04/30/2011 Finals	:26.40	:36.67														
RH @ TW 5.7.11	05/07/2011 Finals	:23.31	:27.89	:30.35													
TW @ SSST	05/14/2011 Finals	:21.11	:26.49	:29.56													
SHST @ TW	05/21/2011 Finals	:21.97	:25.30	:27.82													
TW @ ORCAS	06/04/2011 Finals	:22.00	:27.22	:31.22													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:22.11	:25.93	:29.54													
TW @ MARINWOOD	06/18/2011 Finals	:19.90	:25.60	:25.53													
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:19.83	:25.02	:27.13													
Berta Bunch	8&UN	25 FR	25 BA	25 BR													
TIME TRIALS 2011	04/30/2011 Finals			:32.19													
RH @ TW 5.7.11	05/07/2011 Finals	:26.60	:35.77														
SHST @ TW	05/21/2011 Finals	:24.94															
Tula Cox	8&UN	25 FR	25 BA														
TIME TRIALS 2011	04/30/2011 Finals	:30.18	:34.20														
RH @ TW 5.7.11	05/07/2011 Finals	:26.17	:33.24														
TW @ SSST	05/14/2011 Finals	:30.78	:35.78														
SHST @ TW	05/21/2011 Finals	:28.49	:31.19														
TW @ ORCAS	06/04/2011 Finals	:31.61	:31.53														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:25.97	:30.32														
TW @ MARINWOOD	06/18/2011 Finals	:25.22	:34.80														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:23.85	:30.95														
CHAMPS 2011	07/09/2011 Finals	:27.23	:30.27														

PROGRESSION for Short Course Yards

Roxanne Culhane	8&UN	25 FR	25 BA	25 BR													
RH @ TW 5.7.11	05/07/2011 Finals	:31.82	:30.20	:31.17													
TW @ SSST	05/14/2011 Finals	:25.59	:30.28														
SHST @ TW	05/21/2011 Finals	:27.81	:29.95	:27.78													
TW @ ORCAS	06/04/2011 Finals	:26.42	:30.95														
TW @ MARINWOOD	06/18/2011 Finals		:27.37														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:25.70	:30.53	:27.78													
Charlotte Estus	8&UN	25 FR	25 BA														
TIME TRIALS 2011	04/30/2011 Finals	:28.66	:32.81														
RH @ TW 5.7.11	05/07/2011 Finals	:29.12	:33.91														
TW @ SSST	05/14/2011 Finals	:30.62	:29.14														
SHST @ TW	05/21/2011 Finals	:29.77	:34.53														
TW @ ORCAS	06/04/2011 Finals	:27.16	:30.66														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:26.37	:31.45														
TW @ MARINWOOD	06/18/2011 Finals	:26.93	:31.88														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:26.08	:29.81														
CHAMPS 2011	07/09/2011 Finals	:25.88	:30.57														
Sarah Frascetti	8&UN	25 FR	25 BA	25 BR	25 FLY												
TIME TRIALS 2011	04/30/2011 Finals	:24.22	:29.72	:33.14													
RH @ TW 5.7.11	05/07/2011 Finals	:23.39		:30.87	:34.03												
TW @ SSST	05/14/2011 Finals	:24.03	:28.97	:31.82													
SHST @ TW	05/21/2011 Finals	:22.86	:32.49	:31.70													
TW @ ORCAS	06/04/2011 Finals		:25.61	:42.61													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:23.84	:29.12	:32.68													
TW @ MARINWOOD	06/18/2011 Finals	:21.51	:28.86	:34.75													

PROGRESSION for Short Course Yards

Cate Gorski	8&UN	25 FR	25 BA	25 BR	25 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:18.92	:24.98	:25.93	:19.90	1:56.06											
TW @ SSST	05/14/2011 Finals	:18.66			:25.27	2:02.60											
SHST @ TW	05/21/2011 Finals	:19.12		:23.77		1:52.32											
TW @ ORCAS	06/04/2011 Finals	:19.91		:24.55		1:57.14											
ALL STARS 2011	06/08/2011 Finals			:23.35													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:18.41		:23.87	:23.43												
TW @ MARINWOOD	06/18/2011 Finals	:17.66		:22.33		1:49.31											
CHAMPS 2011	07/09/2011 Finals	:18.36		:23.58		1:50.92											
Sasha Grams	8&UN	25 FR	25 BA														
TIME TRIALS 2011	04/30/2011 Finals	:25.64	:28.76														
RH @ TW 5.7.11	05/07/2011 Finals	:26.59	:30.42														
TW @ SSST	05/14/2011 Finals	:25.07	:30.30														
SHST @ TW	05/21/2011 Finals	:26.61	:29.54														
TW @ ORCAS	06/04/2011 Finals	:24.99	:36.42														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:24.63	:30.81														
Georgia Harms	8&UN	25 FR	25 BA														
TIME TRIALS 2011	04/30/2011 Finals	:34.35	:33.36														
RH @ TW 5.7.11	05/07/2011 Finals	:31.32	:35.39														
TW @ SSST	05/14/2011 Finals	:29.57	:31.88														
SHST @ TW	05/21/2011 Finals	:30.82	:36.96														
TW @ ORCAS	06/04/2011 Finals	:30.31	:32.95														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:28.66	:30.04														
CHAMPS 2011	07/09/2011 Finals	:26.31	:32.54														

PROGRESSION for Short Course Yards

Alicia Helmer	8&UN	25 FR	25 BA	25 BR	25 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:19.89	:23.47	:26.63	:25.89	2:01.65											
TW @ SSST	05/14/2011 Finals	:18.87	:22.83	:26.47													
SHST @ TW	05/21/2011 Finals	:19.67	:22.88	:27.26													
TW @ ORCAS	06/04/2011 Finals	:19.46	:23.54	:28.88													
ALL STARS 2011	06/08/2011 Finals		:21.55														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:18.66	:22.22			1:50.57											
TW @ MARINWOOD	06/18/2011 Finals	:17.48	:23.12			1:52.25											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:18.89	:23.53			1:56.79											
CHAMPS 2011	07/09/2011 Finals	:18.66	:22.84	:25.63													
Libby Hughes	8&UN	25 FR	25 BA														
TIME TRIALS 2011	04/30/2011 Finals	:30.05	:36.25														
RH @ TW 5.7.11	05/07/2011 Finals	:27.80	:39.42														
TW @ SSST	05/14/2011 Finals	:27.33	:37.48														
SHST @ TW	05/21/2011 Finals	:27.55	:31.91														
TW @ ORCAS	06/04/2011 Finals	:28.06	:34.20														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:25.40	:30.89														
TW @ MARINWOOD	06/18/2011 Finals	:25.23	:32.21														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:26.47	:34.38														

PROGRESSION for Short Course Yards

Helena Janku	8&UN	25 FR	25 BA	25 BR													
TIME TRIALS 2011	04/30/2011 Finals	:28.92	:27.40	:31.47													
RH @ TW 5.7.11	05/07/2011 Finals	:27.42	:26.96	:30.84													
TW @ SSST	05/14/2011 Finals	:22.10	:27.75														
SHST @ TW	05/21/2011 Finals	:22.01	:27.01	:28.21													
TW @ ORCAS	06/04/2011 Finals	:22.03	:28.80	:32.22													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:21.40	:26.77	:30.45													
TW @ MARINWOOD	06/18/2011 Finals	:22.89	:29.62	:29.55													
Caitlin Kawamura	8&UN	25 FR	25 BA	25 BR	25 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:21.68	:24.93	:31.09	:28.33												
RH @ TW 5.7.11	05/07/2011 Finals	:21.58	:27.14		:33.38												
TW @ SSST	05/14/2011 Finals	:21.34	:28.81		:28.85												
SHST @ TW	05/21/2011 Finals		:26.04	:31.57	:49.35												
TW @ ORCAS	06/04/2011 Finals	:20.75	:27.28	:30.97													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:22.04	:26.15	:27.33													
TW @ MARINWOOD	06/18/2011 Finals	:20.39		:27.89		2:17.54											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals		:27.87	:27.67		2:14.96											
CHAMPS 2011	07/09/2011 Finals			:25.92	:30.87	2:08.61											
Olivia Kharrazi	8&UN	25 FR	25 BA														
TIME TRIALS 2011	04/30/2011 Finals	:31.78	:40.25														
RH @ TW 5.7.11	05/07/2011 Finals	:31.01	:37.72														
SHST @ TW	05/21/2011 Finals	:29.46	:36.42														
TW @ ORCAS	06/04/2011 Finals	:29.82	:36.39														
TW @ MARINWOOD	06/18/2011 Finals	:33.89	:33.37														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:32.96	:37.63														

PROGRESSION for Short Course Yards

Caroline Koblick	8&UN	25 FR	25 BA	25 BR	25 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:23.30	:30.22	:34.15	:32.44	2:25.32											
RH @ TW 5.7.11	05/07/2011 Finals	:23.75	:30.28		:31.10												
TW @ SSST	05/14/2011 Finals	:23.15	:30.89		:28.53												
SHST @ TW	05/21/2011 Finals	:23.66	:30.71		:29.54												
TW @ ORCAS	06/04/2011 Finals	:24.26			:30.87	2:19.26											
TW @ MARINWOOD	06/18/2011 Finals	:22.29			:27.31	2:15.04											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:24.54			:28.65	2:11.49											
CHAMPS 2011	07/09/2011 Finals	:23.70	:29.84		:29.26												
Brooke Leslie	8&UN	25 FR	25 BA	25 BR	25 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:21.53	:32.88	:30.30	:30.68	2:14.70											
RH @ TW 5.7.11	05/07/2011 Finals	:24.46		:31.06		2:20.35											
TW @ SSST	05/14/2011 Finals	:19.57		:28.97		2:18.46											
SHST @ TW	05/21/2011 Finals	:20.74		:32.29		2:21.99											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:21.72		:30.36	:27.43												
TW @ MARINWOOD	06/18/2011 Finals	:21.48		:31.55	:27.24												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:22.65		:29.44		2:10.92											
CHAMPS 2011	07/09/2011 Finals	:20.73		:28.49		2:14.43											

PROGRESSION for Short Course Yards

Natalie Love	8&UN	25 FR	25 BA	25 FLY													
TIME TRIALS 2011	04/30/2011 Finals	:19.27	:23.06	:25.48													
RH @ TW 5.7.11	05/07/2011 Finals	:22.10	:26.29	:26.03													
TW @ SSST	05/14/2011 Finals	:21.37	:27.08	:24.90													
SHST @ TW	05/21/2011 Finals	:20.36	:28.10	:22.77													
TW @ ORCAS	06/04/2011 Finals	:21.76	:27.79	:24.32													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:18.99	:25.36	:22.82													
TW @ MARINWOOD	06/18/2011 Finals	:19.73	:26.86	:22.53													
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:20.19	:27.28	:27.92													
CHAMPS 2011	07/09/2011 Finals	:19.02	:25.59	:25.43													
Maddie Lowe	8&UN	25 FR	25 BA	25 BR	25 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:20.01	:23.55	:25.34	:26.81	1:57.21											
RH @ TW 5.7.11	05/07/2011 Finals			:24.35	:24.58	1:56.67											
TW @ SSST	05/14/2011 Finals			:26.42	:23.79	1:59.69											
TW @ ORCAS	06/04/2011 Finals				:24.28	1:51.27											
ALL STARS 2011	06/08/2011 Finals			:23.52		1:51.57											
NOVATO RIPTIDES @ TW	06/11/2011 Finals			:24.08	:24.00	1:49.58											
TW @ MARINWOOD	06/18/2011 Finals			:22.43	:21.11												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals			:23.59	:24.48	1:52.90											
CHAMPS 2011	07/09/2011 Finals			:24.22	:22.99	1:52.47											

PROGRESSION for Short Course Yards

Grace Mathews	8&UN	25 FR	25 BA	25 BR													
TIME TRIALS 2011	04/30/2011 Finals	:29.13	:34.87	:43.83													
RH @ TW 5.7.11	05/07/2011 Finals	:25.83	:33.64														
TW @ SSST	05/14/2011 Finals	:28.11	:34.30	:43.68													
TW @ ORCAS	06/04/2011 Finals	:28.51	:33.68														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:25.51	:31.48	:37.61													
TW @ MARINWOOD	06/18/2011 Finals	:26.23	:32.07	:34.41													
Carys Matthews	8&UN	25 FR	25 BA														
TIME TRIALS 2011	04/30/2011 Finals	:29.48	:39.11														
RH @ TW 5.7.11	05/07/2011 Finals	:34.39	:40.78														
TW @ SSST	05/14/2011 Finals	:34.22	:37.26														
SHST @ TW	05/21/2011 Finals	:37.03	:35.15														
TW @ ORCAS	06/04/2011 Finals	:32.47	:37.09														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:33.74	:35.17														
TW @ MARINWOOD	06/18/2011 Finals	:33.10	:33.60														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals		:34.84														
CHAMPS 2011	07/09/2011 Finals	:35.08	:39.14														
Christina Meier	8&UN	25 FR	25 BA														
TIME TRIALS 2011	04/30/2011 Finals	:29.37	:42.39														
RH @ TW 5.7.11	05/07/2011 Finals	:31.92	:34.39														
TW @ SSST	05/14/2011 Finals	:27.29	:36.03														
SHST @ TW	05/21/2011 Finals	:27.61	:44.47														
TW @ ORCAS	06/04/2011 Finals	:27.93	:33.88														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:28.47	:32.79														
TW @ MARINWOOD	06/18/2011 Finals		:35.55														
CHAMPS 2011	07/09/2011 Finals	:27.20	:36.80														

PROGRESSION for Short Course Yards

Katherine O'Connor		8&UN	25 FR	25 BA													
TIME TRIALS 2011	04/30/2011 Finals		:23.79	:29.17													
TW @ SSST	05/14/2011 Finals		:23.37	:29.59													
SHST @ TW	05/21/2011 Finals		:23.56	:28.85													
TW @ ORCAS	06/04/2011 Finals		:26.67	:37.28													
NOVATO RIPTIDES @ TW	06/11/2011 Finals		:24.27														
TW @ MARINWOOD	06/18/2011 Finals		:23.45	:35.30													
Avery Paine		8&UN	25 FR	25 BA	25 BR	25 FLY											
TIME TRIALS 2011	04/30/2011 Finals		:33.04	:33.70	:34.17	:38.05											
RH @ TW 5.7.11	05/07/2011 Finals		:28.52	:32.71	:34.65												
TW @ SSST	05/14/2011 Finals		:27.11	:34.94	:32.38												
SHST @ TW	05/21/2011 Finals		:27.32	:31.02	:31.74												
TW @ ORCAS	06/04/2011 Finals		:26.66	:34.10	:33.01												
NOVATO RIPTIDES @ TW	06/11/2011 Finals		:25.32	:31.17	:30.05												
TW @ MARINWOOD	06/18/2011 Finals		:25.77	:31.37	:28.89												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals			:32.31	:31.07												
Lyla Runkel		8&UN	25 FR	25 BA	25 FLY												
TIME TRIALS 2011	04/30/2011 Finals		:31.28	:37.40													
RH @ TW 5.7.11	05/07/2011 Finals		:27.06	:34.92													
TW @ SSST	05/14/2011 Finals		:29.34	:35.02													
SHST @ TW	05/21/2011 Finals		:29.28	:34.46													
TW @ ORCAS	06/04/2011 Finals		:24.65	:28.45													
NOVATO RIPTIDES @ TW	06/11/2011 Finals		:23.96	:26.97													
TW @ MARINWOOD	06/18/2011 Finals		:23.02	:27.45	:35.18												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals		:24.61	:28.89	:38.67												

PROGRESSION for Short Course Yards

Lilith Sadil	8&UN	25 FR	25 BA														
TIME TRIALS 2011	04/30/2011 Finals	:38.07	:36.28														
RH @ TW 5.7.11	05/07/2011 Finals	:33.46	:37.92														
TW @ SSST	05/14/2011 Finals	:32.72	:36.06														
SHST @ TW	05/21/2011 Finals	:33.62	:39.12														
TW @ ORCAS	06/04/2011 Finals	:32.70	:37.08														
NOVATO RIPTIDES @ TW	06/11/2011 Finals		:31.85														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:30.20	:33.83														
Lauren Sterne	8&UN	25 FR	25 BA														
TIME TRIALS 2011	04/30/2011 Finals	:27.76	:31.59														
RH @ TW 5.7.11	05/07/2011 Finals	:29.90	:34.30														
TW @ SSST	05/14/2011 Finals	:32.25	:34.01														
SHST @ TW	05/21/2011 Finals	:37.26	:32.77														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:37.69	:37.85														
Pearl Thompson	8&UN	25 FR	25 BA														
TIME TRIALS 2011	04/30/2011 Finals	:29.40	:34.45														
TW @ SSST	05/14/2011 Finals	:27.71	:33.47														
SHST @ TW	05/21/2011 Finals	:24.64	:33.61														
TW @ ORCAS	06/04/2011 Finals	:26.96	:36.09														
TW @ MARINWOOD	06/18/2011 Finals	:26.81	:36.15														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:26.48	:32.16														

PROGRESSION for Short Course Yards

Ilea Walters	8&UN	25 FR	25 BA	25 FLY													
TIME TRIALS 2011	04/30/2011 Finals	:25.00	:28.51														
RH @ TW 5.7.11	05/07/2011 Finals	:24.45	:29.33	:33.04													
TW @ SSST	05/14/2011 Finals	:24.89	:27.73	:31.49													
SHST @ TW	05/21/2011 Finals	:25.07	:28.92	:35.76													
TW @ ORCAS	06/04/2011 Finals	:20.73	:30.26	:34.00													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:22.17	:27.78														
TW @ MARINWOOD	06/18/2011 Finals	:20.48	:28.67	:29.03													
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:21.97	:30.51	:30.06													
Ella Whiteford	8&UN	25 FR	25 BA														
TIME TRIALS 2011	04/30/2011 Finals	:27.83	:29.25														
TW @ SSST	05/14/2011 Finals	:26.82	:28.18														
SHST @ TW	05/21/2011 Finals	:32.02	:32.06														
TW @ ORCAS	06/04/2011 Finals	:29.12	:26.26														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:26.71	:26.92														
Samantha Beaton	9-10	50 FR	50 BA	50 BR	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	:46.36	:53.46	1:04.97													
SHST @ TW	05/21/2011 Finals	:42.86	:54.45	:57.85													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:44.81	:48.36														
TW @ MARINWOOD	06/18/2011 Finals	:43.31	:52.02	:56.36													
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:43.13	:49.93		1:55.07												

PROGRESSION for Short Course Yards

Gabby Beltran	9-10	50 FR	50 BA	50 BR													
TIME TRIALS 2011	04/30/2011 Finals	:43.10	:54.39	1:03.22													
RH @ TW 5.7.11	05/07/2011 Finals	:42.98	:56.45	1:04.32													
TW @ SSST	05/14/2011 Finals	:40.14	:59.09	1:02.25													
SHST @ TW	05/21/2011 Finals	:43.65	:52.71	1:01.90													
TW @ ORCAS	06/04/2011 Finals	:45.62	:58.74	1:09.23													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:44.47	:59.44														
TW @ MARINWOOD	06/18/2011 Finals	:41.77	:57.72	1:02.85													
Kotone Berreman	9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:40.68	:55.20	:55.13	:52.44	1:51.21											
RH @ TW 5.7.11	05/07/2011 Finals	:41.56		:54.24		1:53.21											
SHST @ TW	05/21/2011 Finals			:51.71	:53.20	1:47.92											
TW @ ORCAS	06/04/2011 Finals	:46.26		:54.85		1:53.26											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:41.66			:51.89	1:50.23											
TW @ MARINWOOD	06/18/2011 Finals			:51.54	:51.90	1:47.69											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:42.12		:52.92		1:44.38											
CHAMPS 2011	07/09/2011 Finals			:50.70		1:44.91											
Claire Bildsoe	9-10	50 FR	50 BA	50 BR	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	:44.23	:55.65	1:11.83	2:03.75												
RH @ TW 5.7.11	05/07/2011 Finals	:43.39	:57.08		2:11.65												
TW @ SSST	05/14/2011 Finals	:44.47	:55.96		2:09.35												
SHST @ TW	05/21/2011 Finals	:43.09	:53.15		2:08.66												
TW @ ORCAS	06/04/2011 Finals	:43.19	:58.87		2:02.47												
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:45.79	:56.90		2:08.05												
TW @ MARINWOOD	06/18/2011 Finals	:45.03	:57.24		2:02.60												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:42.42	:55.61		2:02.50												

PROGRESSION for Short Course Yards

Megan Bosley	9-10	50 FR	50 BA	50 BR	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	:52.98	1:18.39	1:01.55	2:21.52												
RH @ TW 5.7.11	05/07/2011 Finals	:50.30	1:09.13	1:01.00													
TW @ SSST	05/14/2011 Finals	:51.55		:59.74	2:14.59												
SHST @ TW	05/21/2011 Finals	:49.87		:59.27	2:19.97												
TW @ ORCAS	06/04/2011 Finals	:54.85	1:22.57														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:55.76	1:19.03														
TW @ MARINWOOD	06/18/2011 Finals	:52.06	1:16.48	1:01.72													
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:51.68		1:00.25	2:12.01												
Darragh Carobene	9-10	50 FR	50 BA														
TIME TRIALS 2011	04/30/2011 Finals	:58.17	1:16.50														
RH @ TW 5.7.11	05/07/2011 Finals	1:01.46	1:17.32														
TW @ SSST	05/14/2011 Finals	1:04.08	1:06.41														
SHST @ TW	05/21/2011 Finals	:55.11	1:03.32														
TW @ ORCAS	06/04/2011 Finals	:57.57	1:09.71														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:47.95	1:03.99														
TW @ MARINWOOD	06/18/2011 Finals	:55.74	1:13.44														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:52.76	1:10.27														
CHAMPS 2011	07/09/2011 Finals	:53.13	1:04.32														

PROGRESSION for Short Course Yards

Carolyn Cheng	9-10	50 FR	50 BA	50 BR	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	:41.21	:43.85	1:01.11	1:51.01												
RH @ TW 5.7.11	05/07/2011 Finals	:41.16	:45.45														
TW @ ORCAS	06/04/2011 Finals	:41.99	:45.95														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:41.82	:48.43														
TW @ MARINWOOD	06/18/2011 Finals	:41.68	:46.63		1:40.10												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:40.38	:44.40														
CHAMPS 2011	07/09/2011 Finals	:40.50	:46.06		1:43.16												
Anna Compagno	9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:45.70	1:01.79	1:03.02	:59.97	2:02.83											
RH @ TW 5.7.11	05/07/2011 Finals	:42.27			1:04.81	2:04.80											
TW @ SSST	05/14/2011 Finals	:44.17			1:03.66	2:03.08											
SHST @ TW	05/21/2011 Finals	:41.84			:56.02	1:52.96											
TW @ ORCAS	06/04/2011 Finals	:43.91															
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:46.79			1:04.92												
TW @ MARINWOOD	06/18/2011 Finals	:46.36			1:06.51	1:56.02											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:44.25			:58.99	2:04.50											
Lizzy Conran	9-10	50 FR	50 BA														
TIME TRIALS 2011	04/30/2011 Finals	1:02.59	1:12.07														
RH @ TW 5.7.11	05/07/2011 Finals	:59.75															
TW @ SSST	05/14/2011 Finals	1:10.73	1:18.37														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	1:00.03	1:14.33														
TW @ MARINWOOD	06/18/2011 Finals	:53.86	1:12.41														

PROGRESSION for Short Course Yards

Jemima Dominguez	9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:36.51	:50.52	:51.04	:46.74	1:45.11											
RH @ TW 5.7.11	05/07/2011 Finals	:40.79			:45.91	1:45.07											
TW @ SSST	05/14/2011 Finals	:35.76			:42.22	1:40.98											
SHST @ TW	05/21/2011 Finals	:38.60			:42.19												
TW @ ORCAS	06/04/2011 Finals	:38.31			:47.68	1:41.80											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:39.34			:45.76	1:43.65											
TW @ MARINWOOD	06/18/2011 Finals	:38.76	:53.37														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:38.15		:46.55													
CHAMPS 2011	07/09/2011 Finals	:38.42	:52.35			1:38.32											
Julianna Eaton	9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:34.84	:42.07	:50.95	:42.40	1:34.49											
RH @ TW 5.7.11	05/07/2011 Finals		:40.62		:38.86	1:29.23											
TW @ SSST	05/14/2011 Finals		:39.76		:35.94	1:25.41											
SHST @ TW	05/21/2011 Finals	:32.63			:37.47	1:26.84											
TW @ ORCAS	06/04/2011 Finals		:41.05		:40.95	1:30.48											
ALL STARS 2011	06/08/2011 Finals	:33.57			:36.11	1:27.83											
NOVATO RIPTIDES @ TW	06/11/2011 Finals		:38.59		:38.08	1:25.04											
TW @ MARINWOOD	06/18/2011 Finals	:33.61	:39.74		:36.16												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals		:39.13		:36.88	1:25.77											
CHAMPS 2011	07/09/2011 Finals		:39.67		:36.27	1:27.59											

PROGRESSION for Short Course Yards

Mia Etem	9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:35.28	:44.46	:50.61	:43.36	1:34.52											
RH @ TW 5.7.11	05/07/2011 Finals	:36.96	:45.52			1:38.58											
TW @ SSST	05/14/2011 Finals	:35.98	:47.96														
TW @ ORCAS	06/04/2011 Finals	:34.65			:44.25	1:35.05											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:34.72			:44.76	1:34.19											
TW @ MARINWOOD	06/18/2011 Finals	:41.53															
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:37.89	:45.63	:50.18													
Alexandra Fister	9-10	50 FR	50 BA	50 BR	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	:57.06	1:10.37	1:06.08	2:33.04												
RH @ TW 5.7.11	05/07/2011 Finals	:55.94	1:12.99	1:07.64													
TW @ SSST	05/14/2011 Finals	:58.86	1:07.48	1:05.95													
SHST @ TW	05/21/2011 Finals	:48.95	1:09.96	1:05.55													
TW @ ORCAS	06/04/2011 Finals	:53.48	1:19.53	1:06.86													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:53.72	1:07.36	1:02.74													
TW @ MARINWOOD	06/18/2011 Finals	:55.99	1:07.30	1:03.55													
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:54.71	1:05.12	1:03.38													
CHAMPS 2011	07/09/2011 Finals	:49.39	1:05.54	:59.98													
Olivia Greenberg	9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:33.51	:42.51	:48.50	:42.17	1:33.73											
TW @ SSST	05/14/2011 Finals	:33.06	:42.92			1:29.88											
SHST @ TW	05/21/2011 Finals		:42.26		:43.19	1:33.50											
TW @ ORCAS	06/04/2011 Finals	:35.93	:46.23			1:39.06											
ALL STARS 2011	06/08/2011 Finals	:35.62	:42.28			1:39.02											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:34.81	:43.36	:50.38													
CHAMPS 2011	07/09/2011 Finals	:32.41	:43.37			1:31.64											

PROGRESSION for Short Course Yards

Lily Harding	9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:43.60	:52.35		:55.84	2:00.74											
RH @ TW 5.7.11	05/07/2011 Finals	:43.65	:51.08			1:50.95											
TW @ SSST	05/14/2011 Finals	:39.20	:47.72			1:44.72											
SHST @ TW	05/21/2011 Finals	:41.12	:47.50	:56.15													
TW @ ORCAS	06/04/2011 Finals	:41.88	:49.87			2:05.10											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:42.49	:48.13			1:55.08											
TW @ MARINWOOD	06/18/2011 Finals	:40.25	:49.53			1:53.90											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:41.63	:51.00			1:55.72											
CHAMPS 2011	07/09/2011 Finals	:41.92	:51.29			1:55.22											
Carolyn Holan	9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:44.72	:50.61	:57.70	:56.70	1:54.18											
RH @ TW 5.7.11	05/07/2011 Finals	:42.90															
TW @ SSST	05/14/2011 Finals	:43.43	:51.85			1:50.73											
SHST @ TW	05/21/2011 Finals	:44.35	:51.34			1:51.29											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:44.87	:52.69			1:58.90											
TW @ MARINWOOD	06/18/2011 Finals	:41.18	:54.50	:57.43													
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:44.65	:56.41	:56.65													
Alexandra Janku	9-10	50 FR	50 BA	50 BR	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	:48.30	:57.86	1:02.16	2:18.73												
RH @ TW 5.7.11	05/07/2011 Finals	:52.09	:58.09														
TW @ SSST	05/14/2011 Finals	:53.06	1:01.67														
SHST @ TW	05/21/2011 Finals	:53.25	:58.39														
TW @ ORCAS	06/04/2011 Finals	:51.91	1:07.81														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:48.98	1:03.78														
TW @ MARINWOOD	06/18/2011 Finals	:53.66	1:01.68														

PROGRESSION for Short Course Yards

Haley Johnson	9-10	50 FR	50 BA	50 BR	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	:48.71	:57.13	1:09.11	2:12.10												
RH @ TW 5.7.11	05/07/2011 Finals	:48.27	1:00.56														
TW @ SSST	05/14/2011 Finals	:51.16	1:01.73	1:07.49													
SHST @ TW	05/21/2011 Finals	:50.96	:58.86														
TW @ ORCAS	06/04/2011 Finals	:49.86	1:01.87	1:07.76													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:53.08	:56.81														
TW @ MARINWOOD	06/18/2011 Finals	:53.32	1:01.19	1:08.02													
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:51.13	1:02.98	1:06.18													
CHAMPS 2011	07/09/2011 Finals	:52.04	:59.58	1:03.65													
Mia Krueger	9-10	50 FR	50 BA														
TIME TRIALS 2011	04/30/2011 Finals	:52.60	1:07.76														
RH @ TW 5.7.11	05/07/2011 Finals	:56.16	1:04.41														
SHST @ TW	05/21/2011 Finals	:53.93	1:02.53														
TW @ ORCAS	06/04/2011 Finals	:48.77	1:06.67														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:47.80	1:02.41														
TW @ MARINWOOD	06/18/2011 Finals	:47.99	:59.98														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:47.34	1:02.10														
CHAMPS 2011	07/09/2011 Finals	:46.82	:59.99														

PROGRESSION for Short Course Yards

Natalia Lazor	9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:38.13	:51.27	:56.45		1:46.42											
RH @ TW 5.7.11	05/07/2011 Finals	:40.72	:54.44			1:53.73											
SHST @ TW	05/21/2011 Finals	:40.59	:51.36														
TW @ ORCAS	06/04/2011 Finals	:39.15	:55.45			1:48.48											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:36.84			:47.76	1:41.44											
TW @ MARINWOOD	06/18/2011 Finals	:39.01			:48.79	1:45.65											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:39.91			:48.57	1:50.12											
Makayla Lee	9-10	50 FR	50 BA	50 BR													
TIME TRIALS 2011	04/30/2011 Finals	:50.20	1:01.17	1:06.32													
RH @ TW 5.7.11	05/07/2011 Finals	:51.13	1:01.82	:57.11													
TW @ SSST	05/14/2011 Finals	:50.82	1:05.83	:56.52													
SHST @ TW	05/21/2011 Finals	:49.54	1:05.01	:56.93													
TW @ ORCAS	06/04/2011 Finals	:51.02	:59.47	:58.71													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:47.78	1:01.30	:55.40													
TW @ MARINWOOD	06/18/2011 Finals	:47.89	1:01.14	:53.69													
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:46.08	:56.56	:51.60													
CHAMPS 2011	07/09/2011 Finals	:47.45	1:00.83	:50.64													

PROGRESSION for Short Course Yards

Taylor Leslie	9-10	50 FR	50 BA	50 BR	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	:37.88	:49.78	:48.38	1:42.96												
RH @ TW 5.7.11	05/07/2011 Finals	:38.27		:47.44	1:40.20												
TW @ SSST	05/14/2011 Finals	:39.00		:50.36	1:40.65												
SHST @ TW	05/21/2011 Finals	:40.53		:48.75	1:39.43												
TW @ ORCAS	06/04/2011 Finals	:38.63		:49.76	1:42.15												
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:38.61		:48.04	1:38.50												
TW @ MARINWOOD	06/18/2011 Finals	:38.10		:45.50	1:40.33												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:40.63		:46.10	1:37.69												
CHAMPS 2011	07/09/2011 Finals	:38.67		:45.21	1:36.37												
Amelia Love	9-10	50 FR	50 BA	50 FLY	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	:40.99	:59.41	:58.43													
RH @ TW 5.7.11	05/07/2011 Finals	:42.09	:58.02														
TW @ SSST	05/14/2011 Finals	:43.68	:58.06	:57.52													
SHST @ TW	05/21/2011 Finals	:42.28	1:01.91		2:04.50												
TW @ ORCAS	06/04/2011 Finals	:43.81	:57.97		1:58.03												
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:45.47		1:03.59	2:09.84												
TW @ MARINWOOD	06/18/2011 Finals	:42.45			2:02.16												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:47.20	1:00.68		2:06.28												
CHAMPS 2011	07/09/2011 Finals	:42.56	1:01.28	1:00.62													

PROGRESSION for Short Course Yards

Kate Masterson	9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:36.67	:45.01	:47.11	:44.64	1:37.54											
RH @ TW 5.7.11	05/07/2011 Finals			:51.92	:49.16	1:42.39											
TW @ SSST	05/14/2011 Finals		:48.52	:50.23		1:37.73											
SHST @ TW	05/21/2011 Finals	:37.46	:44.03	:50.64													
TW @ ORCAS	06/04/2011 Finals		:44.30	:50.57		1:37.13											
NOVATO RIPTIDES @ TW	06/11/2011 Finals		:45.11	:45.90		1:30.45											
TW @ MARINWOOD	06/18/2011 Finals		:43.95	:47.15		1:31.05											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals		:43.72	:46.75		1:35.47											
Madi Masterson	9-10	50 FR	50 BA														
TIME TRIALS 2011	04/30/2011 Finals	:58.32	1:25.91														
RH @ TW 5.7.11	05/07/2011 Finals	1:02.99	1:18.99														
TW @ SSST	05/14/2011 Finals	:56.35	1:16.18														
SHST @ TW	05/21/2011 Finals	:57.94	1:20.45														
TW @ ORCAS	06/04/2011 Finals	:54.54	1:24.47														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	1:00.66	1:18.15														
TW @ MARINWOOD	06/18/2011 Finals	:54.21	1:19.58														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:57.13	1:16.53														

PROGRESSION for Short Course Yards

Aislinn McInerney		9-10	50 FR	50 BA	50 BR	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals		:52.13	:52.87	1:07.41	2:13.77											
RH @ TW 5.7.11	05/07/2011 Finals		:45.49	:51.91													
TW @ SSST	05/14/2011 Finals		:39.53	:46.40		1:51.44											
SHST @ TW	05/21/2011 Finals		:38.64	:45.20		1:46.11											
TW @ ORCAS	06/04/2011 Finals		:41.95	:45.81		1:43.06											
NOVATO RIPTIDES @ TW	06/11/2011 Finals		:37.48	:45.13		1:38.43											
TW @ MARINWOOD	06/18/2011 Finals		:38.11	:43.78		1:37.96											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals		:36.68	:45.45		1:35.27											
CHAMPS 2011	07/09/2011 Finals		:37.00	:44.34		1:38.30											
Jessie Meier		9-10	50 FR	50 BA	50 BR												
TIME TRIALS 2011	04/30/2011 Finals			:59.92	:57.96												
RH @ TW 5.7.11	05/07/2011 Finals		:46.56	:59.46													
TW @ SSST	05/14/2011 Finals		:49.03	1:11.58													
SHST @ TW	05/21/2011 Finals		:57.33	1:11.44	1:03.95												
TW @ ORCAS	06/04/2011 Finals		:45.27	1:08.06	1:01.80												
NOVATO RIPTIDES @ TW	06/11/2011 Finals		:46.16	1:00.19													
TW @ MARINWOOD	06/18/2011 Finals			:59.75	1:01.17												
CHAMPS 2011	07/09/2011 Finals		:43.83	1:04.47	:56.66												

PROGRESSION for Short Course Yards

Carmen Monroe Watt 9-10		50 FR	50 BA	50 BR	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	:39.76	:47.58	:48.95	1:42.17												
RH @ TW 5.7.11	05/07/2011 Finals	:41.29		:51.92													
TW @ SSST	05/14/2011 Finals	:43.29		:50.19	1:43.99												
SHST @ TW	05/21/2011 Finals	:41.21		:50.72	1:47.67												
TW @ ORCAS	06/04/2011 Finals	:40.29															
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:40.40		:49.68	1:42.62												
TW @ MARINWOOD	06/18/2011 Finals	:40.34		:50.05	1:41.13												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:41.51		:50.69	1:41.68												
Marisa Phipps 9-10		50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:44.84	:50.94	1:00.80	:56.76	1:57.32											
RH @ TW 5.7.11	05/07/2011 Finals	:49.10	:55.18														
TW @ SSST	05/14/2011 Finals	:49.33			:52.48	1:55.41											
SHST @ TW	05/21/2011 Finals	:46.48	:55.59			1:48.98											
TW @ ORCAS	06/04/2011 Finals	:48.33			:58.30	2:01.66											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:47.13	:55.93			1:55.59											
TW @ MARINWOOD	06/18/2011 Finals	:45.66	:54.97		:57.50												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:46.75			:59.52	2:01.70											
CHAMPS 2011	07/09/2011 Finals		:54.99		:55.64	1:55.26											

PROGRESSION for Short Course Yards

Cassidy Rodgers	9-10	50 FR	50 BA	50 BR	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	:49.03	:56.63	1:18.79	2:32.05												
RH @ TW 5.7.11	05/07/2011 Finals	:52.95	:58.22	1:20.48													
TW @ SSST	05/14/2011 Finals	:46.77	:57.00	1:16.78													
SHST @ TW	05/21/2011 Finals	:48.35	:52.31		2:20.22												
TW @ ORCAS	06/04/2011 Finals			:50.04													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:50.01	:54.06														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:49.88	:52.42	1:11.39													
CHAMPS 2011	07/09/2011 Finals	:51.36	1:01.08														
Miya Schilz	9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:44.46	:56.19	1:10.77	1:02.09	2:06.64											
RH @ TW 5.7.11	05/07/2011 Finals	:46.46	:58.04														
TW @ SSST	05/14/2011 Finals	:44.87	:57.58			2:07.46											
SHST @ TW	05/21/2011 Finals	:43.78	:58.27			2:07.77											
TW @ ORCAS	06/04/2011 Finals	:45.00	1:02.05														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:43.41	:54.38		:56.93												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:45.48	:55.47		:58.61												
CHAMPS 2011	07/09/2011 Finals	:44.87	:55.31														
Amelia Shunk	9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:39.35	:49.09	:49.56	:53.28	1:49.10											
TW @ SSST	05/14/2011 Finals	:41.17	:49.85		:52.06												
SHST @ TW	05/21/2011 Finals	:43.39		:52.56		1:44.04											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:42.87		:50.17		1:43.92											
TW @ MARINWOOD	06/18/2011 Finals	:41.02	:50.55	:51.95													
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:44.66				1:49.25											
CHAMPS 2011	07/09/2011 Finals	:43.56		:47.72	:52.14												

PROGRESSION for Short Course Yards

Ella Spaethling	9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:37.54	:49.13	:50.70	:52.93	1:44.12											
RH @ TW 5.7.11	05/07/2011 Finals	:37.54		:51.55		1:38.92											
TW @ SSST	05/14/2011 Finals	:39.58	:53.86			1:36.63											
SHST @ TW	05/21/2011 Finals	:37.54		:49.96		1:39.09											
TW @ ORCAS	06/04/2011 Finals	:39.16		:52.39		1:41.70											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:37.70		:49.74		1:38.67											
TW @ MARINWOOD	06/18/2011 Finals	:39.86		:50.39		1:39.44											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals		:46.61	:51.12		1:39.11											
CHAMPS 2011	07/09/2011 Finals		:46.38	:48.36		1:37.77											
Ellery Stocker	9-10	50 FR	50 BA	50 BR													
TIME TRIALS 2011	04/30/2011 Finals	:56.72	1:00.63	1:09.05													
RH @ TW 5.7.11	05/07/2011 Finals	:56.83	1:05.24	1:12.91													
TW @ SSST	05/14/2011 Finals	:55.34	1:05.81														
SHST @ TW	05/21/2011 Finals	:54.39	1:00.68														
TW @ MARINWOOD	06/18/2011 Finals	:52.02	1:01.42	1:00.84													
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:54.92	1:02.21	1:01.93													
CHAMPS 2011	07/09/2011 Finals	:50.28	1:03.73	1:02.85													

PROGRESSION for Short Course Yards

Nicole Strub	9-10	50 FR	50 BA	50 BR	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	:44.31	:50.68	1:01.93													
RH @ TW 5.7.11	05/07/2011 Finals	:44.12		1:03.23													
TW @ SSST	05/14/2011 Finals	:46.26	:52.99		2:05.04												
SHST @ TW	05/21/2011 Finals	:43.93	:49.78	1:07.86													
TW @ ORCAS	06/04/2011 Finals	:43.55	:54.52	1:09.84													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:44.78	:52.34														
TW @ MARINWOOD	06/18/2011 Finals	:46.53	:54.07	1:04.91													
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:44.03	:56.57														
Aisling Swayne	9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:48.12	:52.90	:54.16	:55.67	1:51.80											
RH @ TW 5.7.11	05/07/2011 Finals		:50.28	:52.07		1:51.49											
TW @ SSST	05/14/2011 Finals		:49.87	:54.21		1:50.64											
SHST @ TW	05/21/2011 Finals		:50.34	:50.98		1:48.46											
TW @ ORCAS	06/04/2011 Finals		:49.58	:52.65		1:52.05											
NOVATO RIPTIDES @ TW	06/11/2011 Finals		:51.65	:50.92		1:50.00											
TW @ MARINWOOD	06/18/2011 Finals		:53.03	:49.88		1:50.63											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals		:54.73	:52.77		1:52.07											

PROGRESSION for Short Course Yards

Mary Tarantino		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.										
TIME TRIALS 2011	04/30/2011 Finals		:36.23	:46.17	:53.56	:49.23	1:42.39										
RH @ TW 5.7.11	05/07/2011 Finals		:37.93	:48.29			1:39.59										
TW @ SSST	05/14/2011 Finals		:35.00	:47.05			1:39.95										
SHST @ TW	05/21/2011 Finals		:36.37	:47.82			1:41.71										
TW @ ORCAS	06/04/2011 Finals		:36.02	:49.28													
NOVATO RIPTIDES @ TW	06/11/2011 Finals		:36.49	:46.73			1:39.38										
TW @ MARINWOOD	06/18/2011 Finals		:36.96			:46.98	1:42.32										
SWIMARIN @ TIDALWAVE	06/25/2011 Finals		:38.04	:48.59			1:39.06										
Katherine Theriault		9-10	50 FR	50 BA	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals		:54.19	1:01.41	1:11.48	2:25.45											
RH @ TW 5.7.11	05/07/2011 Finals		:50.46	1:01.49													
TW @ SSST	05/14/2011 Finals		:48.29	1:01.54													
TW @ ORCAS	06/04/2011 Finals		:47.89	1:01.85		2:15.53											
NOVATO RIPTIDES @ TW	06/11/2011 Finals		:49.28														
TW @ MARINWOOD	06/18/2011 Finals		:45.95	1:03.69	1:14.12												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals		:45.55	:57.99													
Nikita Trupp		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.										
TIME TRIALS 2011	04/30/2011 Finals		:40.42	:59.01	1:01.71	1:01.36	2:01.43										
RH @ TW 5.7.11	05/07/2011 Finals		:40.25	:58.65			1:59.26										
TW @ SSST	05/14/2011 Finals		:40.33	1:02.42			1:58.63										
SHST @ TW	05/21/2011 Finals		:39.78	:56.08			2:02.26										
TW @ ORCAS	06/04/2011 Finals		:40.76	:52.88													
NOVATO RIPTIDES @ TW	06/11/2011 Finals		:40.50	:52.51													
TW @ MARINWOOD	06/18/2011 Finals		:43.83														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals		:42.12	:53.72	:59.72												

PROGRESSION for Short Course Yards

Amanda Weitenhagen 9-10		50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:34.10	:42.57	:47.69	:42.08	1:28.41											
RH @ TW 5.7.11	05/07/2011 Finals	:33.21			:40.43	1:28.17											
TW @ SSST	05/14/2011 Finals	:34.31			:38.28	1:25.47											
SHST @ TW	05/21/2011 Finals	:33.48			:37.51	1:26.21											
TW @ ORCAS	06/04/2011 Finals	:34.53				1:25.82											
NOVATO RIPTIDES @ TW	06/11/2011 Finals			:46.33	:40.85	1:28.28											
TW @ MARINWOOD	06/18/2011 Finals	:33.70			:38.17	1:28.62											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:33.32			:37.80	1:26.44											
CHAMPS 2011	07/09/2011 Finals	:33.11			:38.49	1:27.15											
Cally Wuthrich 9-10		50 FR	50 BA	50 BR	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	:48.30	:53.89	:54.70													
RH @ TW 5.7.11	05/07/2011 Finals	:47.02	:56.84	:56.95													
TW @ SSST	05/14/2011 Finals	:44.26	:56.42	:55.17													
SHST @ TW	05/21/2011 Finals	:45.46	:54.69														
TW @ ORCAS	06/04/2011 Finals	:51.03		:55.55	2:04.95												
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:51.37															
TW @ MARINWOOD	06/18/2011 Finals		1:00.88	:52.18													
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:47.29	1:01.64	:51.84													
Mila Bernsten 11-12		50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:39.74	:52.23	:51.53	:50.79	1:50.93											
RH @ TW 5.7.11	05/07/2011 Finals	:40.86			:47.05	1:42.41											
TW @ SSST	05/14/2011 Finals	:36.22			:39.15	1:33.48											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:37.91			:42.00												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:37.92			:45.05	1:38.01											

PROGRESSION for Short Course Yards

Kiernan Byrne	11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:37.72	:47.59	:44.74	:48.36	1:35.34											
RH @ TW 5.7.11	05/07/2011 Finals	:38.97		:44.43		1:35.60											
TW @ SSST	05/14/2011 Finals	:38.00		:44.31		1:35.45											
SHST @ TW	05/21/2011 Finals	:38.26															
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:38.60		:42.84		1:33.87											
TW @ MARINWOOD	06/18/2011 Finals	:38.38		:43.37		1:36.21											
Olivia Dominguez	11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:31.12	:41.16	:43.02	:35.20	1:24.78											
RH @ TW 5.7.11	05/07/2011 Finals	:32.20		:42.35	:34.17												
TW @ SSST	05/14/2011 Finals	:31.46			:33.08	1:20.53											
SHST @ TW	05/21/2011 Finals	:31.78			:33.55	1:25.48											
TW @ ORCAS	06/04/2011 Finals	:30.97			:34.46	1:23.37											
ALL STARS 2011	06/08/2011 Finals				:33.17												
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:31.81			:33.65	1:22.76											
TW @ MARINWOOD	06/18/2011 Finals	:32.01			:32.69												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:31.25		:39.94	:34.26												
CHAMPS 2011	07/09/2011 Finals	:30.70			:34.63	1:22.03											

PROGRESSION for Short Course Yards

Hannah Dunn	11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:40.46	:53.12	:49.57	:56.67	1:43.26											
RH @ TW 5.7.11	05/07/2011 Finals	:43.07		:48.86		1:47.31											
TW @ SSST	05/14/2011 Finals	:43.79		:49.10		1:44.89											
SHST @ TW	05/21/2011 Finals	:39.96		:47.55		1:39.81											
TW @ ORCAS	06/04/2011 Finals	:43.66	:51.84	:49.39													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:42.88		:48.03		1:42.72											
TW @ MARINWOOD	06/18/2011 Finals	:40.37		:48.99		1:41.72											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals		:47.99	:49.40		1:41.54											
CHAMPS 2011	07/09/2011 Finals		:45.96	:46.23		1:39.65											
Shannon Farney	11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:32.78	:38.32	:42.49	:41.43	1:30.29											
RH @ TW 5.7.11	05/07/2011 Finals	:33.95		:43.30													
SHST @ TW	05/21/2011 Finals	:32.90	:41.40	:43.30													
TW @ ORCAS	06/04/2011 Finals	:32.84	:40.52														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:33.80	:38.33			1:24.37											
TW @ MARINWOOD	06/18/2011 Finals	:34.95	:40.11			1:25.31											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals		:39.15	:42.96		1:24.03											
Chloe Fung	11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:34.42	:45.05	:42.23													
TW @ SSST	05/14/2011 Finals	:35.06	:48.73	:42.84													
TW @ ORCAS	06/04/2011 Finals	:33.96		:43.81		1:32.93											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:33.23		:43.47		1:31.29											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:34.85		:43.03		1:31.75											
CHAMPS 2011	07/09/2011 Finals	:33.19		:41.38	:36.89												

PROGRESSION for Short Course Yards

Ellie Gerson	11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:31.30	:34.64	:42.91	:36.44	1:20.29											
RH @ TW 5.7.11	05/07/2011 Finals		:35.23		:36.55	1:21.66											
TW @ SSST	05/14/2011 Finals	:31.30	:35.42			1:21.39											
SHST @ TW	05/21/2011 Finals	:30.75	:34.48			1:18.78											
TW @ ORCAS	06/04/2011 Finals	:31.22	:36.22			1:23.00											
ALL STARS 2011	06/08/2011 Finals	:29.28	:34.25			1:17.16											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:31.02	:35.81			1:18.58											
TW @ MARINWOOD	06/18/2011 Finals	:31.11	:35.78			1:20.39											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:30.81	:35.09			1:18.55											
CHAMPS 2011	07/09/2011 Finals	:31.11	:35.49			1:20.62											
Olivia Janku	11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:35.85	:47.50	:49.04	:50.76	1:44.31											
RH @ TW 5.7.11	05/07/2011 Finals	:36.08	:46.41	:49.88													
TW @ SSST	05/14/2011 Finals	:35.01	:45.07			1:33.02											
TW @ ORCAS	06/04/2011 Finals	:33.51	:42.51			1:46.06											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:32.69	:41.82			1:36.09											
TW @ MARINWOOD	06/18/2011 Finals	:35.28				1:30.17											

PROGRESSION for Short Course Yards

Emily Johnson	11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:33.50	:42.47	:46.90	:42.78	1:30.58											
RH @ TW 5.7.11	05/07/2011 Finals	:34.79	:42.79		:43.18												
TW @ SSST	05/14/2011 Finals				:43.68	1:30.75											
TW @ ORCAS	06/04/2011 Finals	:35.19			:41.86	1:30.53											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:35.10			:42.01	1:31.30											
TW @ MARINWOOD	06/18/2011 Finals	:33.91			:39.84	1:30.58											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:34.49	:45.30			1:30.21											
CHAMPS 2011	07/09/2011 Finals	:34.67	:43.28			1:31.12											
Katie Joyce	11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:36.87	:43.02	:51.92	:45.11	1:33.63											
RH @ TW 5.7.11	05/07/2011 Finals	:37.36	:43.69			1:34.43											
TW @ SSST	05/14/2011 Finals	:35.84	:42.39			1:33.38											
SHST @ TW	05/21/2011 Finals	:34.91	:40.83			1:30.16											
TW @ ORCAS	06/04/2011 Finals	:35.36	:41.00			1:29.09											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:35.08	:40.57			1:31.25											
CHAMPS 2011	07/09/2011 Finals	:34.38	:39.78			1:30.22											
Shannon Joyce	11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:38.65	:47.41	:53.03	:44.76	1:38.67											
RH @ TW 5.7.11	05/07/2011 Finals			:51.42	:44.89	1:39.34											
TW @ SSST	05/14/2011 Finals			:51.43	:47.58	1:41.69											
SHST @ TW	05/21/2011 Finals			:47.53	:44.03	1:33.86											
TW @ ORCAS	06/04/2011 Finals			:53.31	:48.84	1:42.84											
NOVATO RIPTIDES @ TW	06/11/2011 Finals			:50.33		1:35.85											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals			:52.17	:46.16	1:37.34											
CHAMPS 2011	07/09/2011 Finals			:48.84	:43.01	1:33.11											

PROGRESSION for Short Course Yards

Victoria Jung	11-12	50 FR	50 BA	50 BR	100 I.M.												
RH @ TW 5.7.11	05/07/2011 Finals	:33.70		:41.77	1:28.07												
TW @ SSST	05/14/2011 Finals	:33.96		:42.62	1:26.88												
SHST @ TW	05/21/2011 Finals	:33.66		:41.43	1:26.34												
TW @ ORCAS	06/04/2011 Finals	:34.09		:44.05													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:33.23		:41.73	1:24.95												
TW @ MARINWOOD	06/18/2011 Finals	:36.15	:41.21														
CHAMPS 2011	07/09/2011 Finals	:34.05		:41.07	1:25.63												
Lauren Knott	11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:33.72	:43.28	:43.24	:38.26	1:26.82											
RH @ TW 5.7.11	05/07/2011 Finals	:33.39			:37.90	1:27.48											
TW @ SSST	05/14/2011 Finals	:34.26			:36.91	1:26.56											
TW @ ORCAS	06/04/2011 Finals	:33.66			:34.90	1:26.12											
ALL STARS 2011	06/08/2011 Finals				:33.94												
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:33.77			:35.80	1:24.70											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:32.55		:44.10	:37.03												
CHAMPS 2011	07/09/2011 Finals	:32.79			:34.92	1:23.45											
Kellie Lawler	11-12	50 FR	50 BA	50 BR													
TIME TRIALS 2011	04/30/2011 Finals	:38.60	:47.64	:46.94													
TW @ SSST	05/14/2011 Finals	:38.61		:46.22													
TW @ ORCAS	06/04/2011 Finals	:37.92	:50.99														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:40.08	:49.00														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:39.19	:48.87	:47.32													
CHAMPS 2011	07/09/2011 Finals	:38.87	:50.99	:48.72													

PROGRESSION for Short Course Yards

Hyejun Lee	11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:31.73	:39.73	:40.48	:36.70	1:21.10											
RH @ TW 5.7.11	05/07/2011 Finals	:31.84		:39.44	:33.89												
TW @ SSST	05/14/2011 Finals	:31.19		:40.06	:34.21												
SHST @ TW	05/21/2011 Finals	:31.20		:39.20	:35.00												
TW @ ORCAS	06/04/2011 Finals	:30.88		:39.85	:34.60												
ALL STARS 2011	06/08/2011 Finals	:30.33		:38.55	:33.45												
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:29.41		:37.99	:32.98												
TW @ MARINWOOD	06/18/2011 Finals	:30.25															
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:29.43		:38.21	:33.43												
CHAMPS 2011	07/09/2011 Finals	:29.08		:38.11	:32.30												
Caroline Love	11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:30.54	:39.90	:42.31	:37.83	1:25.42											
RH @ TW 5.7.11	05/07/2011 Finals	:30.52	:38.74	:43.08													
TW @ SSST	05/14/2011 Finals		:39.18	:44.75	:39.45												
SHST @ TW	05/21/2011 Finals	:30.18	:36.68	:43.41	:38.19												
TW @ ORCAS	06/04/2011 Finals	:32.02	:39.05		:36.62	1:24.85											
ALL STARS 2011	06/08/2011 Finals	:30.14	:37.55														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:30.17	:37.91		:35.58												
TW @ MARINWOOD	06/18/2011 Finals	:31.04	:38.06		:37.17												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:29.79	:36.48		:37.07												
CHAMPS 2011	07/09/2011 Finals	:30.32	:37.22		:36.88												

PROGRESSION for Short Course Yards

Kalli McConnon	11-12	50 FR	50 BA	50 BR														
TIME TRIALS 2011	04/30/2011 Finals	:38.36	:49.79															
RH @ TW 5.7.11	05/07/2011 Finals	:38.11	:48.46	:51.05														
TW @ SSST	05/14/2011 Finals	:38.28		:49.97														
SHST @ TW	05/21/2011 Finals			:48.80														
TW @ ORCAS	06/04/2011 Finals	:36.56	:49.57	:49.81														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:36.01	:45.70	:49.42														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:35.83	:44.46	:48.46														
CHAMPS 2011	07/09/2011 Finals	:35.08	:46.42	:47.55														
Christina Meylan	11-12	50 FR	50 BA	50 BR	100 I.M.													
TIME TRIALS 2011	04/30/2011 Finals	:42.16	:53.14	:56.42														
TW @ SSST	05/14/2011 Finals	:47.37	:53.82	:56.74														
TW @ ORCAS	06/04/2011 Finals	:43.91	:52.68	:57.41														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:40.51	:51.07	:54.37														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:43.70	:53.56		1:53.63													
CHAMPS 2011	07/09/2011 Finals	:43.53	:53.86	:54.80														
Callie Monroe Watts	11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	:31.46	:38.69	:41.00	:39.07	1:24.46												
RH @ TW 5.7.11	05/07/2011 Finals	:31.07		:40.39		1:20.60												
TW @ SSST	05/14/2011 Finals	:31.94																
SHST @ TW	05/21/2011 Finals	:31.37		:42.22		1:21.05												
TW @ ORCAS	06/04/2011 Finals	:30.99		:42.82		1:22.88												
ALL STARS 2011	06/08/2011 Finals			:39.72														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:31.62		:40.33		1:20.06												
TW @ MARINWOOD	06/18/2011 Finals	:32.17		:41.81		1:22.46												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:32.96		:42.62		1:20.48												

PROGRESSION for Short Course Yards

Charlotte Montoya	11-12	50 FR	50 BR	50 FLY	100 I.M.												
TW @ SSST	05/14/2011 Finals	:30.73	:39.85		1:17.11												
SHST @ TW	05/21/2011 Finals	:30.74	:40.90		1:18.90												
TW @ ORCAS	06/04/2011 Finals	:31.88	:41.72		1:20.80												
ALL STARS 2011	06/08/2011 Finals	:31.62	:42.11		1:18.70												
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:32.09	:43.23		1:18.59												
TW @ MARINWOOD	06/18/2011 Finals	:32.18	:41.24		1:19.64												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:32.03	:41.60	:34.19	1:20.41												
CHAMPS 2011	07/09/2011 Finals		:40.68	:35.78	1:19.10												
Courtney Morris	11-12	50 FR	50 BA	50 BR	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	:33.52	:41.95														
RH @ TW 5.7.11	05/07/2011 Finals	:34.22		:41.82	1:29.22												
TW @ SSST	05/14/2011 Finals	:33.97		:42.62	1:30.48												
SHST @ TW	05/21/2011 Finals	:33.80		:42.64	1:30.12												
TW @ ORCAS	06/04/2011 Finals	:33.08		:44.02	1:31.43												
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:32.98		:41.07	1:27.58												
TW @ MARINWOOD	06/18/2011 Finals	:33.96		:41.65	1:28.67												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:33.97		:42.36	1:30.62												
CHAMPS 2011	07/09/2011 Finals	:34.30		:42.52	1:27.95												

PROGRESSION for Short Course Yards

Glennis Murphy	11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:32.81	:37.65	:42.03	:38.08	1:23.42											
RH @ TW 5.7.11	05/07/2011 Finals		:38.13														
TW @ SSST	05/14/2011 Finals		:38.33	:41.93		1:22.73											
SHST @ TW	05/21/2011 Finals		:38.17	:40.57		1:18.75											
TW @ ORCAS	06/04/2011 Finals		:39.41	:45.04													
ALL STARS 2011	06/08/2011 Finals					1:22.31											
NOVATO RIPTIDES @ TW	06/11/2011 Finals		:38.64	:41.63		1:21.10											
TW @ MARINWOOD	06/18/2011 Finals		:38.36	:40.70		1:20.16											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals		:37.91	:41.06		1:19.30											
CHAMPS 2011	07/09/2011 Finals		:36.79	:39.98		1:20.32											
Jenna Neustaetter	11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:30.13	:36.01	:43.17	:33.11	1:16.26											
RH @ TW 5.7.11	05/07/2011 Finals	:30.02			:33.13	1:18.74											
TW @ SSST	05/14/2011 Finals	:29.73			:31.46	1:15.00											
TW @ ORCAS	06/04/2011 Finals		:36.87		:31.57	1:16.72											
ALL STARS 2011	06/08/2011 Finals	:29.34			:31.31	1:15.71											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:29.93			:32.01	1:15.45											
TW @ MARINWOOD	06/18/2011 Finals	:29.42			:31.76	1:17.43											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:29.32			:32.38	1:15.34											
CHAMPS 2011	07/09/2011 Finals	:29.06			:31.27	1:16.72											

PROGRESSION for Short Course Yards

Colette O'Connell-Phi	11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:41.01	:52.86	1:15.26	1:04.42	2:10.47											
RH @ TW 5.7.11	05/07/2011 Finals	:40.41	:55.38														
TW @ SSST	05/14/2011 Finals	:42.56	:57.89			2:12.56											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:39.02	:52.90														
TW @ MARINWOOD	06/18/2011 Finals	:39.40	:54.31		1:07.08												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:40.11	:55.17			2:01.50											
CHAMPS 2011	07/09/2011 Finals	:40.02	:51.84		1:07.37												
Jocelyn Overmyer	11-12	50 FR	50 BA	50 FLY	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	:33.16	:41.94														
RH @ TW 5.7.11	05/07/2011 Finals	:35.12	:41.94	:46.41													
TW @ SSST	05/14/2011 Finals	:34.09	:42.30		1:33.34												
SHST @ TW	05/21/2011 Finals	:33.13		:43.22	1:31.71												
TW @ ORCAS	06/04/2011 Finals	:35.87	:44.84	:49.19													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:34.48		:39.50	1:29.41												
TW @ MARINWOOD	06/18/2011 Finals	:34.23		:43.07	1:31.75												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals		:40.16	:40.24	1:28.22												
CHAMPS 2011	07/09/2011 Finals	:35.07		:40.03	1:30.47												

PROGRESSION for Short Course Yards

Jordan Overmyer	11-12	50 FR	50 BA	50 BR	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	:36.40	:46.73														
RH @ TW 5.7.11	05/07/2011 Finals	:35.67		:47.87	1:40.84												
TW @ SSST	05/14/2011 Finals	:36.14		:49.59	1:38.98												
SHST @ TW	05/21/2011 Finals	:35.75		:48.52													
TW @ ORCAS	06/04/2011 Finals	:35.70		:48.77	1:41.19												
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:34.14		:47.05	1:31.83												
TW @ MARINWOOD	06/18/2011 Finals	:33.96		:46.02	1:32.30												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:33.14		:45.36	1:36.29												
CHAMPS 2011	07/09/2011 Finals	:33.43		:46.00	1:34.79												
Katie Peoples	11-12	50 FR	50 BA	50 FLY	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	:36.47	:49.30	:42.88	1:44.34												
RH @ TW 5.7.11	05/07/2011 Finals	:35.86	:46.00	:45.45													
TW @ SSST	05/14/2011 Finals	:35.72		:47.05	1:49.11												
SHST @ TW	05/21/2011 Finals	:36.31															
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:34.88	:44.99														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:36.03		:42.83	1:36.48												
CHAMPS 2011	07/09/2011 Finals	:34.98	:47.87														

PROGRESSION for Short Course Yards

Jackie Ring	11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:39.01	:50.37	:51.20	:52.80	1:49.73											
RH @ TW 5.7.11	05/07/2011 Finals	:41.88		:51.76		1:49.86											
TW @ SSST	05/14/2011 Finals	:40.99		:51.35		1:45.63											
SHST @ TW	05/21/2011 Finals	:40.49		:49.90		1:39.46											
TW @ ORCAS	06/04/2011 Finals	:39.81		:52.41													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:38.55		:49.62		1:39.15											
TW @ MARINWOOD	06/18/2011 Finals	:40.86		:49.45		1:39.28											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:40.57	:47.32	:52.77													
CHAMPS 2011	07/09/2011 Finals	:40.88		:52.35		1:45.67											
Sinead Swayne	11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:38.37	:43.10	:48.55	:42.81	1:38.16											
RH @ TW 5.7.11	05/07/2011 Finals		:42.95		:41.64	1:37.64											
TW @ SSST	05/14/2011 Finals	:38.76	:44.63			1:36.06											
SHST @ TW	05/21/2011 Finals					1:36.52											
TW @ ORCAS	06/04/2011 Finals		:42.44	:48.93		1:34.14											
NOVATO RIPTIDES @ TW	06/11/2011 Finals		:43.31		:40.98	1:32.01											
TW @ MARINWOOD	06/18/2011 Finals		:44.35		:40.90	1:34.32											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals		:43.67		:43.43	1:36.48											

PROGRESSION for Short Course Yards

Alazais Walters		11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.										
TIME TRIALS 2011	04/30/2011 Finals		:34.41	:43.52	:50.57	:49.00	1:33.80										
RH @ TW 5.7.11	05/07/2011 Finals		:35.71	:44.88			1:34.21										
TW @ SSST	05/14/2011 Finals		:36.03	:46.18			1:34.37										
TW @ ORCAS	06/04/2011 Finals		:35.96	:41.46			1:30.49										
NOVATO RIPTIDES @ TW	06/11/2011 Finals		:35.11	:43.51													
TW @ MARINWOOD	06/18/2011 Finals			:44.74	:46.95		1:34.95										
SWIMARIN @ TIDALWAVE	06/25/2011 Finals		:34.98	:44.68			1:36.78										
Delaney Benstead		13-14	50 FR	50 BA	50 BR	50 FLY	100 I.M.										
TIME TRIALS 2011	04/30/2011 Finals		:34.73	:46.00	:48.08	:43.30	1:40.84										
RH @ TW 5.7.11	05/07/2011 Finals		:36.49		:48.23	:42.94											
TW @ SSST	05/14/2011 Finals		:36.76			:42.11	1:35.23										
SHST @ TW	05/21/2011 Finals		:37.31														
NOVATO RIPTIDES @ TW	06/11/2011 Finals		:36.70			:41.66	1:39.99										
Taylor Benstead		13-14	50 FR	50 BA	50 FLY	100 I.M.											
TW @ SSST	05/14/2011 Finals		:30.83		:35.96	1:23.16											
SHST @ TW	05/21/2011 Finals		:31.35	:38.12	:35.86												
NOVATO RIPTIDES @ TW	06/11/2011 Finals		:30.73		:35.53	1:20.53											

PROGRESSION for Short Course Yards

Meghan Coyle	13-14	50 FR	50 BA	50 BR	50 FLY	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	:30.34	:37.09	:42.49	:35.05	1:19.18												
RH @ TW 5.7.11	05/07/2011 Finals		:36.36		:34.26	1:18.43												
TW @ SSST	05/14/2011 Finals		:36.16		:33.76	1:18.47												
SHST @ TW	05/21/2011 Finals	:29.91			:34.50	1:19.23												
TW @ ORCAS	06/04/2011 Finals		:36.38		:33.14	1:18.95												
ALL STARS 2011	06/08/2011 Finals				:32.88													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:29.52	:35.50			1:17.55												
TW @ MARINWOOD	06/18/2011 Finals	:29.76	:35.76			1:16.12												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:29.72	:35.82			1:18.55												
CHAMPS 2011	07/09/2011 Finals	:29.09	:34.61			1:17.48												
Max Devaux	13-14	50 FR	100 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:36.85		:45.88	:51.34	:46.46												
RH @ TW 5.7.11	05/07/2011 Finals		1:25.60		:56.48													
TW @ SSST	05/14/2011 Finals					:46.20	1:44.26											
SHST @ TW	05/21/2011 Finals	:38.04		:49.93			1:43.72											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:38.34		:46.02		:48.37												
TW @ MARINWOOD	06/18/2011 Finals	:38.91		:45.68														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:38.18				:46.35												
Tia Fung	13-14	50 FR	50 BR	100 I.M.														
TW @ SSST	05/14/2011 Finals	:30.96	:42.29	1:21.73														
TW @ ORCAS	06/04/2011 Finals	:32.14	:43.94	1:23.32														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:31.10	:41.25	1:18.03														
TW @ MARINWOOD	06/18/2011 Finals	:31.27	:41.02	1:19.12														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:30.27	:40.40	1:17.54														
CHAMPS 2011	07/09/2011 Finals	:29.09	:40.36	1:16.27														

PROGRESSION for Short Course Yards

Mia Glenn-Schuster	13-14	50 FR	50 BA	50 BR	50 FLY	100 L.M.											
TIME TRIALS 2011	04/30/2011 Finals	:38.09	:52.03	:52.31	:50.27	1:42.12											
RH @ TW 5.7.11	05/07/2011 Finals	:40.26			:48.98	1:43.78											
SHST @ TW	05/21/2011 Finals	:37.40		:52.97	:46.62												
TW @ ORCAS	06/04/2011 Finals	:36.70															
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:36.23			:47.17	1:42.71											
TW @ MARINWOOD	06/18/2011 Finals	:37.54		:49.99	:45.56												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:37.48			:44.17	1:40.04											
CHAMPS 2011	07/09/2011 Finals				:41.46	1:34.77											
Samantha McEvoy	13-14	50 FR	100 FR	50 BA	50 BR	50 FLY	100 L.M.										
TIME TRIALS 2011	04/30/2011 Finals	:32.51		:36.97	:47.22	:40.46	1:34.81										
RH @ TW 5.7.11	05/07/2011 Finals		1:19.98	:38.52	:49.09												
TW @ SSST	05/14/2011 Finals	:33.92		:38.62			1:29.98										
SHST @ TW	05/21/2011 Finals	:35.54		:37.65													
TW @ ORCAS	06/04/2011 Finals	:33.47		:38.41			1:31.23										
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:33.88		:38.96			1:29.09										
TW @ MARINWOOD	06/18/2011 Finals	:33.67		:37.58			1:26.34										
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:34.92		:39.07			1:29.89										
CHAMPS 2011	07/09/2011 Finals	:33.56		:38.84			1:27.98										

PROGRESSION for Short Course Yards

Nicole Nevitt	13-14	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:28.21	:34.62	:38.48	:31.14	1:13.51											
RH @ TW 5.7.11	05/07/2011 Finals	:27.69			:30.05	1:10.79											
TW @ SSST	05/14/2011 Finals	:28.33			:31.12	1:11.76											
SHST @ TW	05/21/2011 Finals	:27.69			:30.22	1:09.94											
TW @ ORCAS	06/04/2011 Finals	:28.50			:30.40	1:13.19											
ALL STARS 2011	06/08/2011 Finals	:28.03			:31.42	1:10.20											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:28.34			:29.63	1:09.89											
TW @ MARINWOOD	06/18/2011 Finals	:29.14			:30.90	1:11.83											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:28.10			:29.71	1:10.12											
CHAMPS 2011	07/09/2011 Finals	:27.44			:28.69	1:09.01											
Christina Nordrum	13-14	50 FR	100 FR	50 BA	50 BR	50 FLY	100 I.M.										
TIME TRIALS 2011	04/30/2011 Finals	:32.29		:40.59	:44.28	:39.80	1:27.84										
RH @ TW 5.7.11	05/07/2011 Finals		1:15.44	:42.40	:43.47												
TW @ SSST	05/14/2011 Finals	:34.22			:42.37	:41.17											
SHST @ TW	05/21/2011 Finals	:33.81				:41.37	1:27.33										
TW @ ORCAS	06/04/2011 Finals	:33.02		:41.30	:43.59												
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:32.91		:39.30													
TW @ MARINWOOD	06/18/2011 Finals	:33.63				:40.04											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:31.92		:38.64	:45.02												

PROGRESSION for Short Course Yards

Maria Saltveit	13-14	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:34.83	:46.28	:48.70	:42.67	1:33.12											
TW @ SSST	05/14/2011 Finals	:33.72															
SHST @ TW	05/21/2011 Finals	:33.37			:40.95	1:27.06											
TW @ ORCAS	06/04/2011 Finals	:35.36				1:29.58											
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:32.82		:44.74		1:24.55											
TW @ MARINWOOD	06/18/2011 Finals	:32.71			:40.07	1:24.55											
Adelaide Shunk	13-14	50 FR	50 BA	100 I.M.													
TW @ SSST	05/14/2011 Finals	:30.92	:37.45	1:21.41													
SHST @ TW	05/21/2011 Finals	:30.85	:37.71	1:21.52													
TW @ ORCAS	06/04/2011 Finals	:31.48	:38.87	1:24.93													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:31.87	:36.94	1:25.53													
TW @ MARINWOOD	06/18/2011 Finals	:31.58	:36.73														
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:31.33	:37.22	1:25.17													
CHAMPS 2011	07/09/2011 Finals	:30.88	:37.28	1:21.93													
Summer Sinnett	13-14	50 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	:28.90	:33.40	:38.26	:31.32	1:15.61											
RH @ TW 5.7.11	05/07/2011 Finals	:29.35	:33.41	:38.54													
TW @ SSST	05/14/2011 Finals		:33.82	:39.19	:32.94												
SHST @ TW	05/21/2011 Finals	:30.17	:32.93	:38.34													
TW @ ORCAS	06/04/2011 Finals	:30.19	:35.77	:39.97													
ALL STARS 2011	06/08/2011 Finals		:34.50	:38.46	:30.50												
NOVATO RIPTIDES @ TW	06/11/2011 Finals		:33.41	:38.25	:30.84												
TW @ MARINWOOD	06/18/2011 Finals		:32.22	:39.04	:30.67												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals		:32.77	:37.61	:30.47												
CHAMPS 2011	07/09/2011 Finals		:32.75	:38.11	:30.46												

PROGRESSION for Short Course Yards

Nicole Durtschi	15-18	100 FR	50 BA	50 BR	50 FLY	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals		:37.73	:43.81	:36.13	1:21.71												
TW @ SSST	05/14/2011 Finals		:37.45		:35.63													
SHST @ TW	05/21/2011 Finals		:38.78		:36.71	1:22.49												
TW @ ORCAS	06/04/2011 Finals		:39.18		:37.28	1:23.52												
NOVATO RIPTIDES @ TW	06/11/2011 Finals	1:10.88	:38.80		:36.85													
TW @ MARINWOOD	06/18/2011 Finals	1:12.36	:40.15		:37.88													
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	1:11.85	:39.38		:37.95													
CHAMPS 2011	07/09/2011 Finals	1:12.46	:40.13		:37.59													
Jenny Fant	15-18	50 BR	50 FLY	100 I.M.														
RH @ TW 5.7.11	05/07/2011 Finals	:41.09	:33.80	1:18.89														
SHST @ TW	05/21/2011 Finals	:41.26	:33.28	1:20.37														
Shaina Forsman	15-18	100 FR	50 BR	50 FLY	100 I.M.													
TIME TRIALS 2011	04/30/2011 Finals	1:17.45	:40.58	:38.90	1:28.58													
TW @ SSST	05/14/2011 Finals	1:14.66																
SHST @ TW	05/21/2011 Finals	1:17.84	:40.58	:38.46														
CHAMPS 2011	07/09/2011 Finals	1:13.03	:39.65	:36.21														
Katie Gill	15-18	100 FR	50 BA	50 BR	50 FLY	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	1:03.31	:38.31	:39.44	:34.17	1:18.18												
SHST @ TW	05/21/2011 Finals	1:04.13		:39.83		1:17.62												
TW @ ORCAS	06/04/2011 Finals	1:04.70		:41.97		1:21.35												
NOVATO RIPTIDES @ TW	06/11/2011 Finals	1:03.12			:34.24	1:15.76												
TW @ MARINWOOD	06/18/2011 Finals	1:07.13		:42.49		1:21.16												
SWIMARIN @ TIDALWAVE	06/25/2011 Finals				:32.50	1:14.89												
CHAMPS 2011	07/09/2011 Finals	1:05.66			:34.83													

PROGRESSION for Short Course Yards

Colette Kolenda	15-18	50 BA	50 BR	50 FLY													
TW @ SSST	05/14/2011 Finals	:35.62	:36.69	:34.11													
SHST @ TW	05/21/2011 Finals	:36.12	:36.53	:34.18													
ALL STARS 2011	06/08/2011 Finals		:36.18														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	:37.00	:36.47	:36.46													
TW @ MARINWOOD	06/18/2011 Finals	:36.48	:37.02	:34.82													
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	:36.76	:37.86	:36.34													
Christie Leitzell	15-18	100 FR	50 BA														
NOVATO RIPTIDES @ TW	06/11/2011 Finals	1:03.36	:33.73														
TW @ MARINWOOD	06/18/2011 Finals	1:05.03	:34.12														
Kyra Mangan	15-18	100 FR	50 BA	50 FLY	100 I.M.												
TIME TRIALS 2011	04/30/2011 Finals	1:06.81	:36.84	:35.91	1:20.72												
TW @ SSST	05/14/2011 Finals	1:08.66	:37.32														
SHST @ TW	05/21/2011 Finals	1:07.88		:35.87	1:21.46												
TW @ ORCAS	06/04/2011 Finals	1:08.31	:37.10	:37.39													
TW @ MARINWOOD	06/18/2011 Finals	1:08.58	:37.23	:35.69													
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	1:08.05	:38.60	:35.48													
CHAMPS 2011	07/09/2011 Finals	1:07.79	:36.86	:35.40													

PROGRESSION for Short Course Yards

Emmaline Meill	15-18	100 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	1:07.96	:40.94	:42.39	:34.92	1:21.23											
TW @ SSST	05/14/2011 Finals				:33.73	1:18.10											
SHST @ TW	05/21/2011 Finals	1:10.03			:34.48	1:18.92											
TW @ ORCAS	06/04/2011 Finals	1:08.23			:35.32	1:21.93											
NOVATO RIPTIDES @ TW	06/11/2011 Finals				:33.89	1:22.86											
TW @ MARINWOOD	06/18/2011 Finals			:42.26	:34.52	1:19.63											
SWIMARIN @ TIDALWAVE	06/25/2011 Finals			:42.31	:36.29	1:24.20											
Maxime Montoya	15-18	100 FR	50 BA	50 BR	50 FLY	100 I.M.											
TIME TRIALS 2011	04/30/2011 Finals	1:11.91	:41.00	:42.13	:40.44	1:24.91											
TW @ SSST	05/14/2011 Finals		:41.73	:42.07													
SHST @ TW	05/21/2011 Finals	1:14.88	:43.07	:41.77													
TW @ ORCAS	06/04/2011 Finals	1:11.06	:44.19	:43.44													
NOVATO RIPTIDES @ TW	06/11/2011 Finals	1:14.74	:42.24	:43.00													
TW @ MARINWOOD	06/18/2011 Finals	1:15.77															
SWIMARIN @ TIDALWAVE	06/25/2011 Finals	1:13.36			:39.36	1:27.17											