

**USA SWIMMING EASTERN ZONE TOP TEN
PROGRESSION THRU JULY 22, 2015**

50 M MALE 11	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	28.03	28.03	28.03	28.03	28.03	28.03	28.03	28.03	
100 Free	1:03.76	1:03.18	1:02.09	1:02.09	1:02.09	1:02.09	1:02.09	1:02.09	
200 Free	2:18.90	2:18.90	2:16.11	2:16.11	2:16.11	2:16.11	2:16.11	2:16.11	
400 Free	4:47.59	4:47.59	4:45.24	4:45.24	4:45.24	4:45.24	4:45.24	4:45.24	
800 Free	10:21.90	10:21.90	10:21.90	10:21.90	10:21.90	10:21.90	9:39.61	9:39.61	
1500 Free	19:15.89	19:15.89	19:15.89	19:15.89	19:15.89	19:15.89	19:15.89	19:15.89	
50 Back	32.57	32.57	32.57	32.57	32.57	32.57	32.57	32.57	
100 Back	1:11.21	1:11.21	1:11.21	1:10.76	1:10.71	1:10.71	1:10.48	1:10.48	
200 Back	2:34.18	2:34.18	2:28.89	2:28.89	2:28.89	2:28.89	2:27.71	2:27.71	
50 Breast	35.75	35.75	35.75	35.75	35.75	35.75	35.75	35.75	
100 Breast	1:18.99	1:18.99	1:18.99	1:18.99	1:17.59	1:17.59	1:17.59	1:17.59	
200 Breast	2:52.92	2:52.92	2:52.92	2:52.92	2:52.92	2:52.92	2:52.92	2:48.84	
50 Fly	30.28	30.28	30.28	30.28	30.28	30.28	30.28	30.00	
100 Fly	1:07.20	1:07.20	1:07.20	1:07.20	1:07.20	1:07.20	1:07.20	1:07.20	
200 Fly	2:32.28	2:31.00	2:31.00	2:31.00	2:31.00	2:31.00	2:31.00	2:31.00	
200 IM	2:37.27	2:37.27	2:35.59	2:35.59	2:35.59	2:35.59	2:32.66	2:32.66	
400 IM	5:48.16	5:35.73	5:29.65	5:29.65	5:29.65	5:29.65	5:29.65	5:29.65	

50 M MALE 11	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	30.04	29.87	29.77	29.67	29.61	29.61	29.61	29.61	
100 Free	1:05.39	1:05.08	1:04.96	1:04.80	1:04.70	1:04.70	1:04.51	1:04.51	
200 Free	2:22.33	2:22.09	2:21.77	2:21.39	2:20.91	2:20.91	2:20.91	2:20.37	
400 Free	5:02.25	5:02.25	5:02.25	5:00.62	5:00.57	5:00.57	5:00.57	4:58.78	
800 Free	10:59.84	10:56.02	10:56.02	10:55.21	10:54.86	10:54.86	10:45.33	10:41.09	
1500 Free		24:43.85	21:21.80	21:21.80	20:57.50	20:50.83	20:50.83	20:50.83	
50 Back	34.48	34.48	34.48	34.24	34.16	34.16	34.16	34.04	
100 Back	1:15.66	1:15.66	1:14.93	1:14.42	1:14.29	1:14.29	1:14.29	1:13.52	
200 Back	2:44.07	2:44.01	2:43.19	2:42.25	2:41.54	2:41.54	2:41.54	2:39.23	
50 Breast	38.34	38.34	38.08	37.86	37.86	37.86	37.86	37.61	
100	1:24.12	1:24.12	1:23.95	1:23.67	1:23.24	1:23.24	1:23.02	1:22.81	
200	3:05.34	3:05.34	3:03.83	3:02.64	3:02.64	3:02.64	3:02.46	3:02.42	
50 Fly	32.75	32.65	32.65	32.46	32.04	32.04	31.92	31.83	
100 Fly	1:13.79	1:13.26	1:12.87	1:12.30	1:12.24	1:12.24	1:11.39	1:10.82	
200 Fly	2:50.40	2:48.29	2:47.10	2:46.66	2:45.59	2:45.59	2:44.04	2:41.83	
200 IM	2:42.20	2:41.78	2:41.31	2:39.74	2:39.06	2:39.06	2:39.06	2:38.08	
400 IM	6:12.27	6:10.56	5:55.79	5:48.16	5:46.77	5:46.77	5:45.90	5:42.23	

50 M MALE 11	POWER POINT								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8154	8277	8369	8422	8445	8445	8445	8454	
100 Free	8140	8215	8319	8327	8360	8360	8380	8380	
200 Free	7901	7957	8114	8120	8177	8177	8182	8237	
400 Free	7884	7884	7913	7926	8044	8044	8071	8163	
800 Free	7507	7525	7525	7528	7564	7564	7927	7962	
1500 Free	4784	7813	8445	8445	8767	8787	8787	8877	
50 Back	8570	8570	8619	8660	8708	8708	8708	8806	
100 Back	8264	8283	8357	8510	8649	8649	8680	8856	
200 Back	8298	8337	8781	8810	8959	8959	8989	9170	
50 Breast	8936	8936	9015	9144	9186	9186	9186	9282	
100 Breast	8653	8653	8688	8717	8816	8816	8921	9108	
200 Breast	8680	8680	8818	8911	8946	8946	8951	9151	
50 Fly	8199	8258	8294	8325	8400	8400	8432	8464	
100 Fly	8354	8467	8536	8574	8618	8618	8701	8740	
200 Fly	8559	8734	8915	8933	8965	8965	9072	9337	
200 IM	8011	8126	8228	8276	8333	8333	8429	8792	
400 IM	7353	7661	8559	8729	8827	8827	8857	8935	
TOTAL	136247	140376	143495	144357	145764	145784	146718	148714	

**USA SWIMMING EASTERN ZONE TOP TEN
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50 M MALE 12	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	26.71	26.71	26.71	26.71	26.45	26.45	26.45	26.45	
100 Free	59.17	59.17	59.17	59.17	57.47	57.47	57.47	57.47	
200 Free	2:08.79	2:08.79	2:08.79	2:08.79	2:05.85	2:05.85	2:04.48	2:04.48	
400 Free	4:32.76	4:29.92	4:29.92	4:29.26	4:29.26	4:29.26	4:29.26	4:29.26	
800 Free	9:19.88	9:14.48	9:14.48	9:14.48	9:14.48	9:14.48	9:14.48	9:14.48	
1500 Free	18:15.73	17:39.81	17:39.81	17:39.81	17:39.81	17:39.81	17:39.81	17:39.81	
50 Back	30.32	30.32	30.32	30.2	30.2	30.20	30.20	28.54	
100 Back	1:06.08	1:06.08	1:06.08	1:05.38	1:05.38	1:05.38	1:04.76	1:03.25	
200 Back	2:22.72	2:22.72	2:22.72	2:22.72	2:22.72	2:22.72	2:22.72	2:21.84	
50 Breast	34.62	34.62	34.62	33.93	33.93	33.93	33.93	33.73	
100	1:14.43	1:14.43	1:14.43	1:14.43	1:14.43	1:14.43	1:14.43	1:14.43	
200	2:43.44	2:43.44	2:41.27	2:41.27	2:39.65	2:39.65	2:38.34	2:37.90	
50 Fly	29.54	29.54	29.54	27.34	27.27	27.27	27.13	27.13	
100 Fly	1:02.67	1:02.67	1:02.67	1:02.67	1:01.59	1:01.59	59.83	59.83	
200 Fly	2:18.95	2:18.95	2:18.95	2:18.95	2:15.54	2:15.54	2:11.85	2:11.85	
200 IM	2:26.19	2:26.19	2:26.19	2:24.00	2:21.89	2:21.89	2:21.89	2:21.89	
400 IM	5:15.74	5:15.74	5:08.67	5:08.67	5:05.18	5:05.18	5:01.35	5:01.35	

50 M MALE 12	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	27.89	27.82	27.78	27.63	27.63	27.63	27.57	27.57	
100 Free	1:01.02	1:00.72	1:00.56	1:00.56	1:00.47	1:00.47	1:00.18	1:00.18	
200 Free	2:13.36	2:13.05	2:13.05	2:12.66	2:12.37	2:12.37	2:10.76	2:10.62	
400 Free	4:43.68	4:43.68	4:42.07	4:41.43	4:39.57	4:39.57	4:38.86	4:38.86	
800 Free	10:14.74	10:10.62	10:04.31	9:56.56	9:56.56	9:55.07	9:52.46	9:49.62	
1500 Free	20:07.66	19:17.90	19:14.96	19:13.66	18:51.19	18:51.19	18:51.19	18:51.19	
50 Back	32.56	32.56	32.33	32.01	31.84	31.84	31.83	31.61	
100 Back	1:09.76	1:08.97	1:08.90	1:08.90	1:08.90	1:08.90	1:08.46	1:08.19	
200 Back	2:32.68	2:31.51	2:29.33	2:29.33	2:29.33	2:29.33	2:29.12	2:25.83	
50 Breast	36.68	36.68	36.5	35.64	35.64	35.64	35.64	35.32	
100 Breast	1:19.00	1:19.00	1:18.37	1:17.68	1:17.32	1:17.32	1:17.04	1:17.03	
200 Breast	2:56.18	2:56.18	2:53.25	2:51.72	2:51.68	2:51.68	2:50.45	2:48.32	
50 Fly	30.65	30.61	30.37	30.06	30.06	30.06	30.06	30.06	
100 Fly	1:08.11	1:07.80	1:07.17	1:07.17	1:07.17	1:07.17	1:06.60	1:06.55	
200 Fly	2:36.64	2:34.51	2:33.90	2:31.54	2:31.54	2:31.54	2:29.93	2:29.82	
200 IM	2:31.24	2:31.24	2:31.24	2:30.47	2:30.47	2:30.47	2:29.94	2:29.72	
400 IM	5:32.97	5:32.97	5:26.41	5:25.25	5:25.03	5:25.03	5:23.70	5:22.83	

50 M MALE 12	POWER POINT								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8286	8311	8391	8414	8498	8498	8534	8542	
100 Free	8280	8290	8343	8343	8476	8476	8538	8538	
200 Free	8041	8141	8141	8173	8291	8291	8481	8516	
400 Free	7962	8003	8085	8221	8252	8252	8271	8271	
800 Free	7667	8049	8179	8343	8343	8500	8543	8562	
1500 Free	7457	8122	8168	8239	8402	8402	8463	8513	
50 Back	8350	8350	8460	8575	8608	8608	8613	8921	
100 Back	8279	8351	8432	8490	8490	8490	8526	8637	
200 Back	8497	8611	8823	8823	8823	8823	8922	9065	
50 Breast	7882	7882	8062	8242	8318	8318	8318	8397	
100 Breast	8141	8147	8287	8502	8539	8539	8631	8643	
200 Breast	8007	8007	8407	8487	8777	8777	8941	9085	
50 Fly	8050	8111	8218	8535	8540	8540	8551	8586	
100 Fly	8270	8307	8425	8453	8514	8514	8739	8837	
200 Fly	8115	8388	8434	8706	8759	8759	8911	8935	
200 IM	8150	8150	8234	8368	8511	8511	8530	8577	
400 IM	8000	8000	8334	8365	8514	8514	8591	8645	
TOTAL	137434	139220	141423	143279	144655	144812	146103	147270	

**USA SWIMMING EASTERN ZONE TOP TEN
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50 M MALE 13	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	24.69	24.69	24.69	24.69	24.69	24.69	24.69	24.69	
100 Free	55.23	55.23	55.16	55.16	55.16	55.16	54.29	54.29	
200 Free	1:58.74	1:58.74	1:58.74	1:58.74	1:58.74	1:58.74	1:58.74	1:58.74	
400 Free	4:08.73	4:08.73	4:08.73	4:08.73	4:08.73	4:08.73	4:08.73	4:08.73	
800 Free	8:46.93	8:46.93	8:46.93	8:46.93	8:46.93	8:46.93	8:46.93	8:46.93	
1500 Free	16:27.39	16:27.39	16:27.39	16:27.39	16:27.39	16:27.39	16:27.39	16:27.39	
100 Back	58.58	58.58	58.58	58.58	58.58	58.58	58.58	58.58	
200 Back	2:14.39	2:09.27	2:09.27	2:09.27	2:09.27	2:09.27	2:09.27	2:09.27	
100 Breast	1:09.56	1:09.56	1:09.56	1:09.56	1:09.56	1:09.56	1:09.56	1:09.56	
200 Breast	2:29.85	2:29.85	2:29.85	2:29.85	2:29.85	2:29.85	2:29.85	2:29.85	
100 Fly	1:00.86	1:00.86	1:00.68	59.49	59.49	59.49	59.11	59.11	
200 Fly	2:15.34	2:15.34	2:15.34	2:15.34	2:15.34	2:15.34	2:15.34	2:15.34	
200 IM	2:16.94	2:15.78	2:15.78	2:15.78	2:15.78	2:15.78	2:13.14	2:13.14	
400 IM	4:50.73	4:50.73	4:50.73	4:50.73	4:50.73	4:50.73	4:45.08	4:45.08	

50 M MALE 13	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	26.75	26.59	26.37	26.37	26.37	26.37	26.17	26.17	
100 Free	58.01	57.70	57.46	57.43	57.43	57.43	56.75	56.53	
200 Free	2:06.43	2:05.65	2:05.14	2:05.14	2:04.96	2:04.96	2:04.96	2:04.96	
400 Free	4:31.06	4:31.06	4:27.91	4:26.89	4:24.55	4:24.55	4:24.55	4:24.55	
800 Free	9:35.71	9:34.79	9:29.41	9:29.41	9:29.41	9:28.10	9:27.37	9:16.74	
1500 Free	18:43.88	18:22.89	18:14.82	18:12.69	18:10.48	18:05.06	18:05.06	17:31.40	
100 Back	1:05.72	1:05.72	1:05.26	1:05.23	1:04.56	1:04.56	1:04.41	1:04.41	
200 Back	2:21.71	2:20.80	2:20.80	2:20.80	2:20.73	2:20.73	2:20.05	2:20.05	
100 Breast	1:14.55	1:14.36	1:14.18	1:13.98	1:13.53	1:13.53	1:13.53	1:12.89	
200 Breast	2:43.52	2:43.52	2:42.19	2:41.47	2:41.43	2:41.43	2:40.74	2:40.33	
100 Fly	1:03.89	1:03.72	1:03.67	1:03.60	1:03.25	1:03.25	1:02.91	1:02.42	
200 Fly	2:23.07	2:21.14	2:21.14	2:21.14	2:21.14	2:21.14	2:21.14	2:19.25	
200 IM	2:22.06	2:20.42	2:20.42	2:20.42	2:20.42	2:20.42	2:20.42	2:20.26	
400 IM	5:04.68	5:04.68	5:04.68	5:02.48	5:02.03	5:01.57	5:01.25	4:58.77	

50 M MALE 13	POWER POINT								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8633	8662	8810	8845	8845	8845	8957	8989	
100 Free	8399	8482	8597	8653	8718	8718	8930	8986	
200 Free	8700	8849	8860	8860	8899	8899	9011	9073	
400 Free	8626	8626	8706	8820	8973	8973	8993	8993	
800 Free	7720	7793	7948	7948	7948	7988	8038	8508	
1500 Free	7920	8109	8152	8156	8296	8308	8308	8666	
100 Back	9217	9263	9279	9286	9348	9348	9387	9387	
200 Back	8553	8799	8799	8799	8888	8888	8927	8927	
100 Breast	8630	8682	8694	8791	8892	8892	8892	9005	
200 Breast	8353	8398	8438	8498	8538	8538	8548	8593	
100 Fly	8424	8463	8580	8740	8753	8753	8832	8926	
200 Fly	8581	8689	8689	8689	8689	8689	8689	8988	
200 IM	8827	8975	8975	8975	8975	8975	9027	9048	
400 IM	8526	8526	8347	8631	8669	8676	8817	8874	
TOTAL	119109	120316	120874	121691	122431	122490	123356	124963	

**USA SWIMMING EASTERN ZONE TOP TEN
PROGRESSION THRU JULY 22, 2015**

50 M MALE 14	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	24.91	24.91	24.91	24.91	24.91	24.91	24.91	24.63	
100 Free	54.27	54.27	54.27	54.27	54.27	54.27	54.27	53.59	
200 Free	1:57.25	1:57.25	1:57.25	1:57.25	1:57.25	1:57.25	1:57.25	1:57.25	
400 Free	4:02.98	4:02.98	4:13.80	4:13.80	4:13.12	4:13.12	4:13.12	4:10.32	
800 Free	8:41.54	8:41.54	8:41.54	8:41.54	8:41.54	8:41.54	8:41.54	8:41.54	
1500 Free	16:46.55	16:46.55	16:46.55	16:46.55	16:43.09	16:43.09	16:39.46	16:32.47	
100 Back	1:01.14	1:01.02	1:01.02	1:01.02	1:01.02	1:01.02	1:01.02	1:01.02	
200 Back	2:13.13	2:12.04	2:12.04	2:12.04	2:12.04	2:12.04	2:12.04	2:11.22	
100 Breast	1:07.18	1:07.18	1:07.18	1:07.18	1:07.18	1:07.18	1:07.18	1:07.18	
200 Breast	2:21.32	2:21.32	2:21.32	2:21.32	2:21.32	2:21.32	2:21.32	2:21.32	
100 Fly	56.85	56.85	56.85	56.85	56.85	56.85	56.85	56.85	
200 Fly	2:08.84	2:08.84	2:08.84	2:08.84	2:08.84	2:08.84	2:08.84	2:08.84	
200 IM	2:16.12	2:16.12	2:16.12	2:16.12	2:15.67	2:15.67	2:13.77	2:12.61	
400 IM	4:46.25	4:46.25	4:46.25	4:46.25	4:44.64	4:44.64	4:44.64	4:44.64	

50 M MALE 14	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	25.88	25.88	25.74	25.70	25.70	25.70	25.70	25.68	
100 Free	56.33	56.33	56.23	56.15	55.73	55.73	55.68	55.63	
200 Free	2:02.64	2:02.60	2:02.64	2:02.60	2:02.05	2:02.05	2:01.72	2:01.10	
400 Free	4:20.65	4:20.65	4:21.58	4:19.81	4:19.18	4:19.18	4:18.70	4:16.49	
800 Free	9:06.57	9:06.57	9:06.57	9:04.81	9:03.01	9:03.01	9:02.25	8:55.99	
1500 Free	17:37.38	17:29.29	17:22.59	17:21.64	17:12.18	17:12.18	17:11.39	17:10.46	
100 Back	1:03.23	1:03.09	1:02.85	1:02.85	1:02.85	1:02.85	1:02.77	1:02.62	
200 Back	2:17.17	2:17.17	2:16.17	2:16.02	2:15.35	2:15.35	2:15.35	2:14.59	
100 Breast	1:13.37	1:12.68	1:11.84	1:11.84	1:11.48	1:11.48	1:11.14	1:10.93	
200 Breast	2:38.34	2:37.99	2:37.30	2:37.30	2:36.08	2:36.08	2:35.62	2:34.29	
100 Fly	1:00.89	1:00.89	1:00.77	1:00.74	1:00.63	1:00.63	1:00.39	1:00.23	
200 Fly	2:15.59	2:15.59	2:15.54	2:15.54	2:14.17	2:14.17	2:13.70	2:13.33	
200 IM	2:19.12	2:19.12	2:18.64	2:18.64	2:18.59	2:18.59	2:18.39	2:16.04	
400 IM	4:54.85	4:54.02	4:53.55	4:52.69	4:51.48	4:51.48	4:50.69	4:50.18	

50 M MALE 14	POWER POINT								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8171	8171	8243	8260	8260	8260	8260	8358	
100 Free	8272	8272	8277	8280	8416	8416	8430	8550	
200 Free	8182	8183	8093	8158	8295	8295	8334	8499	
400 Free	8280	8280	8096	8130	8303	8303	8325	8537	
800 Free	7896	7896	7896	7935	8116	8116	8174	8413	
1500 Free	7810	7872	7969	8010	8065	8065	8143	8242	
100 Back	8415	8548	8567	8567	8579	8579	8648	8691	
200 Back	8265	8302	8408	8450	8462	8462	8462	8567	
100 Breast	8122	8182	8303	8316	8387	8394	8447	8600	
200 Breast	8064	8122	8182	8182	8320	8320	8355	8605	
100 Fly	8387	8398	8418	8419	8499	8499	8545	8771	
200 Fly	8432	8432	8444	8444	8549	8549	8568	8624	
200 IM	8079	8079	8113	8113	8203	8203	8433	8712	
400 IM	8269	8287	8322	8337	8418	8418	8482	8495	
TOTAL	114644	115024	115331	115601	116872	116879	117606	119664	

**USA SWIMMING EASTERN ZONE TOP TEN
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50 M MALE 15	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	23.99	23.99	23.99	23.99	23.99	23.99	23.99	23.99	
100 Free	53.14	53.14	53.14	53.14	53.14	53.14	53.14	53.14	
200 Free	1:54.42	1:54.42	1:54.42	1:54.21	1:54.21	1:54.21	1:54.21	1:54.21	
400 Free	4:00.33	4:00.33	4:00.33	4:00.33	4:00.33	4:00.33	4:00.33	4:00.33	
800 Free	8:17.33	8:17.33	8:17.33	8:17.33	8:17.33	8:17.33	8:17.33	8:17.33	
1500 Free	15:42.38	15:42.38	15:42.38	15:42.38	15:42.38	15:42.38	15:42.38	15:42.38	
100 Back	58.52	58.52	58.52	58.52	58.52	58.52	58.52	58.52	
200 Back	2:06.61	2:06.61	2:06.61	2:06.61	2:06.32	2:06.32	2:06.32	2:06.32	
100 Breast	1:01.86	1:01.86	1:01.86	1:01.86	1:01.86	1:01.86	1:01.86	1:01.86	
200 Breast	2:12.92	2:12.92	2:12.92	2:12.92	2:12.92	2:12.92	2:12.92	2:12.92	
100 Fly	56.42	56.42	56.23	56.23	56.23	56.23	56.23	56.23	
200 Fly	2:00.79	2:00.79	2:00.79	2:00.79	2:00.79	2:00.79	2:00.79	2:00.79	
200 IM	2:08.13	2:08.13	2:08.13	2:08.13	2:08.13	2:08.13	2:08.13	2:08.13	
400 IM	4:29.03	4:29.03	4:29.03	4:27.73	4:27.73	4:27.73	4:27.73	4:27.73	

50 M MALE 15	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	25.44	25.43	25.40	25.35	25.31	25.31	25.28	25.20	
100 Free	55.14	55.14	54.97	54.94	54.75	54.75	54.51	54.51	
200 Free	1:59.39	1:59.39	1:59.12	1:59.12	1:59.12	1:59.12	1:58.61	1:58.60	
400 Free	4:13.65	4:13.65	4:13.65	4:13.11	4:11.31	4:11.31	4:10.62	4:10.22	
800 Free	8:51.64	8:51.64	8:49.82	8:49.82	8:47.60	8:47.60	8:45.75	8:45.23	
1500 Free	16:39.42	16:39.42	16:39.42	16:36.71	16:31.30	16:31.30	16:29.54	16:25.72	
100 Back	1:01.31	1:01.31	1:01.08	1:00.87	1:00.83	1:00.83	1:00.14	1:00.14	
200 Back	2:12.05	2:12.05	2:12.05	2:12.05	2:09.98	2:09.98	2:09.62	2:09.42	
100 Breast	1:09.14	1:09.14	1:09.14	1:09.07	1:08.98	1:08.98	1:08.59	1:08.54	
200 Breast	2:30.13	2:30.13	2:30.13	2:30.01	2:29.61	2:29.61	2:28.52	2:27.50	
100 Fly	59.28	59.28	59.28	59.28	59.23	59.23	59.21	58.80	
200 Fly	2:13.76	2:13.76	2:13.47	2:13.47	2:12.80	2:12.80	2:11.68	2:11.31	
200 IM	2:13.83	2:13.83	2:13.83	2:13.83	2:13.83	2:13.83	2:12.92	2:11.21	
400 IM	4:44.12	4:44.12	4:44.12	4:43.70	4:43.70	4:43.70	4:42.35	4:40.70	

50 M MALE 15	POWER POINT								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	7906	7930	7946	7965	7985	7985	8069	8087	
100 Free	8129	8129	8223	8243	8284	8284	8335	8335	
200 Free	8407	8407	8430	8439	8442	8442	8497	8516	
400 Free	8242	8242	8284	8354	8417	8417	8475	8504	
800 Free	8104	8104	8149	8149	8214	8214	8423	8490	
1500 Free	8429	8429	8429	8449	8499	8499	8543	8576	
100 Back	8939	8939	8963	8973	9012	9012	9039	9039	
200 Back	8907	8907	8907	8907	8958	8958	9006	9029	
100 Breast	8952	8952	8952	8954	8984	8998	9091	9233	
200 Breast	8875	8875	8875	8877	8917	8922	9024	9153	
100 Fly	8280	8280	8329	8329	8368	8368	8495	8566	
200 Fly	8143	8143	8180	8180	8284	8284	8505	8534	
200 IM	8565	8565	8565	8565	8565	8565	8649	8765	
400 IM	8527	8529	8544	8569	8575	8575	8639	8725	
TOTAL	118405	118431	118776	118953	119504	119523	120790	121552	

**USA SWIMMING EASTERN ZONE TOP TEN
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50 M MALE 16	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	23.63	23.63	23.63	23.63	23.63	23.63	23.63	23.63	
100 Free	52.59	52.59	52.59	52.59	52.59	52.59	52.59	52.59	
200 Free	1:51.23	1:51.23	1:51.23	1:51.23	1:51.23	1:51.23	1:51.23	1:51.23	
400 Free	3:52.94	3:52.94	3:52.94	3:52.94	3:52.94	3:52.94	3:52.94	3:52.94	
800 Free	8:02.57	8:02.57	8:02.57	8:02.57	8:02.57	8:02.57	8:02.57	8:02.57	
1500 Free	15:19.23	15:19.23	15:19.23	15:19.23	15:19.23	15:19.23	15:19.23	15:19.23	
100 Back	57.41	57.41	57.41	57.41	57.41	57.41	57.41	57.41	
200 Back	2:05.03	2:05.03	2:05.03	2:05.03	2:05.03	2:05.03	2:05.03	2:04.44	
100 Breast	1:05.90	1:05.90	1:05.90	1:05.90	1:05.90	1:05.90	1:05.90	1:05.90	
200 Breast	2:19.80	2:19.80	2:19.80	2:19.80	2:19.80	2:19.80	2:19.80	2:19.80	
100 Fly	55.57	55.57	55.57	55.57	55.57	55.57	55.57	55.57	
200 Fly	2:01.93	2:01.93	2:01.93	2:01.93	2:01.93	2:01.93	2:01.93	2:01.93	
200 IM	2:09.22	2:09.22	2:09.22	2:08.38	2:08.38	2:08.38	2:08.38	2:08.38	
400 IM	4:29.09	4:29.09	4:29.09	4:29.09	4:29.09	4:29.09	4:29.09	4:29.09	

50 M MALE 16	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	24.97	24.97	24.94	24.88	24.76	24.76	24.76	24.67	
100 Free	54.47	54.47	54.46	54.45	54.29	54.29	54.29	53.92	
200 Free	1:58.03	1:58.03	1:58.03	1:57.11	1:57.11	1:57.11	1:56.78	1:56.48	
400 Free	4:09.09	4:09.09	4:09.09	4:08.86	4:08.67	4:08.67	4:08.67	4:08.67	
800 Free	8:52.95	8:52.90	8:47.83	8:47.05	8:41.49	8:41.49	8:41.49	8:39.35	
1500 Free	16:35.77	16:35.77	16:35.77	16:35.77	16:26.31	16:26.31	16:26.31	16:20.92	
100 Back	1:00.33	1:00.33	1:00.33	1:00.33	59.84	59.84	59.84	59.56	
200 Back	2:10.83	2:10.83	2:10.83	2:10.52	2:10.52	2:10.52	2:10.46	2:10.11	
100 Breast	1:08.73	1:08.73	1:08.48	1:08.48	1:07.61	1:07.61	1:07.61	1:07.57	
200 Breast	2:29.74	2:29.21	2:28.96	2:28.96	2:28.24	2:28.24	2:28.24	2:27.60	
100 Fly	59.05	59.05	59.05	58.88	58.82	58.82	58.40	57.93	
200 Fly	2:10.96	2:10.96	2:10.96	2:10.28	2:09.62	2:09.62	2:09.62	2:09.38	
200 IM	2:12.19	2:12.19	2:11.82	2:11.68	2:11.68	2:11.68	2:11.68	2:11.61	
400 IM	4:40.61	4:40.61	4:40.61	4:40.61	4:39.21	4:39.21	4:39.10	4:39.10	

50 M MALE 16	POWER POINT								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8160	8160	8154	8190	8201	8201	8201	8277	
100 Free	7940	7940	7948	7998	8036	8036	8056	8130	
200 Free	8326	8326	8326	8368	8368	8368	8387	8436	
400 Free	8343	8343	8343	8368	8441	8441	8441	8441	
800 Free	7557	7587	7792	7912	8110	8110	8110	8148	
1500 Free	8354	8354	8354	8354	8454	8454	8454	8467	
100 Back	8670	8670	8671	8671	8727	8727	8727	8829	
200 Back	8391	8391	8391	8402	8402	8402	8405	8640	
100 Breast	8456	8456	8516	8535	8618	8618	8618	8664	
200 Breast	8520	8567	8639	8639	8688	8688	8688	8748	
100 Fly	8017	8017	8017	8058	8184	8184	8294	8345	
200 Fly	8306	8306	8336	8376	8448	8448	8518	8543	
200 IM	8412	8412	8424	8494	8494	8494	8494	8512	
400 IM	8423	8423	8423	8440	8468	8468	8469	8469	
TOTAL	115875	115952	116334	116805	117639	117639	117862	118649	

**USA SWIMMING EASTERN ZONE TOP TEN
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50 M MALE 17	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	22.84	22.84	22.84	22.84	22.84	22.84	22.84	22.84	
100 Free	51.17	51.17	51.17	51.17	51.17	51.17	51.17	51.17	
200 Free	1:52.01	1:52.01	1:52.01	1:52.01	1:52.01	1:52.01	1:52.01	1:52.01	
400 Free	3:58.00	3:58.00	3:58.00	3:58.00	3:58.00	3:58.00	3:58.00	3:58.00	
800 Free	8:28.01	8:28.01	8:28.01	8:28.01	8:28.01	8:28.01	8:28.01	8:26.20	
1500 Free	16:04.25	16:04.25	16:04.25	16:04.25	15:56.44	15:56.44	15:56.44	15:56.44	
100 Back	56.69	56.69	56.69	56.69	56.69	56.69	56.69	56.69	
200 Back	2:01.46	2:01.46	2:01.46	2:01.46	2:01.46	2:01.46	2:01.46	2:01.46	
100 Breast	1:01.00	1:01.00	1:01.00	1:01.00	1:01.00	1:01.00	1:01.00	1:01.00	
200 Breast	2:14.46	2:14.46	2:14.46	2:14.46	2:14.46	2:14.46	2:14.46	2:14.46	
100 Fly	55.28	55.28	55.28	55.28	55.28	55.28	55.28	55.28	
200 Fly	2:01.72	2:01.72	2:01.72	2:01.72	2:01.72	2:01.72	2:01.72	2:01.72	
200 IM	2:05.30	2:05.30	2:05.30	2:05.30	2:05.30	2:05.30	2:05.30	2:05.30	
400 IM	4:24.44	4:24.44	4:24.44	4:24.44	4:24.44	4:24.44	4:24.44	4:24.44	

50 M MALE 17	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	24.31	24.31	24.31	24.31	24.31	24.31	24.31	24.31	
100 Free	52.91	52.91	52.91	52.91	52.91	52.91	52.91	52.91	
200 Free	1:55.95	1:55.95	1:55.95	1:55.95	1:55.95	1:55.95	1:55.95	1:55.54	
400 Free	4:06.05	4:06.05	4:06.05	4:06.05	4:06.05	4:06.05	4:06.05	4:05.41	
800 Free	8:47.79	8:47.79	8:47.79	8:47.79	8:46.73	8:44.39	8:40.17	8:35.23	
1500 Free	16:27.57	16:27.57	16:27.57	16:27.57	16:27.28	16:27.28	16:26.31	16:23.66	
100 Back	58.59	58.59	58.59	58.59	58.42	58.42	58.42	58.35	
200 Back	2:07.15	2:07.15	2:07.15	2:07.15	2:07.15	2:07.15	2:06.95	2:06.95	
100 Breast	1:06.87	1:06.87	1:06.87	1:06.87	1:06.87	1:06.87	1:06.62	1:06.48	
200 Breast	2:27.05	2:27.05	2:27.05	2:27.05	2:27.05	2:27.05	2:26.60	2:26.39	
100 Fly	56.72	56.72	56.72	56.72	56.72	56.72	56.47	56.47	
200 Fly	2:06.16	2:06.16	2:06.16	2:06.16	2:06.16	2:06.16	2:06.16	2:05.88	
200 IM	2:09.13	2:09.13	2:09.13	2:09.13	2:09.13	2:08.99	2:08.99	2:08.99	
400 IM	4:34.17	4:34.17	4:34.17	4:34.17	4:33.75	4:33.75	4:33.75	4:33.75	

50 M MALE 17	POWER POINT								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8438	8438	8438	8438	8438	8447	8447	8447	
100 Free	8426	8428	8428	8428	8428	8428	8428	8428	
200 Free	8255	8255	8255	8255	8255	8255	8255	8321	
400 Free	8362	8362	8362	8362	8362	8362	8362	8369	
800 Free	7677	7677	7677	7677	7696	7773	7874	7959	
1500 Free	8001	8001	8001	8001	8108	8108	8137	8149	
100 Back	8723	8723	8723	8723	8730	8730	8730	8765	
200 Back	8717	8717	8717	8721	8730	8730	8737	8737	
100 Breast	8615	8615	8615	8615	8615	8615	8657	8694	
200 Breast	8548	8548	8548	8548	8548	8548	8568	8572	
100 Fly	8464	8464	8464	8464	8464	8464	8489	8490	
200 Fly	8586	8586	8586	8586	8586	8601	8601	8629	
200 IM	8601	8601	8601	8601	8601	8612	8612	8612	
400 IM	8629	8629	8629	8629	8641	8641	8641	8641	
TOTAL	118042	118044	118044	118048	118202	118314	118538	118813	

**USA SWIMMING EASTERN ZONE TOP TEN
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50 M MALE 18	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	23.15	23.15	23.15	23.15	23.15	23.15	23.15	23.15	
100 Free	50.43	50.43	50.43	50.43	50.43	50.43	50.43	50.43	
200 Free	1:51.08	1:51.08	1:51.08	1:51.08	1:51.08	1:51.08	1:51.08	1:50.74	
400 Free	3:55.27	3:55.27	3:55.27	3:55.27	3:55.27	3:55.27	3:55.27	3:54.99	
800 Free	8:08.79	8:08.79	8:08.79	8:08.79	8:08.79	8:08.79	8:08.79	8:08.55	
1500 Free	15:41.27	15:41.27	15:41.27	15:41.27	15:41.27	15:41.27	15:41.27	15:41.27	
100 Back	55.2	55.2	55.2	55.20	55.20	55.20	55.20	55.2	
200 Back	2:02.93	2:02.93	2:02.93	2:02.93	2:02.93	2:02.93	2:02.93	2:02.93	
100 Breast	1:01.19	1:01.19	1:01.19	1:01.19	1:01.19	1:01.19	1:01.19	1:01.19	
200 Breast	2:12.82	2:12.82	2:12.82	2:12.82	2:12.82	2:12.82	2:12.82	2:12.82	
100 Fly	52.81	52.81	52.81	52.81	52.81	52.81	52.81	52.81	
200 Fly	1:55.92	1:55.92	1:55.92	1:55.92	1:55.92	1:55.92	1:55.92	1:55.92	
200 IM	1:59.93	1:59.93	1:59.93	1:59.93	1:59.93	1:59.93	1:59.93	1:59.93	
400 IM	4:16.51	4:16.51	4:16.51	4:16.51	4:16.51	4:16.51	4:16.51	4:16.51	

50 M MALE 18	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	24.22	24.22	24.20	24.20	24.05	24.05	24.01	23.92	
100 Free	53.30	53.30	53.13	53.13	53.05	53.05	52.87	52.70	
200 Free	1:56.65	1:56.65	1:56.65	1:55.46	1:55.46	1:55.46	1:55.46	1:54.73	
400 Free	4:05.46	4:05.46	4:05.11	4:03.87	4:03.87	4:03.87	4:03.21	4:03.21	
800 Free	9:02.32	9:02.32	8:53.73	8:53.73	8:48.91	8:48.91	8:34.03	8:33.85	
1500 Free	16:44.55	16:44.55	16:44.55	16:42.45	16:42.45	16:42.45	16:21.01	16:21.01	
100 Back	59.64	59.64	59.39	59.39	59.01	59.01	59.01	59.01	
200 Back	2:09.91	2:09.91	2:08.99	2:08.99	2:08.99	2:08.99	2:08.06	2:08.06	
100 Breast	1:07.70	1:07.70	1:07.70	1:07.09	1:07.09	1:07.09	1:06.59	1:06.05	
200 Breast	2:24.78	2:24.78	2:24.78	2:24.78	2:24.78	2:24.78	2:23.83	2:23.77	
100 Fly	57.12	57.12	57.12	57.02	56.76	56.76	56.76	56.61	
200 Fly	2:05.72	2:05.72	2:05.72	2:05.72	2:05.72	2:05.72	2:05.72	2:05.72	
200 IM	2:11.16	2:11.16	2:11.16	2:10.91	2:10.91	2:10.91	2:10.40	2:10.24	
400 IM	4:40.32	4:40.32	4:40.32	4:38.91	4:38.91	4:38.91	4:34.70	4:34.70	

50 M MALE 18	POWER POINT								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8472	8472	8492	8492	8515	8515	8530	8563	
100 Free	8224	8224	8251	8251	8273	8273	8346	8374	
200 Free	8419	8419	8419	8488	8525	8525	8532	8558	
400 Free	8319	8319	8368	8457	8517	8517	8533	8537	
800 Free	7679	7679	7816	7816	7867	7867	8058	8100	
1500 Free	8087	8087	8087	8115	8176	8176	8275	8275	
100 Back	8662	8662	8702	8702	8771	8771	8771	8771	
200 Back	8370	8370	8403	8403	8403	8403	8441	8441	
100 Breast	8380	8380	8380	8573	8573	8573	8619	8702	
200 Breast	8749	8749	8749	8749	8749	8749	8790	8845	
100 Fly	8455	8455	8455	8477	8488	8488	8510	8530	
200 Fly	8677	8677	8677	8677	8677	8677	8677	8677	
200 IM	8480	8480	8480	8487	8487	8487	8517	8590	
400 IM	8614	8614	8614	8695	8695	8695	8772	8772	
TOTAL	117587	117587	117893	118382	118716	118716	119371	119735	