

**USA SWIMMING SOUTHERN 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	28.94	28.92	28.92	28.92	28.82	28.82	28.82	28.11	
100 Free	1:02.87	1:02.87	1:02.87	1:02.87	1:02.34	1:02.34	1:02.34	1:01.09	
200 Free	2:16.45	2:16.45	2:11.50	2:11.50	2:11.50	2:11.50	2:11.50	2:11.50	
400 Free	4:43.64	4:43.64	4:43.61	4:43.61	4:38.63	4:38.63	4:38.63	4:38.04	
800 Free	10:03.66	10:03.66	9:39.85	9:39.85	9:39.85	9:39.85	9:39.85	9:39.85	
1500 Free	19:59.49	19:43.94	19:43.94	19:43.94	19:43.94	19:33.64	19:08.19	18:56.19	
50 Back	32.79	32.79	32.79	32.13	32.13	32.13	32.13	32.13	
100 Back	1:10.20	1:10.20	1:10.20	1:08.44	1:08.44	1:08.44	1:08.44	1:08.44	
200 Back	2:32.28	2:32.28	2:28.56	2:26.67	2:26.67	2:26.67	2:26.67	2:26.67	
50 Breast	36.95	36.95	36.95	36.95	36.95	36.95	36.84	35.52	
100 Breast	1:20.21	1:20.21	1:20.21	1:19.42	1:19.42	1:19.42	1:19.42	1:18.50	
200 Breast	2:52.03	2:52.03	2:49.27	2:49.27	2:49.27	2:49.27	2:49.27	2:49.27	
50 Fly	30.46	30.46	30.46	30.46	30.46	30.46	30.46	30.25	
100 Fly	1:08.54	1:08.54	1:08.54	1:07.11	1:07.11	1:07.11	1:07.11	1:07.11	
200 Fly	2:40.86	2:40.84	2:32.40	2:32.40	2:32.40	2:32.40	2:32.40	2:32.40	
200 IM	2:31.06	2:31.06	2:30.98	2:30.98	2:30.98	2:30.98	2:30.98	2:30.26	
400 IM	5:32.20	5:32.20	5:20.51	5:20.51	5:20.51	5:20.51	5:20.51	5:20.51	

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	29.76	29.76	29.56	29.35	29.24	29.24	29.24	29.16	
100 Free	1:05.01	1:04.80	1:04.54	1:04.18	1:03.98	1:03.98	1:03.98	1:03.56	
200 Free	2:20.09	2:20.09	2:20.04	2:19.52	2:18.62	2:18.62	2:18.62	2:17.19	
400 Free	4:57.51	4:57.23	4:56.28	4:54.83	4:51.44	4:51.44	4:51.44	4:50.22	
800 Free	11:06.77	10:55.38	10:46.29	10:46.29	10:18.77	10:18.77	10:18.77	10:10.00	
1500 Free	23:11.08	22:58.38	22:24.14	22:00.20	20:55.45	20:51.82	20:46.68	19:59.36	
50 Back	35.07	35.07	34.26	33.80	33.80	33.80	33.80	33.49	
100 Back	1:15.16	1:15.16	1:13.67	1:13.22	1:13.13	1:13.13	1:13.13	1:12.88	
200 Back	2:43.39	2:43.39	2:41.38	2:41.38	2:39.69	2:39.69	2:39.50	2:37.79	
50 Breast	38.97	2:43.39	38.47	38.34	38.31	38.31	38.26	37.63	
100 Breast	1:25.16	38.97	1:23.73	1:23.37	1:23.28	1:23.28	1:23.28	1:21.80	
200 Breast	3:09.82	1:25.16	3:05.71	3:05.55	3:04.46	3:04.46	3:00.68	3:00.10	
50 Fly	32.64	3:08.62	32.26	32.05	32.05	32.05	32.03	31.96	
100 Fly	1:13.07	32.64	1:12.60	1:11.78	1:11.66	1:11.66	1:11.66	1:10.21	
200 Fly	2:50.86	1:12.88	2:47.67	2:46.05	2:42.14	2:42.14	2:42.14	2:40.66	
200 IM	2:40.08	2:48.75	2:40.08	2:38.59	2:37.95	2:37.95	2:37.95	2:36.10	
400 IM	5:55.84	5:55.84	5:50.25	5:49.23	5:48.10	5:48.10	5:45.72	5:40.43	

50 M MALE 11	POWER POINTS								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8130	8181	8303	8329	8388	8388	8388	8510	
100 Free	8359	8416	8446	8488	8615	8615	8615	8766	
200 Free	8348	8348	8493	8560	8747	8747	8747	8938	
400 Free	8149	8159	8272	8320	8517	8517	8517	8668	
800 Free	7685	7946	8432	8432	8914	8914	8914	9049	
1500 Free	7135	7749	7858	8019	8605	8830	8905	9498	
50 Back	8651	8651	8866	9008	9040	9040	9046	9109	
100 Back	8616	8616	8806	8880	8900	8900	8914	8988	
200 Back	8708	8708	8936	9030	9169	9169	9177	9366	
50 Breast	8424	8424	8497	8560	8581	8581	8657	9046	
100 Breast	8575	8600	8664	8778	8807	8807	8849	9070	
200 Breast	8574	8684	8839	8980	9064	9064	9215	9317	
50 Fly	8294	8294	8395	8480	8480	8480	8492	8672	
100 Fly	8401	8414	8525	8858	8916	8916	8916	9084	
200 Fly	8343	8482	8684	8891	9082	9082	9082	9241	
200 IM	8383	8383	8384	8506	8627	8627	8627	8942	
400 IM	8279	8346	8638	8814	8947	8947	9089	9237	
TOTAL	141054	142401	145038	146933	149399	149624	150150	153501	

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

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	27.00	27.00	27.00	27.00	26.77	26.77	26.77	26.30	
100 Free	59.32	59.32	58.84	58.84	58.84	58.84	58.84	57.93	
200 Free	2:08.75	2:08.75	2:08.75	2:08.75	2:08.75	2:08.75	2:08.75	2:08.30	
400 Free	4:28.53	4:28.53	4:28.53	4:28.53	4:28.53	4:28.53	4:28.53	4:28.53	
800 Free	9:32.93	9:32.93	9:32.93	9:32.93	9:23.05	9:23.05	9:23.05	9:23.05	
1500 Free	18:16.51	18:16.51	18:16.51	18:00.37	18:00.37	18:00.37	18:00.37	18:00.37	
50 Back	29.27	29.27	29.27	29.27	29.27	29.27	29.27	29.27	
100 Back	1:04.11	1:04.11	1:04.11	1:04.11	1:04.11	1:04.11	1:04.11	1:03.84	
200 Back	2:19.64	2:19.64	2:19.64	2:19.64	2:19.64	2:19.64	2:19.64	2:16.50	
50 Breast	32.07	32.07	32.07	32.07	32.07	32.07	32.07	32.07	
100 Breast	1:12.13	1:12.13	1:12.13	1:12.13	1:12.13	1:12.13	1:12.13	1:12.13	
200 Breast	2:38.08	2:38.08	2:38.08	2:38.08	2:38.08	2:38.08	2:38.08	2:38.08	
50 Fly	28.32	28.32	28.32	28.32	28.32	28.32	28.32	28.09	
100 Fly	1:02.72	1:02.72	1:02.72	1:02.72	1:02.42	1:02.42	1:02.42	1:00.99	
200 Fly	2:23.88	2:23.88	2:23.88	2:23.88	2:23.88	2:23.88	2:23.88	2:23.88	
200 IM	2:18.87	2:18.87	2:18.87	2:18.87	2:18.87	2:18.87	2:18.87	2:18.12	
400 IM	5:03.78	5:03.78	5:03.78	5:03.78	5:03.78	5:03.78	5:03.78	5:03.78	

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	28.12	28.12	27.96	27.96	27.84	27.84	27.72	27.34	
100 Free	1:01.75	1:01.75	1:01.42	1:01.42	1:00.90	1:00.90	1:00.90	59.92	
200 Free	2:14.74	2:14.74	2:14.43	2:12.67	2:12.05	2:12.05	2:12.05	2:10.85	
400 Free	4:41.99	4:40.74	4:40.11	4:40.11	4:39.12	4:39.12	4:39.12	4:37.30	
800 Free	9:54.43	9:52.74	9:52.74	9:51.64	9:46.30	9:46.30	9:46.30	9:46.30	
1500 Free	20:23.74	19:54.16	19:47.63	19:12.41	18:59.07	18:59.07	18:58.89	18:44.23	
50 Back	32.76	32.68	32.44	31.97	31.91	31.91	31.84	31.61	
100 Back	1:10.26	1:09.91	1:09.08	1:09.00	1:09.00	1:09.00	1:08.78	1:08.09	
200 Back	2:33.33	2:32.40	2:32.15	2:30.77	2:30.77	2:30.77	2:28.87	2:28.30	
50 Breast	36.58	36.51	36.29	36.29	35.86	35.86	35.86	35.16	
100 Breast	1:19.88	1:19.71	1:19.04	1:18.27	1:17.67	1:17.67	1:17.67	1:16.63	
200 Breast	2:52.99	2:52.99	2:52.00	2:51.64	2:51.29	2:51.29	2:51.29	2:48.27	
50 Fly	30.49	30.49	30.49	29.89	29.87	29.86	29.78	29.2	
100 Fly	1:08.53	1:08.53	1:07.60	1:07.35	1:06.66	1:06.66	1:06.66	1:05.81	
200 Fly	2:36.79	2:36.10	2:33.71	2:33.71	2:32.55	2:31.75	2:31.75	2:29.91	
200 IM	2:30.50	2:30.29	2:28.33	2:28.33	2:27.97	2:27.97	2:27.97	2:26.80	
400 IM	5:23.51	5:23.35	5:22.94	5:22.94	5:20.29	5:20.29	5:20.12	5:18.67	

50 M MALE 12	POWER POINTS								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8250	8250	8305	8305	8359	8359	8394	8593	
100 Free	8001	8001	8102	8102	8297	8297	8297	8655	
200 Free	7716	7730	7941	8039	8143	8143	8143	8409	
400 Free	7986	8025	8067	8067	8150	8150	8150	8437	
800 Free	8090	8133	8133	8163	8370	8370	8370	8469	
1500 Free	7273	7580	7614	8112	8211	8211	8319	8510	
50 Back	8371	8376	8535	8641	8653	8653	8658	9004	
100 Back	8457	8586	8705	8795	8795	8795	8811	9091	
200 Back	8370	8398	8659	8845	8845	8845	8957	9098	
50 Breast	8184	8201	8405	8405	8491	8491	8530	8746	
100 Breast	8277	8324	8511	8547	8593	8593	8593	8760	
200 Breast	8466	8481	8790	8796	8816	8816	8816	8992	
50 Fly	8477	8477	8592	8668	8693	8670	8699	9080	
100 Fly	8146	8146	8372	8472	8622	8622	8622	8926	
200 Fly	7989	8083	8233	8233	8328	8380	8380	8480	
200 IM	8544	8573	8733	8733	8776	8776	8776	9173	
400 IM	8469	8621	8694	8694	8823	8823	8828	8952	
TOTAL	139066	139985	142391	143617	144965	144994	145343	149375	

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

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	25.85	25.85	25.85	25.85	25.85	25.85	25.63	25.63	
100 Free	56.66	56.66	56.66	56.66	56.66	56.66	56.66	56.35	
200 Free	2:03.64	2:03.64	2:02.99	2:02.99	2:02.99	2:02.99	2:02.99	2:01.72	
400 Free	4:16.69	4:16.69	4:16.69	4:16.69	4:16.69	4:16.69	4:16.69	4:16.69	
800 Free	8:44.12	8:44.12	8:44.12	8:44.12	8:44.12	8:44.12	8:44.12	8:44.12	
1500 Free	16:49.01	16:49.01	16:49.01	16:49.01	16:49.01	16:49.01	16:49.01	16:49.01	
100 Back	1:02.97	1:02.97	1:02.97	1:02.97	1:02.97	1:02.97	1:02.97	1:02.80	
200 Back	2:15.23	2:15.23	2:15.23	2:15.23	2:15.23	2:15.23	2:15.23	2:15.23	
100 Breast	1:12.49	1:12.49	1:12.23	1:12.23	1:10.77	1:10.77	1:10.77	1:09.30	
200 Breast	2:38.34	2:38.34	2:37.36	2:37.36	2:31.71	2:31.71	2:31.71	2:29.76	
100 Fly	58.65	58.65	58.65	58.65	58.65	58.65	58.65	58.65	
200 Fly	2:20.62	2:20.62	2:19.60	2:19.60	2:16.88	2:16.88	2:16.88	2:12.42	
200 IM	2:19.32	2:19.32	2:19.32	2:19.32	2:19.32	2:19.32	2:19.32	2:18.24	
400 IM	4:54.33	4:54.33	4:52.90	4:52.90	4:52.90	4:52.90	4:52.90	4:52.90	

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	26.81	26.77	26.72	26.63	26.57	26.57	26.57	26.22	
100 Free	58.46	58.37	58.16	58.16	57.99	57.99	57.92	57.20	
200 Free	2:08.47	2:08.47	2:07.47	2:07.10	2:06.76	2:06.76	2:06.38	2:05.28	
400 Free	4:33.00	4:31.57	4:31.23	4:30.68	4:29.44	4:29.44	4:26.86	4:26.08	
800 Free	9:29.97	9:29.97	9:29.07	9:29.07	9:20.78	9:20.78	9:20.78	9:15.57	
1500 Free	18:22.69	18:16.20	18:05.18	18:01.56	17:52.50	17:52.50	17:45.53	17:39.42	
100 Back	1:07.34	1:06.83	1:06.05	1:05.45	1:05.15	1:05.15	1:04.86	1:04.63	
200 Back	2:25.05	2:24.31	2:21.50	2:21.50	2:21.50	2:21.50	2:20.27	2:19.29	
100 Breast	1:15.69	1:15.69	1:15.22	1:14.52	1:14.28	1:14.28	1:13.46	1:12.40	
200 Breast	2:44.69	2:44.69	2:41.48	2:41.36	2:40.63	2:40.63	2:39.57	2:38.67	
100 Fly	1:04.52	1:04.28	1:03.76	1:03.76	1:03.12	1:03.12	1:03.08	1:02.08	
200 Fly	2:26.00	2:21.90	2:21.70	2:21.53	2:21.20	2:21.20	2:21.20	2:20.71	
200 IM	2:24.85	2:24.85	2:24.43	2:24.10	2:22.90	2:22.90	2:22.35	2:20.37	
400 IM	5:08.27	5:08.27	5:07.38	5:05.23	5:03.97	5:03.97	5:03.97	5:00.97	

50 M MALE 13	POWER POINTS								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8219	8238	8304	8350	8405	8405	8478	8649	
100 Free	8046	8074	8141	8162	8218	8218	8281	8471	
200 Free	8005	8005	8213	8284	8348	8348	8418	8667	
400 Free	7943	7983	8087	8248	8394	8394	8438	8612	
800 Free	7956	7956	8046	8048	8197	8197	8197	8535	
1500 Free	7744	7842	7960	8127	8324	8324	8359	8428	
100 Back	8241	8407	8616	8751	8782	8782	8827	9011	
200 Back	8073	8190	8411	8518	8535	8535	8572	8771	
100 Breast	8175	8175	8453	8516	8600	8600	8758	9108	
200 Breast	7946	7946	8236	8289	8465	8465	8599	8848	
100 Fly	8238	8369	8627	8627	8702	8702	8751	8982	
200 Fly	8120	8222	8282	8291	8487	8487	8487	8858	
200 IM	8047	8047	8264	8339	8441	8441	8548	8757	
400 IM	8111	8136	8272	8345	8431	8431	8464	8632	
TOTAL	112864	113590	115912	116895	118329	118329	119177	122329	

**USA SWIMMING SOUTHERN 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	25.26	25.26	24.75	24.75	24.75	24.75	24.73	24.64	
100 Free	54.02	54.02	53.90	53.43	53.43	53.43	53.09	53.09	
200 Free	1:53.31	1:53.31	1:53.31	1:53.31	1:53.31	1:53.31	1:53.31	1:53.31	
400 Free	3:59.64	3:59.64	3:59.64	3:59.64	3:59.64	3:59.64	3:59.64	3:59.64	
800 Free	8:57.49	8:57.49	8:57.49	8:53.07	8:48.56	8:48.56	8:32.19	8:32.19	
1500 Free	16:02.56	16:02.56	16:02.56	16:02.56	16:02.56	16:02.56	16:02.56	16:02.56	
100 Back	59.58	59.58	59.58	59.18	59.18	59.18	59.18	59.18	
200 Back	2:08.53	2:08.53	2:08.53	2:08.53	2:08.53	2:08.53	2:08.32	2:08.32	
100 Breast	1:06.56	1:06.56	1:06.56	1:04.91	1:04.91	1:04.91	1:04.91	1:04.17	
200 Breast	2:28.32	2:28.32	2:28.32	2:27.16	2:27.16	2:27.16	2:27.16	2:27.16	
100 Fly	58.04	58.04	58.04	58.04	58.04	58.04	58.04	58.04	
200 Fly	2:17.35	2:17.35	2:17.35	2:14.10	2:14.10	2:14.10	2:11.96	2:09.76	
200 IM	2:11.41	2:11.41	2:11.41	2:11.30	2:10.73	2:10.73	2:07.77	2:07.77	
400 IM	4:45.55	4:45.55	4:45.55	4:41.27	4:41.27	4:41.27	4:37.58	4:37.58	

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	25.79	25.79	25.60	25.46	25.45	25.45	25.45	24.99	
100 Free	56.23	56.23	55.62	55.36	55.34	55.34	55.24	54.47	
200 Free	2:03.86	2:03.86	2:02.58	2:01.24	2:00.73	2:00.73	2:00.25	1:58.45	
400 Free	4:22.78	4:22.78	4:22.16	4:21.96	4:17.83	4:17.83	4:14.57	4:11.01	
800 Free	9:15.44	9:10.38	9:10.38	9:09.40	9:03.32	9:03.32	9:01.67	8:53.56	
1500 Free	17:53.16	17:46.08	17:30.79	17:29.47	17:24.28	17:24.28	17:24.28	16:54.24	
100 Back	1:04.37	1:04.37	1:03.98	1:02.74	1:02.62	1:02.62	1:02.18	1:01.79	
200 Back	2:18.36	2:18.36	2:17.54	2:14.65	2:14.65	2:14.65	2:14.64	2:13.32	
100 Breast	1:13.70	1:13.59	1:12.95	1:12.28	1:11.93	1:11.93	1:11.93	1:10.45	
200 Breast	2:40.04	2:40.04	2:39.87	2:37.53	2:36.74	2:36.74	2:34.91	2:32.97	
100 Fly	1:01.63	1:01.63	1:01.13	1:00.67	1:00.53	1:00.53	1:00.53	59.67	
200 Fly	2:18.98	2:18.74	2:18.63	2:18.10	2:17.50	2:17.50	2:17.47	2:13.60	
200 IM	2:19.98	2:19.98	2:19.88	2:17.69	2:17.69	2:17.69	2:17.69	2:15.16	
400 IM	5:01.29	5:00.84	4:59.95	4:55.62	4:55.29	4:55.29	4:53.86	4:46.90	

50 M MALE 14	POWER POINTS								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8032	8032	8301	8362	8408	8408	8453	8646	
100 Free	8374	8374	8529	8651	8726	8726	8821	8953	
200 Free	8500	8500	8648	8794	8916	8916	9051	9188	
400 Free	8403	8425	8521	8628	8774	8774	9021	9150	
800 Free	7485	7545	7545	7631	7974	7974	8241	8648	
1500 Free	7691	7723	7905	8025	8104	8104	8313	8797	
100 Back	8559	8559	8599	8845	8875	8875	8961	9060	
200 Back	8266	8266	8333	8676	8692	8692	8796	8914	
100 Breast	7971	8038	8076	8401	8548	8548	8670	8975	
200 Breast	7726	7728	7822	8172	8408	8408	8544	8680	
100 Fly	8223	8223	8332	8407	8453	8453	8505	8815	
200 Fly	7547	7552	7557	7759	7806	7825	7962	8591	
200 IM	8261	8261	8343	8608	8695	8695	8772	9035	
400 IM	7942	7953	8028	8419	8499	8499	8568	8910	
TOTAL	112980	113179	114539	117378	118878	118897	120678	124362	

**USA SWIMMING SOUTHERN 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	24.47	24.47	24.37	24.37	24.37	24.37	23.57	23.57	
100 Free	52.62	52.62	52.62	52.62	52.62	52.62	52.62	52.62	
200 Free	1:53.09	1:53.09	1:53.09	1:53.09	1:53.09	1:53.09	1:53.09	1:53.09	
400 Free	3:57.76	3:57.76	3:57.76	3:57.76	3:57.76	3:57.76	3:57.76	3:57.76	
800 Free	8:22.39	8:22.39	8:22.39	8:22.39	8:22.39	8:22.39	8:12.55	8:12.55	
1500 Free	15:46.39	15:46.39	15:46.39	15:46.39	15:46.39	15:46.39	15:46.39	15:46.39	
100 Back	57.81	57.81	57.81	57.81	57.81	57.81	57.70	57.7	
200 Back	2:02.88	2:02.88	2:02.88	2:02.88	2:02.88	2:02.88	2:02.88	2:02.88	
100 Breast	1:06.92	1:06.92	1:06.92	1:05.63	1:05.63	1:05.63	1:05.18	1:05.18	
200 Breast	2:25.92	2:25.92	2:25.92	2:25.92	2:25.92	2:25.92	2:23.92	2:23.92	
100 Fly	56.69	56.69	56.69	56.69	56.69	56.69	55.58	55.58	
200 Fly	2:04.96	2:04.96	2:04.96	2:04.96	2:03.83	2:03.83	2:02.88	2:02.88	
200 IM	2:08.20	2:08.20	2:08.20	2:08.20	2:08.20	2:08.20	2:08.20	2:08.20	
400 IM	4:32.05	4:32.05	4:32.05	4:31.76	4:30.47	4:30.47	4:30.47	4:30.47	

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	25.02	25.02	24.77	24.70	24.70	24.70	24.67	24.67	
100 Free	54.14	54.14	54.14	53.99	53.80	53.80	53.67	53.66	
200 Free	1:57.55	1:57.55	1:57.55	1:56.56	1:56.52	1:56.52	1:55.96	1:55.96	
400 Free	4:10.53	4:10.53	4:10.53	4:09.89	4:09.05	4:09.05	4:07.10	4:06.80	
800 Free	8:46.97	8:46.97	8:46.97	8:46.17	8:46.17	8:46.17	8:35.91	8:35.91	
1500 Free	16:47.51	16:47.51	16:47.51	16:41.75	16:40.48	16:40.48	16:36.76	16:35.50	
100 Back	1:01.04	1:01.04	1:01.04	1:00.81	1:00.01	1:00.01	59.89	59.84	
200 Back	2:12.34	2:12.34	2:12.34	2:11.58	2:10.15	2:10.15	2:09.51	2:09.51	
100 Breast	1:10.31	1:10.31	1:10.31	1:09.19	1:09.08	1:09.08	1:08.37	1:07.94	
200 Breast	2:33.27	2:33.27	2:32.75	2:31.80	2:29.34	2:29.34	2:28.59	2:27.01	
100 Fly	58.69	58.69	58.53	58.46	58.21	58.21	57.86	57.33	
200 Fly	2:10.93	2:10.93	2:10.53	2:09.40	2:09.40	2:09.40	2:09.09	2:08.42	
200 IM	2:13.84	2:13.84	2:13.81	2:12.71	2:12.71	2:12.71	2:11.61	2:11.61	
400 IM	4:43.82	4:43.82	4:43.70	4:41.84	4:41.84	4:41.84	4:39.01	4:39.01	

50 M MALE 15	POWER POINTS								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8296	8296	8397	8410	8410	8410	8605	8605	
100 Free	8539	8539	8539	8632	8661	8661	8758	8766	
200 Free	8731	8731	8731	8811	8883	8883	9025	9060	
400 Free	8434	8434	8434	8512	8648	8648	8764	8810	
800 Free	8356	8356	8356	8431	8431	8431	8753	8808	
1500 Free	8139	8139	8139	8250	8348	8348	8403	8488	
100 Back	8837	8837	8911	8987	9105	9105	9227	9250	
200 Back	8899	8899	8899	8992	9145	9145	9208	9208	
100 Breast	8278	8278	8278	8587	8705	8705	9017	9043	
200 Breast	8054	8054	8064	8255	8404	8404	8665	8713	
100 Fly	8487	8487	8493	8507	8525	8525	8823	8911	
200 Fly	8436	8436	8444	8551	8572	8572	8771	8874	
200 IM	8335	8335	8407	8558	8587	8587	8695	8695	
400 IM	8340	8340	8380	8503	8517	8517	8681	8681	
TOTAL	118161	118161	118472	119986	120941	120941	123395	123912	

**USA SWIMMING SOUTHERN 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	51.13	51.13	51.13	51.13	51.13	51.13	51.13	51.13	
200 Free	1:53.39	1:53.39	1:53.39	1:53.39	1:53.39	1:53.39	1:53.30	1:53.30	
400 Free	3:56.86	3:56.86	3:56.86	3:56.86	3:54.40	3:54.40	3:54.40	3:54.40	
800 Free	8:25.69	8:25.69	8:25.69	8:25.69	8:07.60	8:07.60	8:07.60	8:07.60	
1500 Free	15:37.99	15:37.99	15:37.99	15:37.99	15:22.03	15:22.03	15:22.03	15:22.03	
100 Back	55.72	55.72	55.72	55.72	55.72	55.72	55.72	55.72	
200 Back	2:00.14	2:00.14	2:00.14	2:00.14	2:00.14	2:00.14	2:00.14	2:00.14	
100 Breast	1:03.85	1:03.85	1:03.85	1:03.85	1:03.85	1:03.85	1:03.85	1:03.85	
200 Breast	2:19.48	2:19.48	2:19.48	2:19.48	2:19.48	2:19.48	2:19.48	2:19.48	
100 Fly	56.27	56.27	56.27	56.27	56.08	56.08	54.95	54.95	
200 Fly	2:04.28	2:04.28	2:04.28	2:04.28	2:04.28	2:04.28	2:04.28	2:04.28	
200 IM	2:04.22	2:04.22	2:04.22	2:04.22	2:04.22	2:04.22	2:04.22	2:04.22	
400 IM	4:23.16	4:23.16	4:23.16	4:23.16	4:21.08	4:21.08	4:21.08	4:21.08	

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	24.49	24.49	24.49	24.40	24.38	24.38	24.27	24.23	
100 Free	53.52	53.47	53.47	53.17	52.97	52.97	52.78	52.71	
200 Free	1:56.56	1:56.24	1:56.24	1:55.84	1:55.84	1:55.84	1:54.98	1:54.81	
400 Free	4:08.47	4:08.47	4:08.47	4:06.60	4:06.36	4:06.36	4:04.34	4:04.34	
800 Free	8:48.76	8:48.76	8:48.76	8:43.25	8:39.92	8:39.92	8:39.60	8:34.41	
1500 Free	16:36.77	16:36.77	16:36.77	16:34.58	16:29.98	16:29.98	16:28.31	16:18.17	
100 Back	59.27	58.9	58.9	58.73	58.66	58.66	58.23	58.23	
200 Back	2:06.30	2:06.30	2:06.30	2:06.30	2:06.16	2:06.16	2:04.95	2:04.95	
100 Breast	1:07.38	1:07.38	1:07.38	1:07.29	1:07.16	1:07.16	1:06.77	1:06.77	
200 Breast	2:27.01	2:27.01	2:27.01	2:26.54	2:26.17	2:26.17	2:25.53	2:25.53	
100 Fly	57.74	57.74	57.74	57.55	57.33	57.33	57.06	57.03	
200 Fly	2:09.89	2:09.89	2:09.89	2:09.03	2:08.42	2:08.42	2:08.02	2:06.39	
200 IM	2:10.56	2:10.56	2:10.56	2:10.56	2:10.50	2:10.50	2:09.70	2:09.70	
400 IM	4:40.47	4:39.91	4:39.91	4:39.91	4:38.82	4:38.82	4:36.64	4:36.64	

50 M MALE 16	POWER POINTS								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8449	8449	8449	8457	8460	8460	8542	8545	
100 Free	8420	8463	8463	8525	8606	8606	8650	8658	
200 Free	8435	8478	8478	8508	8553	8553	8670	8682	
400 Free	8412	8412	8412	8455	8537	8537	8735	8735	
800 Free	7687	7687	7687	7758	8099	8099	8258	8299	
1500 Free	8359	8359	8359	8378	8559	8559	8591	8627	
100 Back	9069	9143	9143	9150	9153	9153	9298	9298	
200 Back	9403	9403	9403	9412	9415	9415	9555	9555	
100 Breast	8777	8777	8777	8789	8868	8868	9031	9031	
200 Breast	8878	8878	8878	8885	8902	8902	8968	8968	
100 Fly	8364	8364	8364	8434	8504	8504	8686	8694	
200 Fly	8347	8347	8347	8405	8465	8465	8602	8634	
200 IM	9032	9032	9032	9032	9064	9064	9090	9093	
400 IM	8562	8650	8650	8650	8753	8753	8790	8790	
TOTAL	120194	120442	120442	120838	121938	121938	123466	123609	

**USA SWIMMING SOUTHERN 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	22.96	22.96	22.96	22.96	22.96	22.96	22.96	22.96	
100 Free	50.92	50.92	50.92	50.92	50.92	50.92	50.92	50.43	
200 Free	1:52.22	1:52.22	1:52.22	1:52.22	1:52.22	1:52.22	1:52.22	1:52.22	
400 Free	3:56.95	3:56.95	3:56.95	3:54.19	3:54.19	3:54.19	3:54.19	3:54.19	
800 Free	8:20.09	8:20.09	8:20.09	8:07.74	8:07.74	8:07.74	8:07.74	8:07.74	
1500 Free	15:41.31	15:41.31	15:41.31	15:26.20	15:26.20	15:26.20	15:26.20	15:26.20	
100 Back	55.97	55.97	55.97	55.97	55.97	55.97	55.97	55.97	
200 Back	2:00.53	2:00.53	2:00.53	2:00.53	2:00.53	2:00.53	2:00.53	2:00.53	
100 Breast	1:05.49	1:05.49	1:05.49	1:05.49	1:05.49	1:05.49	1:05.49	1:05.28	
200 Breast	2:20.18	2:20.18	2:20.18	2:20.18	2:20.18	2:20.18	2:20.18	2:20.18	
100 Fly	55.00	55.00	55.00	55.00	55.00	55.00	55.00	55.00	
200 Fly	2:00.14	2:00.14	2:00.14	2:00.14	2:00.14	2:00.14	2:00.14	2:00.14	
200 IM	2:04.49	2:04.49	2:04.49	2:04.49	2:04.49	2:04.49	2:04.33	2:04.33	
400 IM	4:28.34	4:28.34	4:28.34	4:28.34	4:28.34	4:28.34	4:26.26	4:26.26	

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	23.85	23.85	23.82	23.82	23.80	23.80	23.80	23.80	
100 Free	52.50	52.50	52.50	52.50	52.35	52.35	52.33	52.33	
200 Free	1:55.24	1:55.24	1:55.24	1:54.97	1:54.97	1:54.97	1:54.53	1:54.22	
400 Free	4:04.10	4:04.10	4:04.10	4:03.86	4:03.21	4:03.21	4:03.00	4:02.22	
800 Free	8:45.85	8:45.85	8:45.85	8:41.50	8:39.92	8:36.89	8:34.11	8:33.95	
1500 Free	16:25.81	16:25.81	16:25.81	16:16.94	16:14.13	16:14.13	16:12.46	16:10.57	
100 Back	58.51	58.51	58.51	58.23	58.23	58.23	58.00	58.00	
200 Back	2:07.09	2:07.09	2:07.09	2:06.70	2:06.70	2:06.70	2:06.70	2:06.70	
100 Breast	1:07.62	1:07.62	1:07.62	1:07.23	1:07.23	1:07.23	1:06.77	1:06.75	
200 Breast	2:28.79	2:28.79	2:28.79	2:26.10	2:26.10	2:26.10	2:26.01	2:25.74	
100 Fly	56.86	56.86	56.86	56.86	56.78	56.78	56.62	56.60	
200 Fly	2:06.20	2:06.20	2:06.20	2:06.20	2:06.17	2:06.17	2:05.87	2:05.66	
200 IM	2:09.05	2:09.05	2:09.05	2:09.05	2:09.05	2:09.05	2:08.36	2:08.36	
400 IM	4:36.08	4:36.08	4:36.08	4:34.20	4:34.20	4:34.20	4:33.27	4:33.27	

50 M MALE 17	POWER POINTS								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8681	8681	8685	8685	8691	8691	8691	8691	
100 Free	8614	8614	8614	8614	8634	8634	8635	8663	
200 Free	8472	8472	8472	8556	8556	8556	8585	8621	
400 Free	8432	8432	8432	8543	8550	8550	8580	8655	
800 Free	7754	7754	7950	7991	8080	8102	8170	8213	
1500 Free	8410	8410	8410	8569	8666	8666	8670	8680	
100 Back	8854	8854	8854	8910	8910	8910	8953	8953	
200 Back	8826	8826	8826	8875	8875	8875	8899	8899	
100 Breast	8242	8242	8242	8290	8296	8296	8384	8437	
200 Breast	8356	8356	8356	8456	8464	8464	8472	8540	
100 Fly	8546	8546	8546	8546	8556	8556	8564	8567	
200 Fly	8564	8564	8564	8585	8626	8626	8671	8689	
200 IM	8722	8722	8722	8722	8728	8728	8828	8828	
400 IM	8470	8470	8470	8487	8487	8487	8641	8641	
TOTAL	118943	118943	119143	119829	120119	120141	120743	121077	

**USA SWIMMING SOUTHERN 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	22.75	22.75	22.75	22.75	22.75	22.75	22.41	22.41	
100 Free	50.54	50.54	50.54	50.54	50.54	50.54	49.50	49.50	
200 Free	1:52.78	1:52.78	1:52.78	1:52.78	1:52.78	1:52.78	1:49.42	1:49.42	
400 Free	3:53.39	3:53.39	3:53.39	3:53.39	3:53.39	3:53.39	3:53.39	3:53.39	
800 Free	8:10.85	8:10.85	8:10.85	8:04.97	8:04.97	8:04.97	8:04.97	8:04.97	
1500 Free	15:22.43	15:22.43	15:22.43	15:22.43	15:22.43	15:22.43	15:22.43	15:22.43	
100 Back	57.23	57.23	57.23	57.23	57.23	57.23	57.23	57.23	
200 Back	2:03.86	2:03.86	2:03.86	2:03.86	2:03.86	2:03.86	2:03.86	2:02.28	
100 Breast	1:01.76	1:01.76	1:01.76	1:01.76	1:01.76	1:01.76	1:01.76	1:01.76	
200 Breast	2:12.44	2:12.44	2:12.44	2:12.44	2:12.44	2:12.44	2:12.44	2:12.44	
100 Fly	54	54.00	54.00	54.00	54.00	54.00	52.96	52.96	
200 Fly	2:01.77	2:01.77	2:01.77	2:01.77	2:01.77	2:01.77	2:01.77	2:01.77	
200 IM	2:04.94	2:04.94	2:04.94	2:04.94	2:04.94	2:04.94	2:04.60	2:02.43	
400 IM	4:24.61	4:24.61	4:24.61	4:24.61	4:24.61	4:24.61	4:24.61	4:21.64	

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	24.16	24.16	24.05	24.05	24.03	24.03	23.84	23.78	
100 Free	52.80	52.80	52.67	52.67	52.65	52.65	52.37	51.76	
200 Free	1:56.35	1:56.35	1:56.25	1:55.83	1:55.83	1:55.83	1:53.58	1:53.56	
400 Free	4:08.12	4:08.12	4:08.12	4:07.82	4:07.82	4:07.82	4:05.70	4:02.77	
800 Free	9:02.72	9:02.72	9:02.72	8:55.64	8:52.48	8:52.48	8:47.05	8:41.39	
1500 Free	16:53.21	16:52.88	16:48.86	16:30.95	16:30.95	16:30.95	16:30.13	16:27.26	
100 Back	59.59	59.59	59.59	59.25	59.23	59.23	58.75	58.73	
200 Back	2:09.85	2:09.85	2:09.85	2:09.83	2:09.36	2:09.36	2:08.66	2:08.40	
100 Breast	1:06.29	1:06.29	1:06.29	1:06.29	1:06.29	1:06.29	1:05.02	1:04.50	
200 Breast	2:25.85	2:25.85	2:25.85	2:25.03	2:25.03	2:25.03	2:25.03	2:23.42	
100 Fly	56.32	56.32	56.32	56.21	56.21	56.21	56.04	55.95	
200 Fly	2:05.89	2:05.89	2:05.89	2:05.82	2:05.82	2:05.82	2:05.06	2:04.64	
200 IM	2:08.62	2:08.62	2:08.62	2:08.47	2:08.47	2:08.47	2:07.90	2:07.47	
400 IM	4:38.25	4:38.25	4:37.98	4:35.26	4:35.26	4:35.26	4:32.87	4:32.60	

50 M MALE 18	POWER POINTS								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8451	8451	8470	8470	8472	8472	8706	8728	
100 Free	8343	8343	8355	8355	8404	8404	8695	8750	
200 Free	8210	8210	8263	8377	8377	8377	8615	8671	
400 Free	8184	8184	8184	8273	8273	8273	8388	8491	
800 Free	7267	7267	7300	7407	7556	7556	7895	8186	
1500 Free	7939	7994	8046	8296	8296	8296	8298	8415	
100 Back	8291	8291	8291	8309	8345	8345	8470	8499	
200 Back	8010	8010	8010	8014	8273	8273	8314	8525	
100 Breast	8926	8926	8926	8926	8926	8926	8986	9031	
200 Breast	8812	8812	8812	8921	8921	8921	8925	9013	
100 Fly	8642	8642	8642	8668	8668	8668	8811	8841	
200 Fly	8474	8474	8474	8541	8541	8541	8571	8625	
200 IM	8622	8622	8622	8680	8680	8680	8793	8969	
400 IM	8497	8497	8499	8613	8613	8613	8682	8776	
TOTAL	116668	116723	116894	117850	118345	118345	120149	121520	