

**USA SWIMMING WESTERN ZONE TOP TEN
COMPARISON THRU JULY 22, 2015**

50 M FEMALE 11	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	29.06	29.06	29.06	28.93	28.93	28.93	28.93	28.93	
100 Free	1:03.65	1:03.65	1:03.65	1:03.65	1:02.80	1:02.80	1:02.80	1:02.80	
200 Free	2:17.72	2:17.72	2:17.72	2:17.72	2:12.93	2:12.93	2:12.93	2:12.93	
400 Free	4:48.63	4:48.63	4:48.63	4:48.63	4:41.68	4:41.68	4:41.68	4:41.68	
800 Free	10:09.99	10:09.99	10:09.99	10:09.99	9:46.75	9:46.75	9:46.75	9:46.75	
1500 Free	19:15.97	19:15.97	19:15.97	19:15.97	19:15.97	19:15.97	18:53.48	18:53.48	
50 Back	34.42	34.42	33.5	33.5	33.48	33.48	33.48	33.48	
100 Back	1:13.40	1:12.52	1:12.09	1:12.09	1:12.09	1:11.61	1:11.61	1:11.61	
200 Back	2:40.25	2:40.25	2:34.68	2:34.68	2:34.68	2:34.68	2:34.68	2:34.68	
50 Breast	36.24	36.24	36.24	36.24	36.11	36.11	35.22	35.22	
100 Breast	1:19.17	1:19.17	1:19.17	1:19.17	1:19.17	1:19.17	1:18.50	1:18.50	
200 Breast	2:55.95	2:55.95	2:55.86	2:55.86	2:50.23	2:50.23	2:50.23	2:50.23	
50 Fly	31.57	31.11	31.11	31.11	31.11	31.11	31.11	30.57	
100 Fly	1:08.23	1:08.23	1:08.23	1:08.23	1:08.18	1:08.18	1:08.18	1:07.89	
200 Fly	2:41.19	2:41.19	2:32.66	2:32.66	2:32.66	2:32.66	2:32.66	2:32.66	
200 IM	2:33.75	2:33.75	2:33.75	2:33.75	2:32.90	2:32.90	2:32.90	2:32.90	
400 IM	5:27.72	5:27.72	5:20.55	5:20.55	5:20.55	5:20.55	5:20.55	5:20.55	

50 M FEMALE 11	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	30.31	30.31	30.26	30.25	30.13	30.12	29.97	29.97	
100 Free	1:06.25	1:06.25	1:06.07	1:05.99	1:05.59	1:05.26	1:05.10	1:05.10	
200 Free	2:24.15	2:24.15	2:23.35	2:23.18	2:21.75	2:21.75	2:20.67	2:20.61	
400 Free	5:05.55	5:05.55	5:03.51	5:03.04	4:57.98	4:57.00	4:56.65	4:56.65	
800 Free	10:51.28	10:51.28	10:36.30	10:36.30	10:34.48	10:34.48	10:27.31	10:24.04	
1500 Free	20:56.54	20:56.54	20:56.54	20:56.54	20:52.09	20:52.09	20:20.11	20:18.89	
50 Back	35.51	35.54	35.37	35.33	35.22	35.12	34.58	34.46	
100 Back	1:16.91	1:16.91	1:16.20	1:15.66	1:15.13	1:15.13	1:14.88	1:14.71	
200 Back	2:45.91	2:45.91	2:45.83	2:45.81	2:44.34	2:43.74	2:42.60	2:41.97	
50 Breast	38.88	38.88	38.88	38.80	38.46	38.11	38.07	38.07	
100 Breast	1:24.66	1:24.66	1:24.02	1:23.99	1:22.23	1:22.23	1:22.23	1:22.23	
200 Breast	3:02.35	3:02.35	3:02.35	3:02.35	3:01.47	3:00.87	2:58.67	2:58.67	
50 Fly	32.94	32.94	32.94	32.88	32.68	32.68	32.45	32.45	
100 Fly	1:14.13	1:14.13	1:13.88	1:13.88	1:12.94	1:12.94	1:12.86	1:12.62	
200 Fly	2:50.69	2:50.69	2:50.44	2:50.44	2:50.44	2:50.44	2:47.66	2:46.63	
200 IM	2:43.55	2:43.55	2:42.72	2:41.90	2:39.88	2:39.88	2:38.25	2:38.25	
400 IM	5:49.12	5:49.12	5:45.32	5:45.32	5:45.20	5:45.20	5:43.22	5:42.33	

50 M FEMALE 11	POWER POINTS								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	7847	7852	7864	7959	8010	8049	8133	8133	
100 Free	7891	7921	7965	8051	8152	8217	8223	8223	
200 Free	7686	7686	7870	7939	8204	8204	8416	8430	
400 Free	7506	7506	7686	7807	8065	8089	8153	8153	
800 Free	7883	7883	8142	8142	8454	8454	8656	8671	
1500 Free	8007	8007	8007	8007	8101	8101	8540	8624	
50 Back	7542	7542	7836	7847	7986	8085	8297	8312	
100 Back	7529	7662	7944	8029	8128	8143	8178	8217	
200 Back	7696	7696	7834	7861	8025	8091	8183	8238	
50 Breast	8068	8068	8086	8163	8263	8301	8456	8456	
100 Breast	8126	8126	8211	8282	8504	8504	8557	8557	
200 Breast	8212	8212	8223	8223	8457	8479	8716	8716	
50 Fly	7722	7750	7764	7855	7958	7958	8002	8037	
100 Fly	8014	8020	8048	8048	8274	8275	8282	8331	
200 Fly	8031	8031	8256	8256	8321	8321	8473	8608	
200 IM	7974	7974	8073	8137	8328	8329	8437	8437	
400 IM	8494	8494	8756	8756	8924	8924	9154	9159	
TOTAL	134228	134430	136565	137362	140154	140524	142856	143302	

**USA SWIMMING WESTERN ZONE TOP TEN
COMPARISON THRU JULY 22, 2015**

50 M FEMALE 12	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	28.40	28.40	28.23	28.23	28.23	28.23	28.23	28.09	
100 Free	1:00.96	1:00.96	1:00.80	1:00.80	59.88	59.88	59.88	59.88	
200 Free	2:10.94	2:10.94	2:10.94	2:10.94	2:10.94	2:10.94	2:10.94	2:10.94	
400 Free	4:32.90	4:32.90	4:32.90	4:32.90	4:32.90	4:32.90	4:32.90	4:32.90	
800 Free	9:22.81	9:22.81	9:22.81	9:22.81	9:22.81	9:22.81	9:22.81	9:22.81	
1500 Free	17:45.89	17:45.89	17:45.89	17:45.89	17:45.89	17:45.89	17:45.89	17:45.89	
50 Back	31.42	31.42	31.42	31.42	31.42	31.42	30.85	30.68	
100 Back	1:06.57	1:06.57	1:06.57	1:06.57	1:06.57	1:06.57	1:06.34	1:06.34	
200 Back	2:27.94	2:27.94	2:27.94	2:27.94	2:27.94	2:27.94	2:24.81	2:24.81	
50 Breast	35.42	35.42	35.42	35.42	35.42	35.42	34.72	34.72	
100 Breast	1:16.54	1:16.21	1:16.21	1:16.21	1:16.21	1:16.21	1:14.77	1:13.58	
200 Breast	2:49.12	2:44.32	2:44.32	2:44.32	2:44.32	2:44.32	2:43.87	2:43.81	
50 Fly	29.65	29.65	29.06	29.06	29.06	29.06	29.06	29.06	
100 Fly	1:06.97	1:05.49	1:05.49	1:05.49	1:05.49	1:05.49	1:05.27	1:05.27	
200 Fly	2:27.67	2:27.67	2:26.40	2:26.40	2:26.40	2:26.40	2:25.71	2:25.71	
200 IM	2:30.07	2:30.07	2:30.07	2:30.07	2:27.75	2:27.75	2:26.09	2:25.75	
400 IM	5:09.76	5:09.76	5:09.76	5:09.76	5:09.76	5:09.76	5:09.76	5:09.76	

50 M FEMALE 12	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	28.93	28.93	28.93	28.92	28.75	28.75	28.70	28.68	
100 Free	1:03.12	1:03.12	1:02.60	1:02.47	1:02.22	1:02.22	1:02.18	1:01.89	
200 Free	2:17.12	2:17.04	2:16.30	2:16.20	2:15.75	2:15.75	2:15.42	2:15.32	
400 Free	4:47.77	4:47.77	4:47.77	4:47.77	4:44.47	4:44.47	4:43.37	4:42.60	
800 Free	10:04.74	10:04.28	10:02.84	10:02.84	9:57.84	9:53.61	9:53.55	9:52.57	
1500 Free	19:30.13	19:30.13	19:20.23	19:20.23	19:12.75	19:12.75	19:11.70	19:09.69	
50 Back	33.45	33.45	33.45	33.40	33.24	33.22	33.00	32.95	
100 Back	1:12.22	1:12.18	1:11.86	1:11.51	1:11.01	1:11.01	1:10.97	1:10.38	
200 Back	2:35.39	2:35.39	2:34.52	2:34.52	2:33.39	2:33.39	2:32.75	2:31.19	
50 Breast	36.78	36.78	36.78	36.78	36.52	36.47	36.39	36.19	
100 Breast	1:21.22	1:20.88	1:20.88	1:20.88	1:19.79	1:19.79	1:19.42	1:19.39	
200 Breast	2:56.82	2:55.86	2:54.71	2:54.71	2:53.14	2:53.14	2:51.91	2:51.80	
50 Fly	31.17	31.17	31.10	31.08	30.84	30.84	30.55	30.55	
100 Fly	1:09.55	1:09.16	1:09.16	1:08.93	1:08.82	1:08.82	1:08.78	1:08.76	
200 Fly	2:38.64	2:38.64	2:36.24	2:36.09	2:34.01	2:34.01	2:34.01	2:34.01	
200 IM	2:34.27	2:34.21	2:33.09	2:33.09	2:32.89	2:32.89	2:32.53	2:32.53	
400 IM	5:31.48	5:30.77	5:26.96	5:26.96	5:26.96	5:26.96	5:26.09	5:25.93	

50 M FEMALE 12	POWER POINTS								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	7943	7943	7964	7976	8060	8060	8068	8135	
100 Free	8080	8080	8165	8218	8352	8352	8401	8433	
200 Free	7783	7799	7849	7859	8026	8026	8049	8129	
400 Free	7873	7873	7885	7885	8086	8086	8102	8126	
800 Free	8030	8142	8217	8217	8291	8318	8351	8400	
1500 Free	8210	8210	8346	8346	8518	8518	8614	8800	
50 Back	8130	8130	8130	8141	8226	8357	8617	8784	
100 Back	8182	8231	8269	8296	8378	8446	8578	8653	
200 Back	8088	8093	8129	8129	8243	8243	8410	8489	
50 Breast	8090	8090	8090	8090	8151	8178	8381	8530	
100 Breast	7852	8007	8021	8021	8103	8103	8245	8448	
200 Breast	7706	7885	7976	7976	8080	8080	8221	8357	
50 Fly	8051	8051	8236	8245	8341	8341	8388	8388	
100 Fly	7962	8102	8102	8110	8206	8206	8301	8310	
200 Fly	8032	8032	8206	8284	8336	8336	8398	8398	
200 IM	8054	8055	8086	8086	8214	8214	8288	8366	
400 IM	8130	8228	8289	8289	8289	8289	8342	8371	
TOTAL	136196	136951	137960	138168	139900	140153	141754	143117	

**USA SWIMMING WESTERN ZONE TOP TEN
COMPARISON THRU JULY 22, 2015**

50 M FEMALE 13	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	27.33	27.33	26.88	26.88	26.88	26.88	26.88	26.86	
100 Free	1:00.31	1:00.31	59.59	59.59	58.50	58.50	58.50	58.50	
200 Free	2:08.52	2:08.52	2:08.52	2:08.52	2:07.19	2:07.19	2:07.19	2:07.19	
400 Free	4:28.58	4:28.58	4:28.58	4:28.58	4:28.58	4:28.58	4:28.58	4:28.58	
800 Free	9:18.44	9:18.44	9:18.44	9:18.44	9:18.44	9:18.44	9:18.44	9:18.44	
1500 Free	17:59.44	17:59.44	17:59.44	17:59.44	17:50.93	17:50.93	17:50.93	17:50.93	
100 Back	1:07.05	1:07.05	1:07.05	1:07.05	1:05.21	1:05.21	1:05.21	1:05.21	
200 Back	2:20.65	2:20.65	2:20.65	2:20.65	2:20.47	2:20.47	2:20.47	2:20.47	
100 Breast	1:16.17	1:16.17	1:16.17	1:16.17	1:14.24	1:14.24	1:14.24	1:14.24	
200 Breast	2:45.01	2:45.01	2:44.59	2:44.59	2:40.70	2:40.70	2:40.70	2:40.70	
100 Fly	1:05.40	1:05.40	1:04.47	1:04.47	1:03.29	1:03.29	1:03.29	1:03.29	
200 Fly	2:22.65	2:22.65	2:22.65	2:22.65	2:22.65	2:22.65	2:22.65	2:21.87	
200 IM	2:26.46	2:26.46	2:26.46	2:26.46	2:25.61	2:25.61	2:25.61	2:25.61	
400 IM	5:15.96	5:15.96	5:10.73	5:10.73	5:10.33	5:10.33	5:10.33	5:10.33	

50 M FEMALE 13	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	28.36	28.36	28.33	28.33	27.81	27.81	27.79	27.76	
100 Free	1:01.40	1:01.40	1:01.14	1:01.14	1:00.30	1:00.21	1:00.11	1:00.04	
200 Free	2:14.20	2:14.20	2:14.05	2:14.05	2:11.80	2:11.80	2:11.40	2:11.40	
400 Free	4:43.83	4:42.99	4:41.37	4:41.37	4:39.18	4:39.04	4:36.80	4:36.79	
800 Free	9:44.28	9:41.61	9:41.61	9:41.61	9:40.53	9:39.28	9:39.28	9:35.10	
1500 Free	19:02.49	19:02.49	18:59.05	18:55.80	18:43.54	18:43.42	18:37.62	18:28.51	
100 Back	1:09.81	1:09.81	1:09.81	1:09.63	1:08.63	1:08.63	1:08.30	1:08.30	
200 Back	2:30.60	2:30.60	2:30.13	2:29.74	2:28.34	2:27.35	2:26.99	2:26.57	
100 Breast	1:20.16	1:19.72	1:19.00	1:18.99	1:18.40	1:18.31	1:17.77	1:17.40	
200 Breast	2:52.70	2:51.98	2:51.64	2:51.64	2:47.15	2:47.15	2:46.97	2:46.29	
100 Fly	1:07.49	1:07.30	1:07.09	1:07.09	1:05.88	1:05.88	1:05.86	1:05.70	
200 Fly	2:32.31	2:30.55	2:29.62	2:29.55	2:27.64	2:26.86	2:26.49	2:26.09	
200 IM	2:31.99	2:31.89	2:31.66	2:31.66	2:29.37	2:28.77	2:28.77	2:28.34	
400 IM	5:23.55	5:22.40	5:18.45	5:18.45	5:16.38	5:16.37	5:15.96	5:15.96	

50 M FEMALE 13	POWER POINTS								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8066	8066	8209	8209	8438	8438	8460	8477	
100 Free	7821	7821	7950	7950	8364	8368	8436	8467	
200 Free	7486	7486	7563	7563	8096	8096	8138	8231	
400 Free	7346	7394	7439	7439	7651	7652	7710	7714	
800 Free	7533	7597	7597	7597	7687	7693	7693	7761	
1500 Free	7400	7400	7408	7416	7626	7626	7658	7875	
100 Back	8027	8027	8027	8061	8565	8565	8645	8677	
200 Back	7837	7837	7872	7959	8322	8340	8373	8419	
100 Breast	7358	7445	7597	7634	7863	7865	8077	8158	
200 Breast	7246	7302	7565	7611	7818	7818	7973	8037	
100 Fly	7740	7753	8048	8048	8288	8288	8313	8392	
200 Fly	7668	7769	7911	7938	8162	8191	8216	8327	
200 IM	7596	7645	7782	7782	8153	8172	8172	8198	
400 IM	7471	7480	7681	7681	7859	7862	7879	7919	
TOTAL	106595	107022	108649	108888	112892	112974	113743	114652	

**USA SWIMMING WESTERN ZONE TOP TEN
COMPARISON THRU JULY 22, 2015**

50 M FEMALE 14	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	26.03	26.03	26.03	26.03	26.03	26.03	26.03	26.03	
100 Free	55.51	55.51	55.51	55.51	55.51	55.51	55.51	55.51	
200 Free	2:00.52	2:00.52	2:00.52	2:00.52	2:00.52	2:00.52	2:00.52	2:00.52	
400 Free	4:13.51	4:13.51	4:13.51	4:13.51	4:13.51	4:13.51	4:13.51	4:13.51	
800 Free	8:43.40	8:43.40	8:43.40	8:43.40	8:43.40	8:43.40	8:43.40	8:43.40	
1500 Free	17:21.27	17:17.98	17:17.98	17:17.98	16:51.10	16:51.10	16:51.10	16:51.10	
100 Back	1:01.06	1:01.06	1:01.06	1:01.06	1:01.06	1:01.06	1:01.06	1:01.06	
200 Back	2:10.22	2:10.22	2:10.22	2:10.22	2:10.22	2:10.22	2:10.22	2:10.22	
100 Breast	1:15.34	1:15.34	1:13.46	1:11.48	1:11.48	1:11.48	1:11.48	1:11.48	
200 Breast	2:35.84	2:35.84	2:35.84	2:35.84	2:35.84	2:35.84	2:35.84	2:35.84	
100 Fly	1:02.59	1:02.59	1:02.59	1:02.59	1:02.59	1:02.59	1:02.18	1:02.18	
200 Fly	2:17.16	2:17.16	2:17.16	2:17.16	2:17.16	2:17.16	2:17.16	2:17.16	
200 IM	2:20.92	2:20.92	2:20.92	2:20.92	2:20.92	2:20.92	2:20.92	2:20.92	
400 IM	4:52.28	4:52.28	4:52.28	4:52.28	4:52.28	4:52.28	4:52.28	4:52.28	

50 M FEMALE 14	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	27.88	27.88	27.80	27.80	27.39	27.39	27.36	27.36	
100 Free	1:00.18	1:00.18	1:00.18	1:00.18	59.24	59.24	59.24	59.18	
200 Free	2:11.26	2:10.37	2:09.41	2:09.33	2:08.58	2:08.58	2:08.19	2:07.66	
400 Free	4:33.81	4:30.12	4:29.70	4:29.47	4:29.13	4:29.13	4:29.13	4:28.74	
800 Free	9:21.20	9:19.20	9:18.72	9:18.72	9:17.77	9:17.77	9:17.77	9:15.81	
1500 Free	18:31.43	18:25.06	18:23.59	18:20.54	18:14.78	18:14.78	18:06.54	17:57.03	
100 Back	1:07.97	1:07.97	1:07.47	1:07.47	1:07.29	1:07.29	1:06.81	1:06.81	
200 Back	2:25.36	2:25.36	2:25.32	2:25.32	2:23.93	2:23.93	2:23.93	2:23.65	
100 Breast	1:18.26	1:17.74	1:17.36	1:17.36	1:16.56	1:16.56	1:15.78	1:15.78	
200 Breast	2:49.47	2:49.24	2:47.86	2:47.23	2:46.00	2:46.00	2:45.74	2:44.37	
100 Fly	1:05.50	1:05.50	1:05.47	1:05.47	1:04.78	1:04.78	1:04.70	1:04.41	
200 Fly	2:26.33	2:26.33	2:26.10	2:25.16	2:23.65	2:23.65	2:23.54	2:22.28	
200 IM	2:28.19	2:27.83	2:27.05	2:26.47	2:25.44	2:25.44	2:25.44	2:24.97	
400 IM	5:12.91	5:11.75	5:10.21	5:10.21	5:09.06	5:09.06	5:09.06	5:08.54	

50 M FEMALE 14	POWER POINTS								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8274	8281	8337	8361	8520	8520	8526	8526	
100 Free	8543	8543	8573	8580	8682	8682	8705	8707	
200 Free	8242	8327	8432	8451	8561	8561	8616	8693	
400 Free	8269	8335	8339	8351	8537	8583	8583	8619	
800 Free	8378	8431	8454	8477	8618	8618	8618	8697	
1500 Free	7664	7850	7930	8095	8303	8303	8375	8469	
100 Back	8527	8527	8626	8626	8775	8775	8866	8879	
200 Back	8402	8402	8425	8425	8555	8555	8584	8632	
100 Breast	7887	7904	8096	8211	8446	8446	8551	8575	
200 Breast	7836	7865	8011	8065	8134	8134	8224	8343	
100 Fly	8124	8124	8232	8232	8283	8283	8389	8529	
200 Fly	8031	8031	8098	8112	8199	8199	8288	8380	
200 IM	8029	8039	8078	8158	8208	8208	8208	8292	
400 IM	7964	7998	8036	8036	8110	8110	8129	8197	
TOTAL	114170	114657	115667	116180	117931	117977	118662	119538	

**USA SWIMMING WESTERN ZONE TOP TEN
COMPARISON THRU JULY 22, 2015**

50 M FEMALE 15	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	26.03	26.03	26.03	26.03	26.03	26.03	26.03	26.03	
100 Free	56.82	56.82	56.82	56.82	56.07	56.07	56.07	56.07	
200 Free	2:01.92	2:01.92	2:01.92	2:01.92	2:01.92	2:01.92	2:01.92	2:01.92	
400 Free	4:18.10	4:18.10	4:18.10	4:18.10	4:14.72	4:14.72	4:14.72	4:14.72	
800 Free	8:56.63	8:56.63	8:56.63	8:56.63	8:56.22	8:56.22	8:56.22	8:56.22	
1500 Free	17:47.70	17:47.70	17:34.90	17:10.37	17:10.37	17:10.37	17:10.37	17:10.37	
100 Back	1:03.53	1:03.53	1:03.53	1:03.24	1:03.24	1:03.24	1:03.24	1:02.99	
200 Back	2:16.42	2:16.42	2:16.42	2:16.32	2:15.43	2:15.43	2:15.43	2:13.91	
100 Breast	1:10.79	1:10.79	1:10.79	1:10.79	1:10.79	1:10.79	1:10.79	1:10.79	
200 Breast	2:33.62	2:33.62	2:33.62	2:33.62	2:33.62	2:33.62	2:33.62	2:33.62	
100 Fly	1:00.46	1:00.46	1:00.46	1:00.46	1:00.46	1:00.46	1:00.04	1:00.04	
200 Fly	2:20.59	2:20.59	2:17.30	2:17.30	2:17.12	2:16.90	2:16.90	2:15.52	
200 IM	2:19.08	2:19.08	2:19.08	2:19.08	2:18.70	2:18.70	2:18.70	2:17.77	
400 IM	4:58.99	4:58.99	4:58.99	4:58.99	4:53.34	4:53.34	4:53.34	4:53.34	

50 M FEMALE 15	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	27.55	27.46	27.36	27.36	27.31	27.26	27.26	27.13	
100 Free	59.55	59.55	59.55	59.44	58.69	58.69	58.69	58.62	
200 Free	2:08.96	2:08.96	2:08.88	2:08.70	2:07.15	2:07.15	2:07.15	2:06.77	
400 Free	4:32.31	4:32.31	4:32.31	4:32.31	4:31.36	4:31.36	4:30.67	4:30.15	
800 Free	9:28.96	9:28.96	9:28.96	9:28.95	9:26.55	9:26.02	9:23.02	9:17.84	
1500 Free	18:50.51	18:50.51	18:40.19	18:24.02	18:07.09	18:07.09	18:07.09	18:04.54	
100 Back	1:07.39	1:07.39	1:07.03	1:06.39	1:05.46	1:05.46	1:05.45	1:05.11	
200 Back	2:23.85	2:23.85	2:23.03	2:21.95	2:21.05	2:21.05	2:20.71	2:20.60	
100 Breast	1:15.75	1:15.75	1:15.75	1:14.74	1:14.22	1:14.22	1:14.22	1:13.91	
200 Breast	2:43.42	2:43.42	2:43.42	2:43.42	2:42.10	2:42.10	2:41.92	2:41.00	
100 Fly	1:04.76	1:04.76	1:04.76	1:04.60	1:03.91	1:03.72	1:03.48	1:03.48	
200 Fly	2:26.80	2:27.84	2:27.84	2:26.53	2:24.89	2:24.89	2:22.83	2:22.66	
200 IM	2:26.32	2:26.69	2:25.61	2:25.28	2:24.71	2:24.71	2:24.71	2:23.67	
400 IM	5:08.53	5:11.42	5:09.72	5:06.90	5:05.67	5:05.67	5:05.08	5:03.42	

50 M FEMALE 15	POWER POINTS								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8113	8140	8150	8150	8243	8299	8312	8428	
100 Free	8187	8187	8187	8195	8419	8419	8419	8449	
200 Free	7997	7997	8006	8141	8334	8334	8345	8363	
400 Free	7873	7873	7873	7873	8139	8139	8213	8265	
800 Free	7255	7255	7255	7261	7534	7576	7680	7865	
1500 Free	6787	6787	6974	7394	7653	7653	7663	7771	
100 Back	8425	8425	8472	8624	8772	8772	8793	8919	
200 Back	8292	8292	8349	8485	8633	8633	8639	8816	
100 Breast	8294	8294	8294	8385	8460	8460	8460	8486	
200 Breast	8170	8170	8170	8191	8214	8214	8221	8304	
100 Fly	8387	8387	8387	8406	8577	8583	8642	8642	
200 Fly	7630	7630	7689	7774	8082	8138	8209	8298	
200 IM	8045	8045	8092	8180	8383	8383	8411	8547	
400 IM	7777	7777	7790	7892	8095	8095	8099	8170	
TOTAL	111232	111259	111688	112951	115538	115698	116106	117323	

**USA SWIMMING WESTERN ZONE TOP TEN
COMPARISON THRU JULY 22, 2015**

50 M FEMALE 16	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	25.39	25.39	25.39	25.39	25.39	25.39	25.39	25.39	
100 Free	55.19	55.19	55.19	55.19	55.19	55.19	55.19	55.19	
200 Free	2:02.80	2:02.80	2:02.80	2:02.80	2:02.00	2:02.00	2:02.00	2:02.00	
400 Free	4:14.07	4:14.07	4:14.07	4:14.07	4:14.07	4:14.07	4:14.07	4:14.07	
800 Free	8:49.87	8:49.87	8:49.87	8:49.87	8:49.87	8:49.87	8:49.87	8:49.87	
1500 Free	17:39.76	17:39.76	17:39.76	16:55.25	16:55.25	16:55.25	16:55.25	16:55.25	
100 Back	1:02.75	1:02.75	1:02.75	1:02.75	1:02.75	1:02.75	1:02.75	1:02.75	
200 Back	2:14.99	2:14.99	2:14.99	2:14.99	2:14.99	2:14.99	2:14.99	2:14.99	
100 Breast	1:10.64	1:10.64	1:10.64	1:10.64	1:10.64	1:10.64	1:10.64	1:10.58	
200 Breast	2:34.13	2:34.13	2:34.13	2:34.13	2:34.13	2:34.13	2:34.13	2:34.13	
100 Fly	1:01.04	1:01.04	1:01.04	1:01.04	1:01.04	1:01.04	1:01.04	1:01.04	
200 Fly	2:15.76	2:15.76	2:15.76	2:15.76	2:13.89	2:13.89	2:13.89	2:13.89	
200 IM	2:20.17	2:20.17	2:20.17	2:20.17	2:20.17	2:20.17	2:20.17	2:18.61	
400 IM	4:55.87	4:55.87	4:55.87	4:55.87	4:55.10	4:55.10	4:55.10	4:53.95	

50 M FEMALE 16	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	27.21	27.21	27.13	27.12	27.12	27.12	27.06	26.95	
100 Free	59.09	59.09	59.07	58.91	58.39	58.24	58.24	57.91	
200 Free	2:08.15	2:08.15	2:08.11	2:07.91	2:06.67	2:06.67	2:06.40	2:05.73	
400 Free	4:30.26	4:30.26	4:29.32	4:29.06	4:28.36	4:28.36	4:27.56	4:25.83	
800 Free	9:20.41	9:20.41	9:19.89	9:13.84	9:13.10	9:13.10	9:11.54	9:09.87	
1500 Free	18:38.44	18:38.44	18:38.44	18:10.17	17:52.19	17:52.19	17:51.22	17:43.28	
100 Back	1:05.32	1:05.32	1:05.32	1:05.19	1:05.19	1:05.19	1:04.95	1:04.95	
200 Back	2:25.36	2:25.19	2:25.19	2:24.25	2:20.69	2:20.69	2:20.69	2:20.02	
100 Breast	1:14.98	1:14.98	1:14.31	1:13.97	1:13.32	1:13.32	1:13.32	1:13.21	
200 Breast	2:43.15	2:43.15	2:43.12	2:40.91	2:40.00	2:40.00	2:40.00	2:38.90	
100 Fly	1:03.90	1:03.90	1:03.90	1:03.07	1:03.07	1:03.07	1:03.07	1:02.67	
200 Fly	2:21.85	2:21.85	2:21.55	2:21.55	2:21.23	2:21.23	2:20.57	2:20.24	
200 IM	2:23.52	2:23.52	2:23.52	2:22.98	2:22.00	2:22.00	2:22.00	2:21.49	
400 IM	5:06.49	5:06.49	5:03.82	5:03.75	5:01.81	5:01.81	5:01.81	5:01.81	

50 M FEMALE 16	POWER POINTS								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8340	8340	8347	8354	8358	8408	8433	8539	
100 Free	8022	8022	8094	8125	8368	8396	8418	8595	
200 Free	8011	8011	8025	8030	8241	8241	8266	8381	
400 Free	7842	7842	7902	7945	8029	8029	8067	8132	
800 Free	7690	7690	7771	7830	7929	7929	7936	8032	
1500 Free	6990	6990	6990	7566	7956	7956	7959	8161	
100 Back	8567	8567	8567	8609	8644	8644	8691	8691	
200 Back	8108	8147	8147	8224	8352	8352	8370	8457	
100 Breast	8135	8135	8253	8327	8496	8496	8499	8592	
200 Breast	8165	8165	8279	8442	8497	8497	8497	8556	
100 Fly	8432	8432	8432	8533	8553	8553	8553	8632	
200 Fly	8384	8384	8389	8390	8559	8559	8592	8616	
200 IM	8268	8268	8268	8332	8426	8426	8447	8533	
400 IM	8039	8039	8085	8140	8243	8243	8254	8270	
TOTAL	112993	113032	113549	114847	116651	116729	116982	118187	

**USA SWIMMING WESTERN ZONE TOP TEN
COMPARISON THRU JULY 22, 2015**

50 M FEMALE 17	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	25.79	25.79	25.79	25.79	25.79	25.79	25.79	25.79	
100 Free	55.70	55.70	55.70	55.70	55.05	55.05	55.05	55.05	
200 Free	1:58.00	1:58.00	1:58.00	1:58.00	1:57.55	1:57.55	1:57.55	1:57.55	
400 Free	4:16.64	4:16.64	4:16.64	4:16.64	4:16.64	4:16.64	4:16.64	4:16.64	
800 Free	8:45.94	8:45.94	8:45.94	8:45.94	8:42.96	8:42.96	8:42.96	8:42.96	
1500 Free	16:51.65	16:51.65	16:51.65	16:51.65	16:46.34	16:46.34	16:46.34	16:46.34	
100 Back	1:02.21	1:02.21	1:02.21	1:02.21	1:02.21	1:02.21	1:02.21	1:02.21	
200 Back	2:13.16	2:13.16	2:13.16	2:13.16	2:13.16	2:13.16	2:13.16	2:13.16	
100 Breast	1:10.28	1:10.28	1:10.28	1:10.28	1:10.28	1:10.28	1:10.28	1:10.28	
200 Breast	2:30.95	2:30.95	2:30.95	2:30.95	2:30.95	2:30.95	2:30.95	2:30.95	
100 Fly	58.77	58.77	58.77	58.77	57.87	57.87	57.87	57.87	
200 Fly	2:08.86	2:08.86	2:08.86	2:08.86	2:07.93	2:07.93	2:07.93	2:07.93	
200 IM	2:16.59	2:16.59	2:16.59	2:16.59	2:16.59	2:16.59	2:16.59	2:16.59	
400 IM	4:50.86	4:50.86	4:50.86	4:50.86	4:50.86	4:50.86	4:50.86	4:50.86	

50 M FEMALE 17	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	27.18	27.18	27.18	27.09	27.01	26.76	26.71	26.70	
100 Free	58.53	58.53	58.53	58.39	58.32	58.26	58.26	58.12	
200 Free	2:05.96	2:05.96	2:05.96	2:05.96	2:05.23	2:05.23	2:05.23	2:05.23	
400 Free	4:28.52	4:28.52	4:28.52	4:25.89	4:24.45	4:24.45	4:24.33	4:23.48	
800 Free	9:15.92	9:15.92	9:15.92	9:12.83	9:06.53	9:06.53	9:06.53	9:06.53	
1500 Free	18:27.73	18:27.73	18:27.73	18:12.70	17:55.71	17:55.71	17:55.71	17:55.69	
100 Back	1:05.50	1:05.50	1:05.41	1:05.39	1:05.09	1:05.09	1:05.02	1:04.37	
200 Back	2:22.26	2:22.26	2:21.63	2:21.63	2:21.45	2:21.45	2:20.31	2:20.03	
100 Breast	1:13.59	1:13.59	1:13.48	1:13.48	1:13.48	1:13.48	1:13.48	1:13.48	
200 Breast	2:40.14	2:40.14	2:40.14	2:40.14	2:39.98	2:39.98	2:39.68	2:39.68	
100 Fly	1:03.64	1:03.64	1:03.48	1:03.48	1:03.29	1:03.13	1:03.05	1:03.05	
200 Fly	2:23.76	2:23.76	2:23.76	2:23.06	2:22.13	2:22.13	2:21.04	2:20.93	
200 IM	2:22.51	2:22.51	2:21.61	2:21.38	2:21.38	2:21.18	2:21.18	2:21.16	
400 IM	5:03.14	5:03.14	5:02.24	5:02.24	5:01.72	5:01.72	5:01.72	5:01.30	

50 M FEMALE 17	POWER POINTS								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8273	8273	8273	8380	8478	8568	8573	8625	
100 Free	8330	8330	8342	8361	8476	8538	8538	8607	
200 Free	8443	8443	8443	8446	8575	8575	8575	8575	
400 Free	8172	8172	8172	8201	8318	8318	8337	8368	
800 Free	7855	7855	7855	7893	8092	8092	8123	8179	
1500 Free	7329	7329	7329	7828	7978	7978	7978	7978	
100 Back	8514	8514	8521	8609	8876	8876	8949	9014	
200 Back	8341	8341	8374	8374	8455	8455	8620	8691	
100 Breast	8373	8373	8376	8376	8376	8376	8381	8381	
200 Breast	8544	8544	8544	8544	8555	8555	8565	8565	
100 Fly	8482	8482	8500	8500	8565	8574	8632	8632	
200 Fly	7970	7970	7970	8093	8209	8209	8292	8294	
200 IM	8646	8646	8662	8701	8701	8704	8704	8730	
400 IM	8246	8246	8269	8298	8306	8306	8306	8377	
TOTAL	115518	115518	115630	116604	117960	118124	118573	119016	

**USA SWIMMING WESTERN ZONE TOP TEN
COMPARISON THRU JULY 22, 2015**

50 M FEMALE 18	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	24.98	24.98	24.98	24.75	24.75	24.75	24.75	24.75	
100 Free	54.20	54.20	54.20	54.20	54.20	54.20	54.20	54.20	
200 Free	1:59.11	1:59.11	1:59.11	1:59.11	1:59.11	1:59.11	1:59.11	1:59.11	
400 Free	4:17.93	4:17.93	4:17.93	4:17.93	4:17.93	4:17.93	4:17.93	4:17.93	
800 Free	8:47.63	8:47.63	8:47.63	8:47.63	8:47.63	8:47.63	8:47.63	8:47.63	
1500 Free	17:42.08	17:42.08	17:42.08	16:42.79	16:42.79	16:42.79	16:42.79	16:42.79	
100 Back	1:01.84	1:01.84	1:01.84	1:01.84	1:01.84	1:01.84	1:01.84	1:01.84	
200 Back	2:13.31	2:13.31	2:13.31	2:13.31	2:13.31	2:13.31	2:13.31	2:13.31	
100 Breast	1:11.62	1:11.62	1:11.62	1:11.62	1:11.62	1:11.62	1:11.62	1:11.62	
200 Breast	2:37.27	2:37.27	2:37.27	2:35.75	2:35.75	2:35.75	2:32.65	2:32.65	
100 Fly	58.57	58.57	58.57	58.57	58.57	58.57	58.57	58.57	
200 Fly	2:12.79	2:12.79	2:12.79	2:12.79	2:12.60	2:12.60	2:11.63	2:11.63	
200 IM	2:16.42	2:16.42	2:16.42	2:16.42	2:16.42	2:16.42	2:14.24	2:14.24	
400 IM	4:49.86	4:49.86	4:49.86	4:49.86	4:49.21	4:49.21	4:47.24	4:47.24	

50 M FEMALE 18	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	27.19	27.19	27.19	27.01	27.01	27.01	27.00	26.93	
100 Free	58.30	58.30	58.30	57.91	57.91	57.91	57.91	57.91	
200 Free	2:07.21	2:07.21	2:07.21	2:06.13	2:06.13	2:06.13	2:06.02	2:06.02	
400 Free	4:30.37	4:30.37	4:30.37	4:29.32	4:29.20	4:29.20	4:27.38	4:26.21	
800 Free	9:28.64	9:28.64	9:28.62	9:26.44	9:20.28	9:20.28	9:18.32	9:16.88	
1500 Free	20:01.03	20:01.03	19:49.97	19:44.11	18:14.39	18:14.39	18:10.31	18:10.27	
100 Back	1:07.64	1:07.64	1:07.22	1:06.97	1:06.17	1:06.17	1:06.08	1:06.06	
200 Back	2:26.69	2:26.69	2:24.79	2:24.07	2:21.82	2:21.82	2:21.82	2:21.64	
100 Breast	1:14.83	1:14.83	1:14.83	1:14.21	1:14.18	1:14.18	1:13.80	1:13.66	
200 Breast	2:46.87	2:45.44	2:43.48	2:42.82	2:39.92	2:39.92	2:39.53	2:38.47	
100 Fly	1:03.53	1:03.53	1:03.53	1:03.38	1:03.23	1:03.23	1:02.84	1:02.84	
200 Fly	2:22.00	2:22.00	2:22.00	2:21.29	2:20.60	2:20.60	2:20.17	2:18.91	
200 IM	2:23.83	2:23.83	2:23.83	2:21.96	2:20.91	2:20.91	2:20.53	2:20.53	
400 IM	5:08.95	5:08.95	5:08.95	5:08.34	5:03.22	5:03.22	5:03.22	4:58.39	

50 M FEMALE 18	POWER POINTS								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	8536	8536	8536	8583	8588	8588	8603	8627	
100 Free	8628	8640	8640	8703	8728	8728	8728	8756	
200 Free	8389	8389	8389	8460	8479	8479	8481	8481	
400 Free	7634	7635	7635	7695	7778	7778	7827	7935	
800 Free	7287	7319	7446	7464	7627	7627	7728	7876	
1500 Free	5965	5965	6000	6734	7605	7605	7738	7804	
100 Back	7930	7930	8011	8073	8240	8240	8409	8454	
200 Back	7967	7967	8041	8104	8312	8312	8312	8448	
100 Breast	8036	8036	8036	8118	8150	8150	8175	8198	
200 Breast	7788	7839	7917	8071	8237	8237	8314	8376	
100 Fly	8464	8464	8464	8516	8654	8654	8763	8763	
200 Fly	8107	8107	8107	8212	8446	8446	8485	8508	
200 IM	8461	8461	8461	8599	8686	8686	8843	8858	
400 IM	8120	8120	8120	8162	8411	8411	8427	8510	
TOTAL	111312	111408	111803	113494	115941	115941	116833	117594	