

**USA SWIMMING EASTERN ZONE TOP TEN  
PROGRESSION THRU JULY 15, 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	28.76	28.48	28.48	28.48	28.48	28.48	28.48	28.48	
100 Free	1:02.04	1:02.04	1:02.04	1:02.04	1:01.84	1:01.84	1:01.84	1:01.84	
200 Free	2:16.16	2:16.16	2:16.16	2:14.58	2:14.31	2:14.31	2:14.06	2:14.06	
400 Free	4:43.58	4:43.58	4:43.58	4:43.58	4:38.60	4:38.60	4:38.60	4:38.60	
800 Free	10:00.71	10:00.71	9:42.53	9:42.53	9:42.53	9:42.53	9:42.53	9:42.53	
1500 Free	18:27.61	18:27.61	18:27.61	18:27.61	18:27.61	18:27.61	18:27.61	18:27.61	
50 Back	33.09	33.09	33.09	33.09	33.09	32.59	32.59	32.59	
100 Back	1:08.19	1:08.19	1:08.19	1:08.19	1:08.19	1:08.19	1:08.19	1:08.19	
200 Back	2:27.97	2:27.97	2:27.97	2:27.97	2:27.97	2:27.45	2:27.45	2:24.65	
50 Breast	36.21	36.21	35.70	35.70	35.70	35.70	35.70	35.70	
100 Breast	1:17.70	1:17.70	1:17.70	1:17.70	1:17.07	1:17.07	1:16.26	1:16.26	
200 Breast	2:45.92	2:45.92	2:45.92	2:45.92	2:45.92	2:45.92	2:42.71	2:42.71	
50 Fly	30.62	30.62	30.62	30.62	30.62	29.91	29.91	29.91	
100 Fly	1:07.01	1:07.01	1:07.01	1:07.01	1:07.01	1:05.33	1:05.33	1:05.33	
200 Fly	2:29.87	2:29.87	2:29.87	2:29.87	2:29.87	2:26.55	2:26.55	2:26.54	
200 IM	2:29.93	2:29.93	2:29.93	2:29.93	2:28.58	2:28.58	2:27.61	2:27.61	
400 IM	5:21.15	5:21.15	5:21.15	5:21.15	5:21.15	5:20.87	5:15.98	5:15.98	

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	29.99	29.99	29.99	29.80	29.80	8316	29.77	29.65	
100 Free	1:06.09	1:05.20	1:05.20	1:05.18	1:05.18	1:05.17	1:04.97	1:04.97	
200 Free	2:25.25	2:23.10	2:22.99	2:22.27	2:22.27	2:22.27	2:22.27	2:22.14	
400 Free	4:59.66	4:59.08	4:59.08	4:58.49	4:58.49	4:58.49	4:57.49	4:57.35	
800 Free	10:59.87	10:58.71	10:48.88	10:44.90	10:44.90	10:44.90	10:38.58	10:35.21	
1500 Free		22:51.29	22:01.84	21:07.07	20:48.52	20:48.52	20:48.52	20:35.20	
50 Back	34.83	34.67	34.49	34.44	34.44	34.38	34.38	34.29	
100 Back	1:14.32	1:13.66	1:13.66	1:13.64	1:13.64	1:13.54	1:13.29	1:13.09	
200 Back	2:43.30	2:40.95	2:40.95	2:40.95	2:40.80	2:40.80	2:40.80	2:38.61	
50 Breast	39.31	38.91	38.76	38.76	38.76	38.72	38.11	38.07	
100 Breast	1:25.55	1:24.76	1:24.18	1:24.05	1:24.05	1:24.05	1:23.55	1:23.33	
200 Breast	3:07.70	3:04.17	3:04.03	3:03.23	3:02.61	3:02.61	3:02.10	3:01.93	
50 Fly	32.47	32.39	32.24	31.59	31.59	31.59	31.57	31.52	
100 Fly	1:13.19	1:13.18	1:12.58	1:11.72	1:11.72	1:11.60	1:11.60	1:11.60	
200 Fly	2:51.34	2:46.46	2:46.46	2:43.68	2:43.68	2:43.68	2:43.68	2:42.72	
200 IM	2:41.99	2:39.53	2:39.53	2:39.53	2:39.53	2:39.53	2:39.02	2:39.02	
400 IM	6:01.60	5:56.81	5:53.42	5:49.28	5:45.00	5:44.38	5:44.38	5:44.10	

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	8037	8193	8231	8290	8290	8290	8297	8316	
100 Free	8109	8288	8288	8297	8305	8316	8494	8505	
200 Free	7788	7976	8006	8202	8239	8255	8289	8350	
400 Free	7974	8016	8048	8064	8114	8124	8139	8183	
800 Free	7587	7645	7886	7993	7993	7993	8210	8265	
1500 Free	5540	7510	7904	8376	8449	8510	8510	8798	
50 Back	8135	8235	8254	8310	8310	8448	8448	8599	
100 Back	8552	8618	8681	8721	8721	8724	8791	8841	
200 Back	8684	8726	8739	8811	8936	8979	8979	9176	
50 Breast	8001	8067	8307	8433	8433	8435	8535	8563	
100 Breast	8049	8224	8290	8313	8333	8333	8455	8464	
200 Breast	8160	8349	8365	8380	8410	8410	8465	8538	
50 Fly	8180	8346	8432	8517	8525	8570	8579	8679	
100 Fly	8269	8286	8328	8421	8421	8499	8505	8586	
200 Fly	8276	8528	8590	8631	8631	8678	8678	8838	
200 IM	8399	8498	8498	8498	8554	8567	8590	8638	
400 IM	8267	8396	9318	8718	8744	8749	8789	8813	
TOTAL	136007	139901	142165	142975	143408	143880	144753	146152	

# USA SWIMMING EASTERN ZONE TOP TEN PROGRESSION THRU JULY 15, 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	28.25	28.25	28.18	27.92	27.92	27.92	27.82	27.82	
100 Free	1:00.89	1:00.89	1:00.13	1:00.13	1:00.13	1:00.13	1:00.13	1:00.13	
200 Free	2:11.28	2:10.38	2:10.38	2:10.38	2:10.38	2:09.28	2:09.28	2:09.28	
400 Free	4:32.89	4:32.89	4:32.89	4:32.89	4:32.89	4:32.89	4:28.00	4:28.00	
800 Free	9:27.90	9:27.90	9:12.53	9:12.53	9:12.53	9:12.53	9:01.06	9:01.06	
1500 Free	18:32.73	18:32.73	17:44.66	17:44.66	17:44.66	17:44.66	17:16.09	17:16.09	
50 Back	32.29	32.29	32.29	31.03	31.03	31.03	31.03	31.03	
100 Back	1:08.91	1:08.91	1:08.91	1:07.35	1:07.35	1:07.35	1:05.04	1:05.04	
200 Back	2:26.85	2:26.85	2:25.21	2:25.21	2:25.21	2:25.21	2:22.63	2:22.63	
50 Breast	35.39	35.39	35.39	35.39	35.39	35.39	35.39	35.39	
100 Breast	1:15.90	1:15.90	1:15.90	1:15.90	1:15.90	1:15.90	1:15.90	1:15.39	
200 Breast	2:38.32	2:38.32	2:38.32	2:38.32	2:38.32	2:38.32	2:38.32	2:38.32	
50 Fly	30.28	30.28	30.28	30.18	30.18	30.18	30.18	30.11	
100 Fly	1:06.60	1:06.47	1:06.47	1:06.47	1:06.47	1:06.47	1:06.34	1:05.28	
200 Fly	2:25.40	2:25.40	2:24.45	2:24.45	2:24.45	2:24.45	2:24.45	2:24.37	
200 IM	2:29.34	2:29.23	2:27.74	2:27.74	2:27.74	2:27.74	2:27.74	2:26.75	
400 IM	5:09.57	5:09.57	5:09.57	5:09.57	5:09.57	5:09.57	5:08.38	5:08.38	

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	28.98	28.98	28.93	28.92	28.88	28.88	28.76	28.53	
100 Free	1:02.43	1:02.23	1:01.97	1:01.97	1:01.90	1:01.90	1:01.90	1:01.90	
200 Free	2:16.43	2:15.54	2:15.53	2:15.30	2:14.76	2:14.76	2:14.52	2:14.19	
400 Free	4:45.81	4:45.61	4:45.53	4:43.37	4:42.40	4:42.40	4:42.40	4:41.55	
800 Free	9:56.09	9:55.67	9:52.78	9:52.78	9:52.78	9:52.66	9:47.89	9:44.73	
1500 Free	20:10.33	19:17.86	19:06.10	19:02.83	19:02.83	19:02.83	19:02.65	19:00.93	
50 Back	33.55	33.43	33.43	33.21	33.21	33.20	33.20	33.04	
100 Back	1:11.03	1:10.94	1:10.94	1:10.83	1:10.31	1:10.31	1:09.89	1:09.69	
200 Back	2:32.95	2:31.9	2:31.88	2:31.88	2:31.85	2:31.85	2:31.85	2:29.64	
50 Breast	37.20	37.14	36.93	36.93	36.86	36.86	36.77	36.71	
100 Breast	1:22.24	1:21.35	1:20.73	1:20.64	1:20.64	1:20.30	1:19.99	1:19.64	
200 Breast	2:58.01	2:57.09	2:56.88	2:56.17	2:56.11	2:56.11	2:53.07	2:53.07	
50 Fly	31.50	31.39	31.26	31.06	31.04	31.04	30.79	30.77	
100 Fly	1:09.11	1:08.92	1:08.73	1:08.56	1:08.56	1:08.56	1:07.88	1:07.88	
200 Fly	2:37.13	2:35.71	2:34.20	2:32.58	2:32.58	2:32.58	2:31.76	2:31.40	
200 IM	2:31.15	2:31.15	2:30.98	2:30.84	2:30.67	2:30.67	2:30.55	2:30.44	
400 IM	5:30.03	5:24.89	5:24.89	5:22.69	5:22.69	5:22.69	5:22.69	5:20.86	

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	7881	7922	7981	8040	8105	8105	8220	8304	
100 Free	8153	8176	8298	8298	8369	8369	8398	8420	
200 Free	8051	8123	8200	8252	8297	8320	8351	8372	
400 Free	8096	8099	8162	8200	8247	8247	8298	8338	
800 Free	8310	8419	8611	8611	8611	8713	8846	8891	
1500 Free	7689	8303	8519	8687	8687	8687	8759	8808	
50 Back	7997	8073	8073	8252	8252	8264	8289	8466	
100 Back	8208	8268	8274	8373	8420	8420	8556	8575	
200 Back	8361	8484	8507	8507	8520	8520	8557	8694	
50 Breast	7877	7915	8001	8001	8014	8014	8037	8102	
100	7775	8027	8070	8073	8073	8081	8130	8288	
200	7665	7897	8023	8106	8214	8214	8303	8358	
50 Fly	7819	7885	7894	8052	8053	8053	8132	8164	
100 Fly	7995	8029	8114	8172	8172	8172	8320	8354	
200 Fly	7995	8233	8372	8487	8487	8494	8545	8607	
200 IM	8323	8340	8379	8443	8447	8447	8466	8524	
400 IM	8309	8435	8461	8504	8504	8504	8512	8559	
TOTAL	136504	138628	139939	141058	141472	141624	142719	143824	

**USA SWIMMING EASTERN ZONE TOP TEN  
PROGRESSION THRU JULY 15, 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	26.71	26.71	26.71	26.71	26.71	26.71	26.71	26.71	
100 Free	59.40	59.40	59.40	59.40	59.40	59.40	59.40	58.97	
200 Free	2:07.53	2:07.53	2:07.53	2:07.53	2:07.53	2:07.53	2:07.53	2:05.62	
400 Free	4:19.74	4:19.74	4:19.74	4:19.74	4:19.74	4:19.74	4:19.74	4:17.69	
800 Free	8:46.11	8:46.11	8:46.11	8:46.11	8:46.11	8:46.11	8:46.11	8:46.11	
1500 Free	16:44.01	16:44.01	16:44.01	16:44.01	16:44.01	16:44.01	16:44.01	16:44.01	
100 Back	1:05.97	1:05.97	1:05.97	1:05.77	1:05.77	1:05.77	1:05.77	1:05.77	
200 Back	2:19.23	2:19.23	2:19.23	2:19.23	2:19.23	2:19.23	2:19.23	2:18.81	
100 Breast	1:12.53	1:12.53	1:12.53	1:12.53	1:12.53	1:12.53	1:12.53	1:12.39	
200 Breast	2:34.71	2:34.71	2:34.71	2:34.71	2:34.71	2:34.71	2:34.71	2:34.71	
100 Fly	1:02.65	1:02.65	1:02.65	1:02.65	1:02.65	1:02.65	1:02.65	1:02.65	
200 Fly	2:21.31	2:21.31	2:21.31	2:21.31	2:21.31	2:21.31	2:21.31	2:21.31	
200 IM	2:20.20	2:20.20	2:20.20	2:20.20	2:20.20	2:20.20	2:20.20	2:20.20	
400 IM	5:08.41	5:08.41	5:07.11	5:03.81	5:03.81	5:03.81	5:03.12	5:03.12	

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	28.29	28.21	28.18	28.18	28.13	28.13	28.13	27.68	
100 Free	1:01.26	1:01.26	1:01.13	1:01.13	1:01.07	1:01.04	1:00.98	1:00.58	
200 Free	2:12.79	2:12.60	2:12.53	2:12.13	2:12.13	2:12.13	2:12.13	2:11.54	
400 Free	4:38.50	4:38.42	4:36.67	4:36.29	4:36.29	4:36.29	4:36.12	4:35.51	
800 Free	9:48.35	9:48.31	9:43.12	9:38.72	9:38.72	9:38.72	9:38.72	9:30.70	
1500 Free	18:58.33	18:50.48	18:46.70	18:40.56	18:40.56	18:40.56	18:31.22	18:25.72	
100 Back	1:09.71	1:09.50	1:09.50	1:09.08	1:08.94	1:08.65	1:08.21	1:08.03	
200 Back	2:29.95	2:29.95	2:29.58	2:27.84	2:26.81	2:27.50	2:26.81	2:26.54	
100 Breast	1:19.47	1:19.38	1:19.08	1:19.08	1:18.34	1:18.34	1:17.72	1:16.79	
200 Breast	2:50.78	2:50.76	2:49.58	2:49.42	2:49.28	2:49.25	2:47.36	2:47.08	
100 Fly	1:07.81	1:07.50	1:07.50	1:07.50	1:07.50	1:07.50	1:07.20	1:06.76	
200 Fly	2:30.56	2:30.56	2:30.56	2:29.17	2:29.00	2:28.52	2:28.28	2:26.40	
200 IM	2:30.10	2:30.10	2:29.99	2:29.63	2:28.88	2:28.88	2:28.48	2:27.79	
400 IM	5:20.57	5:20.57	5:19.39	5:15.67	5:15.67	5:15.67	5:14.54	5:14.27	

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	8303	8403	8410	8465	8507	8507	8550	8670	
100 Free	7921	7926	7953	7972	8016	8059	8084	8334	
200 Free	7652	7666	7704	7763	7763	7763	7778	7986	
400 Free	7666	7676	7725	7792	7792	7792	7809	7999	
800 Free	7455	7537	7592	7726	7738	7786	7786	8092	
1500 Free	7556	7889	7898	7982	7989	7989	8019	8101	
100 Back	8172	8284	8284	8520	8597	8607	8683	8754	
200 Back	8103	8103	8109	8358	8389	8337	8356	8470	
100	7595	7627	7826	7897	8127	8127	8279	8374	
200	7529	7548	7636	7776	7915	7935	8003	8069	
100 Fly	8032	8071	8071	8082	8082	8082	8102	8239	
200 Fly	7986	7994	7994	8147	8159	8166	8196	8358	
200 IM	8094	8094	8131	8173	8192	8192	8270	8454	
400 IM	7708	7729	7872	8015	8015	8015	8165	8187	
TOTAL	109772	110547	111205	112668	113281	113357	114080	116087	

**USA SWIMMING EASTERN ZONE TOP TEN  
PROGRESSION THRU JULY 15, 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	26.68	26.68	26.68	26.68	26.68	26.68	26.67	26.67	
100 Free	57.60	57.60	57.60	57.60	57.60	57.60	57.14	57.14	
200 Free	2:01.21	2:01.21	2:01.21	2:01.21	2:01.21	2:01.21	2:01.21	2:01.21	
400 Free	4:16.25	4:16.25	4:16.25	4:16.25	4:16.25	4:16.25	4:16.25	4:16.25	
800 Free	8:55.32	8:55.32	8:55.32	8:55.32	8:55.32	8:55.32	8:55.32	8:55.32	
1500 Free	17:20.45	17:20.45	17:20.45	17:20.45	17:20.45	17:20.45	17:20.45	17:20.45	
100 Back	1:03.94	1:03.94	1:03.94	1:03.94	1:03.94	1:03.94	1:03.94	1:03.94	
200 Back	2:15.21	2:15.21	2:15.21	2:15.21	2:15.21	2:15.21	2:15.21	2:15.21	
100 Breast	1:11.79	1:11.79	1:11.79	1:11.79	1:11.79	1:11.79	1:11.79	1:11.79	
200 Breast	2:34.95	2:34.95	2:33.66	2:33.66	2:33.66	2:33.66	2:33.66	2:33.66	
100 Fly	1:02.24	1:02.24	1:02.24	1:00.36	1:00.36	1:00.36	1:02.24	1:02.24	
200 Fly	2:15.94	2:15.94	2:15.94	2:15.94	2:15.94	2:15.94	2:15.94	2:15.94	
200 IM	2:22.65	2:22.65	2:22.65	2:21.62	2:21.62	2:21.62	2:21.48	2:21.48	
400 IM	4:52.12	4:52.12	4:52.12	4:52.12	4:52.12	4:52.12	4:52.12	4:52.12	

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	27.83	27.83	27.75	27.75	27.56	27.56	27.51	27.27	
100 Free	1:00.52	1:00.51	1:00.48	1:00.47	1:00.33	1:00.21	59.88	59.72	
200 Free	2:09.38	2:09.38	2:09.38	2:09.38	2:09.36	2:09.36	2:08.82	2:08.82	
400 Free	4:33.84	4:33.84	4:33.84	4:32.73	4:32.62	4:32.62	4:31.05	4:30.67	
800 Free	9:27.42	9:27.42	9:27.42	9:27.42	9:24.74	9:24.74	9:23.76	9:20.64	
1500 Free	18:36.90	18:22.40	18:07.43	18:02.70	18:02.70	18:02.70	18:02.70	17:57.72	
100 Back	1:07.44	1:07.44	1:07.44	1:07.44	1:07.28	1:06.89	1:06.83	1:06.83	
200 Back	2:24.74	2:24.74	2:24.74	2:24.19	2:23.39	2:23.39	2:22.90	2:22.82	
100 Breast	1:18.88	1:18.58	1:18.54	1:18.37	1:17.92	1:17.92	1:17.36	1:16.86	
200 Breast	2:49.99	2:49.29	2:48.44	2:47.22	2:47.21	2:47.21	2:46.57	2:46.50	
100 Fly	1:05.28	1:05.28	1:05.11	1:04.72	1:04.43	1:04.43	1:04.43	1:03.73	
200 Fly	2:23.28	2:23.28	2:22.23	2:22.23	2:22.23	2:22.23	2:22.23	2:21.16	
200 IM	2:27.02	2:27.02	2:26.84	2:26.84	2:26.84	2:26.62	2:26.56	2:24.86	
400 IM	5:09.24	5:09.24	5:09.24	5:08.12	5:08.12	5:08.12	5:08.12	5:06.25	

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	8115	8140	8163	8187	8292	8297	8448	8503	
100 Free	7995	8020	8026	8038	8174	8189	8412	8434	
200 Free	8314	8314	8314	8314	8336	8336	8512	8541	
400 Free	8165	8208	8165	8183	8209	8209	8410	8431	
800 Free	8025	8025	8027	8027	8121	8121	8159	8232	
1500 Free	7503	7652	7897	7985	7985	7985	8035	8117	
100 Back	8596	8596	8596	8596	8630	8645	8691	8809	
200 Back	8637	8637	8637	8684	8713	8713	8730	8767	
100 Breast	7757	7878	7994	8053	8079	8079	8279	8346	
200 Breast	7621	7728	7816	7832	7858	7858	7929	7988	
100 Fly	8283	8283	8300	8477	8611	8635	8518	8620	
200 Fly	8429	8429	8488	8488	8504	8504	8533	8588	
200 IM	8029	8029	8079	8155	8155	8159	8216	8307	
400 IM	8419	8419	8419	8428	8428	8428	8431	8446	
TOTAL	113888	114358	114921	115447	116095	116158	117303	118129	

**USA SWIMMING EASTERN ZONE TOP TEN  
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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	26.68	26.68	26.68	26.68	26.68	26.68	26.68	26.68	
100 Free	56.96	56.96	56.96	56.96	56.96	56.96	56.96	56.96	
200 Free	2:00.76	2:00.76	2:00.76	2:00.76	2:00.76	2:00.76	2:00.76	2:00.76	
400 Free	4:15.56	4:15.56	4:15.56	4:15.56	4:15.56	4:15.56	4:15.56	4:15.56	
800 Free	8:43.66	8:43.66	8:43.66	8:43.66	8:43.66	8:43.66	8:43.66	8:43.66	
1500 Free	16:55.08	16:55.08	16:55.08	16:55.08	16:55.08	16:55.08	16:55.08	16:55.08	
100 Back	1:02.24	1:02.24	1:02.24	1:02.24	1:02.24	1:02.24	1:02.24	1:02.24	
200 Back	2:10.91	2:10.91	2:10.91	2:10.91	2:10.91	2:10.91	2:10.91	2:10.91	
100 Breast	1:09.89	1:09.89	1:09.89	1:09.89	1:09.89	1:09.89	1:09.89	1:09.89	
200 Breast	2:33.42	2:33.42	2:33.42	2:33.42	2:33.42	2:33.42	2:29.96	2:29.96	
100 Fly	59.31	59.31	59.31	59.31	59.31	59.31	59.31	59.31	
200 Fly	2:09.12	2:09.12	2:09.12	2:09.12	2:09.12	2:09.12	2:09.12	2:09.12	
200 IM	2:16.48	2:16.48	2:16.48	2:16.48	2:16.48	2:16.48	2:16.48	2:16.48	
400 IM	4:47.89	4:47.89	4:47.89	4:47.89	4:47.89	4:47.89	4:47.89	4:47.89	

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	28.00	28.00	27.98	27.81	27.67	27.67	27.59	27.34	
100 Free	1:00.37	1:00.37	1:00.37	59.78	59.78	59.78	59.49	59.25	
200 Free	2:09.46	2:09.46	2:09.25	2:09.06	2:09.06	2:09.06	2:08.43	2:07.12	
400 Free	4:31.87	4:31.03	4:31.03	4:31.03	4:30.94	4:30.94	4:28.49	4:28.21	
800 Free	9:19.92	9:19.34	9:19.34	9:19.34	9:19.34	9:19.34	9:06.93	9:05.81	
1500 Free	18:25.02	18:10.54	18:10.54	18:10.54	18:05.19	18:05.19	17:48.42	17:41.28	
100 Back	1:05.98	1:05.98	1:05.98	1:05.98	1:05.98	1:05.98	1:05.98	1:05.65	
200 Back	2:19.83	2:19.83	2:19.83	2:19.83	2:19.83	2:19.83	2:19.63	2:19.57	
100 Breast	1:17.09	1:16.83	1:16.83	1:16.65	1:16.65	1:16.65	1:16.45	1:16.03	
200 Breast	2:47.93	2:47.79	2:47.55	2:46.34	2:45.55	2:45.55	2:45.23	2:43.32	
100 Fly	1:04.24	1:04.24	1:04.12	1:04.03	1:04.03	1:04.03	1:03.68	1:03.01	
200 Fly	2:20.99	2:20.99	2:20.99	2:20.99	2:20.99	2:20.99	2:20.99	2:20.99	
200 IM	2:24.56	2:24.56	2:24.56	2:23.01	2:23.01	2:23.01	2:21.99	2:21.99	
400 IM	5:02.87	5:02.87	5:02.17	5:02.17	5:02.17	5:02.17	5:01.89	5:01.89	

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	7585	7585	7613	7768	7865	7868	7889	8066	
100 Free	7750	7750	7750	7885	7885	7951	8010	8106	
200 Free	8103	8103	8119	8189	8189	8189	8268	8380	
400 Free	8464	8473	8473	8473	8474	8501	8536	8555	
800 Free	8291	8335	8335	8335	8335	8335	8466	8474	
1500 Free	7704	7902	7902	7902	7915	7915	8292	8315	
100 Back	8706	8706	8706	8706	8713	8713	8731	8804	
200 Back	8999	8999	9000	9000	9000	9004	9011	9062	
100 Breast	7796	7804	7833	7869	7869	7872	8151	8218	
200 Breast	7818	7820	7823	7849	7861	7865	8125	8184	
100 Fly	8547	8547	8598	8604	8604	8604	8655	8739	
200 Fly	8683	8685	8685	8685	8714	8714	8714	8714	
200 IM	8478	8496	8496	8554	8557	8557	8626	8626	
400 IM	8353	8353	8381	8381	8392	8392	8410	8410	
TOTAL	115277	115558	115714	116200	116373	116480	117884	118653	

**USA SWIMMING EASTERN ZONE TOP TEN  
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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	25.75	25.75	25.75	25.75	25.75	25.75	25.75	25.75	
100 Free	56.84	56.84	56.84	56.84	56.84	56.84	56.84	56.84	
200 Free	2:03.41	2:03.41	2:03.41	2:03.41	2:03.41	2:03.41	2:01.25	2:01.25	
400 Free	4:15.11	4:15.11	4:15.11	4:15.11	4:15.11	4:15.11	4:15.11	4:15.11	
800 Free	8:41.85	8:41.85	8:41.85	8:41.85	8:41.85	8:41.85	8:41.85	8:38.00	
1500 Free	16:38.39	16:38.39	16:38.39	16:38.39	16:38.39	16:38.39	16:38.39	16:38.39	
100 Back	1:01.76	1:01.76	1:01.76	1:01.63	1:01.63	1:01.63	1:01.63	1:01.63	
200 Back	2:10.80	2:10.80	2:10.80	2:10.80	2:10.80	2:10.80	2:10.80	2:10.80	
100 Breast	1:12.06	1:12.06	1:12.06	1:12.06	1:12.03	1:12.03	1:12.03	1:10.97	
200 Breast	2:36.03	2:36.03	2:36.03	2:36.03	2:35.96	2:35.96	2:35.35	2:35.07	
100 Fly	1:01.70	1:01.70	1:01.70	1:01.70	1:01.70	1:01.70	1:01.70	1:01.70	
200 Fly	2:14.34	2:14.34	2:14.34	2:14.34	2:14.34	2:14.34	2:12.69	2:12.69	
200 IM	2:14.93	2:14.93	2:14.93	2:14.93	2:14.93	2:14.93	2:14.93	2:14.93	
400 IM	4:51.62	4:51.62	4:51.62	4:51.54	4:50.74	4:50.74	4:50.74	4:50.74	

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	26.78	26.78	26.78	26.78	26.78	26.78	26.78	26.78	
100 Free	58.81	58.81	58.81	58.78	58.78	58.78	58.30	58.27	
200 Free	2:05.49	2:05.49	2:05.35	2:05.33	2:05.33	2:05.33	2:05.25	2:05.23	
400 Free	4:24.61	4:24.44	4:24.38	4:24.38	4:24.38	4:24.38	4:22.98	4:22.98	
800 Free	9:05.72	9:04.55	9:03.13	9:03.13	8:59.41	8:59.41	8:57.10	8:57.10	
1500 Free	17:34.19	17:20.90	17:16.81	17:16.81	17:11.08	17:11.08	17:09.28	17:09.28	
100 Back	1:05.28	1:05.28	1:05.28	1:05.16	1:05.16	1:05.16	1:04.57	1:04.54	
200 Back	2:20.72	2:20.72	2:20.72	2:20.45	2:20.45	2:20.45	2:18.89	2:18.89	
100 Breast	1:14.67	1:14.67	1:14.50	1:14.50	1:14.50	1:14.50	1:13.90	1:13.90	
200 Breast	2:42.18	2:42.18	2:42.18	2:42.18	2:41.52	2:41.52	2:41.09	2:41.09	
100 Fly	1:03.95	1:03.95	1:03.87	1:03.87	1:03.87	1:03.87	1:03.11	1:02.99	
200 Fly	2:21.07	2:21.07	2:18.55	2:18.55	2:18.55	2:18.55	2:18.55	2:18.55	
200 IM	2:22.84	2:22.84	2:22.84	2:22.74	2:22.74	2:22.74	2:22.70	2:22.70	
400 IM	4:59.76	4:59.76	4:59.76	4:59.76	4:57.01	4:57.01	4:57.01	4:57.01	

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	8758	8758	8758	8758	8758	8758	8758	8826	
100 Free	8221	8254	8254	8285	8303	8303	8366	8368	
200 Free	8258	8258	8296	8307	8307	8307	8376	8381	
400 Free	8348	8350	8407	8417	8417	8417	8506	8506	
800 Free	8393	8441	8492	8492	8517	8537	8593	8682	
1500 Free	8702	8772	8783	8783	8807	8807	8857	8857	
100 Back	8726	8726	8726	8775	8836	8836	8881	8882	
200 Back	8725	8725	8725	8885	8973	8973	9006	9006	
100 Breast	8140	8140	8194	8194	8204	8204	8266	8269	
200 Breast	8204	8204	8204	8205	8265	8265	8317	8329	
100 Fly	8319	8319	8369	8369	8369	8369	8406	8439	
200 Fly	8604	8604	8657	8658	8697	8697	8726	8726	
200 IM	8699	8699	8699	8730	8730	8730	8746	8746	
400 IM	8561	8561	8561	8585	8633	8633	8633	8633	
TOTAL	118658	118811	119125	119443	119816	119836	120437	120650	

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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	25.78	25.78	25.78	25.78	25.78	25.78	25.78	25.78	
100 Free	54.55	54.55	54.55	54.55	54.55	54.55	54.55	54.55	
200 Free	1:56.16	1:56.16	1:56.16	1:56.16	1:56.16	1:56.16	1:56.16	1:56.16	
400 Free	4:00.47	4:00.47	4:00.47	4:00.47	4:00.47	4:00.47	4:00.47	4:00.47	
800 Free	8:11.21	8:11.21	8:11.21	8:11.21	8:11.21	8:11.21	8:11.21	8:11.21	
1500 Free	16:05.42	16:05.42	16:05.42	16:05.42	16:05.42	16:05.42	16:05.42	16:05.42	
100 Back	1:02.86	1:02.86	1:02.86	1:02.86	1:02.79	1:02.79	1:02.79	1:02.59	
200 Back	2:13.36	2:13.36	2:13.36	2:13.36	2:13.36	2:13.36	2:13.36	2:12.94	
100 Breast	1:12.79	1:12.79	1:12.79	1:12.79	1:12.79	1:12.79	1:12.79	1:12.79	
200 Breast	2:35.55	2:35.55	2:35.55	2:35.55	2:35.55	2:35.55	2:31.35	2:31.35	
100 Fly	1:00.37	1:00.37	1:00.37	1:00.37	1:00.37	1:00.37	1:00.37	1:00.37	
200 Fly	2:10.95	2:10.95	2:10.95	2:10.95	2:10.95	2:10.95	2:10.95	2:10.95	
200 IM	2:16.04	2:16.04	2:16.04	2:16.04	2:16.04	2:16.04	2:16.04	2:11.26	
400 IM	4:43.67	4:43.67	4:43.67	4:42.10	4:42.10	4:42.10	4:42.10	4:42.10	

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	27.44	27.39	27.34	27.14	27.13	27.13	27.13	26.92	
100 Free	59.18	59.07	58.85	58.62	58.55	58.55	58.55	58.48	
200 Free	2:06.34	2:06.34	2:05.87	2:05.85	2:05.53	2:05.53	2:05.53	2:05.38	
400 Free	4:29.29	4:29.29	4:29.29	4:28.63	4:25.23	4:25.23	4:25.23	4:25.23	
800 Free	9:25.64	9:25.64	9:24.81	9:23.88	9:13.68	9:13.68	9:13.68	9:10.32	
1500 Free	18:30.92	18:30.92	18:26.37	18:22.62	18:05.19	18:05.19	17:56.48	17:53.20	
100 Back	1:05.89	1:05.89	1:04.85	1:04.85	1:04.85	1:04.85	1:04.85	1:04.36	
200 Back	2:22.59	2:22.59	2:20.56	2:20.56	2:20.30	2:20.30	2:20.30	2:20.11	
100 Breast	1:16.53	1:16.53	1:15.95	1:15.75	1:15.73	1:15.73	1:15.73	1:14.96	
200 Breast	2:44.86	2:44.86	2:44.84	2:43.35	2:42.97	2:42.97	2:42.88	2:41.89	
100 Fly	1:03.99	1:03.99	1:03.99	1:03.99	1:03.78	1:03.78	1:03.72	1:03.26	
200 Fly	2:21.54	2:21.54	2:20.55	2:20.55	2:20.55	2:20.55	2:20.55	2:20.37	
200 IM	2:22.69	2:22.69	2:22.69	2:22.69	2:22.63	2:22.63	2:22.20	2:22.08	
400 IM	5:04.00	5:04.00	5:03.70	5:03.19	5:02.61	5:02.61	5:02.61	5:02.12	

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	8082	8103	8127	8286	8252	8252	8252	8467	
100 Free	8340	8345	8365	8393	8400	8400	8400	8506	
200 Free	8610	8610	8646	8656	8676	8676	8676	8777	
400 Free	8521	8521	8521	8570	8697	8697	8732	8732	
800 Free	7943	7943	8032	8330	8532	8532	8532	8625	
1500 Free	7546	7546	7739	7817	8008	8008	8191	8227	
100 Back	8644	8644	8789	8789	8800	8800	8821	8919	
200 Back	8572	8572	8773	8773	8777	8777	8786	8813	
100 Breast	7582	7582	7691	7753	7814	7814	7814	7876	
200 Breast	7723	7723	7842	7917	7990	7990	8068	8106	
100 Fly	8247	8247	8247	8258	8326	8326	8345	8387	
200 Fly	8188	8188	8216	8228	8228	8228	8239	8305	
200 IM	8575	8575	8652	8660	8661	8661	8742	8899	
400 IM	8346	8346	8406	8490	8494	8494	8494	8507	
TOTAL	114919	114945	116046	116920	117655	117655	118092	119146	



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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	26.01	26.01	26.01	26.01	26.01	26.01	26.01	26.01	
100 Free	55.37	55.37	55.37	55.37	55.37	55.37	55.37	55.37	
200 Free	1:56.79	1:56.79	1:56.79	1:56.79	1:56.78	1:56.78	1:56.78	1:56.78	
400 Free	4:01.95	4:01.95	4:01.95	4:01.95	4:01.81	4:01.81	4:01.81	4:01.81	
800 Free	8:13.02	8:13.02	8:13.02	8:13.02	8:13.02	8:13.02	8:13.02	8:13.02	
1500 Free	15:42.23	15:42.23	15:42.23	15:42.23	15:42.23	15:42.23	15:42.23	15:42.23	
100 Back	1:03.57	1:03.57	1:03.57	1:03.57	1:03.57	1:03.57	1:03.57	1:03.57	
200 Back	2:14.07	2:14.07	2:14.07	2:14.07	2:14.07	2:14.07	2:14.07	2:14.07	
100 Breast	1:10.05	1:09.40	1:09.40	1:09.40	1:09.40	1:09.40	1:09.40	1:09.40	
200 Breast	2:30.02	2:30.02	2:30.02	2:30.02	2:30.02	2:30.02	2:30.02	2:30.02	
100 Fly	1:00.56	1:00.56	1:00.56	1:00.56	1:00.56	1:00.56	1:00.56	1:00.56	
200 Fly	2:16.03	2:16.03	2:16.03	2:16.03	2:16.03	2:16.03	2:16.03	2:14.74	
200 IM	2:20.17	2:20.17	2:20.17	2:20.17	2:20.17	2:20.17	2:20.17	2:20.17	
400 IM	4:42.82	4:42.82	4:42.82	4:42.82	4:41.70	4:41.70	4:41.70	4:41.70	

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	27.58	27.58	27.49	27.47	27.36	27.36	27.23	27.21	
100 Free	1:00.01	59.83	59.46	59.40	59.10	59.10	59.04	58.94	
200 Free	2:09.33	2:09.33	2:09.11	2:08.13	2:07.89	2:07.89	2:07.78	2:06.53	
400 Free	4:31.42	4:31.42	4:30.96	4:30.46	4:29.55	4:29.55	4:28.25	4:26.92	
800 Free	9:30.88	9:30.88	9:30.46	9:22.36	9:17.19	9:17.19	9:15.85	9:14.00	
1500 Free	19:09.73	19:07.08	19:02.71	18:49.80	18:34.70	18:34.70	18:22.53	18:18.38	
100 Back	1:07.24	1:07.24	1:06.65	1:06.65	1:06.26	1:06.26	1:06.17	1:05.82	
200 Back	2:21.66	2:21.66	2:21.66	2:21.66	2:21.66	2:21.66	2:21.66	2:21.03	
100 Breast	1:16.06	1:16.01	1:15.91	1:15.74	1:15.74	1:15.74	1:15.50	1:14.78	
200 Breast	2:45.19	2:45.19	2:45.15	2:45.15	2:45.11	2:45.11	2:44.80	2:42.86	
100 Fly	1:04.77	1:04.71	1:04.71	1:04.71	1:04.71	1:04.71	1:04.40	1:03.88	
200 Fly	2:23.71	2:23.71	2:23.71	2:23.58	2:23.58	2:23.58	2:22.18	2:20.51	
200 IM	2:25.87	2:25.87	2:25.78	2:25.46	2:25.46	2:25.46	2:25.15	2:23.96	
400 IM	5:12.15	5:09.43	5:09.43	5:07.79	5:05.66	5:05.66	5:04.89	5:04.69	

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	8054	8054	8068	8079	8173	8173	8184	8203	
100 Free	8035	8043	8114	8136	8195	8195	8239	8257	
200 Free	7650	7653	7724	7885	7895	7895	7983	8209	
400 Free	7731	7731	7742	7835	7861	7861	8006	8143	
800 Free	7485	7485	7583	7727	7767	7767	7860	8046	
1500 Free	6761	6781	6791	7171	7484	7484	7682	7970	
100 Back	8076	8076	8116	8116	8171	8171	8185	8411	
200 Back	8366	8366	8366	8366	8366	8368	8366	8437	
100	7747	7769	7895	7933	7933	7933	7966	8112	
200	7747	7747	7794	7794	7795	7795	7857	8045	
100 Fly	8087	8089	8089	8104	8133	8133	8150	8380	
200 Fly	7961	7961	7961	7963	7963	7963	8035	8221	
200 IM	7686	7686	7741	7789	7789	7789	8012	8058	
400 IM	7972	8005	8005	8095	8155	8155	8172	8225	
TOTAL	109358	109446	109989	110993	111680	111682	112697	114717	