

**USA SWIMMING WESTERN ZONE TOP TEN  
PROGRESSION THRU JULY 29, 2015**

| 50 M<br>MALE<br>11 | FIRST    |          |          |          |          |          |          |          |          |
|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                    | 6/3      | 6/10     | 6/17     | 6/24     | 7/1      | 7/8      | 7/15     | 7/22     | 7/29     |
| 50 Free            | 28.02    | 28.02    | 28.02    | 28.02    | 28.02    | 28.02    | 28.02    | 28.02    | 28.02    |
| 100 Free           | 1:00.67  | 1:00.67  | 1:00.67  | 1:00.67  | 1:00.67  | 1:00.67  | 1:00.67  | 1:00.67  | 1:00.67  |
| 200 Free           | 2:13.03  | 2:13.03  | 2:13.03  | 2:13.03  | 2:12.93  | 2:12.93  | 2:12.93  | 2:12.93  | 2:12.93  |
| 400 Free           | 4:45.31  | 4:45.31  | 4:45.31  | 4:45.31  | 4:44.91  | 4:44.91  | 4:44.91  | 4:44.91  | 4:44.91  |
| 800 Free           | 10:17.05 | 10:17.05 | 10:01.68 | 10:01.68 | 9:48.53  | 9:48.53  | 9:48.53  | 9:48.53  | 9:48.53  |
| 1500 Free          | 19:10.14 | 19:10.14 | 19:10.14 | 19:10.14 | 18:51.29 | 18:51.29 | 18:51.29 | 18:51.29 | 18:51.29 |
| 50 Back            | 30.32    | 30.32    | 30.32    | 30.32    | 30.32    | 30.32    | 30.32    | 30.32    | 30.32    |
| 100 Back           | 1:05.75  | 1:05.75  | 1:05.75  | 1:05.75  | 1:05.75  | 1:05.75  | 1:05.75  | 1:05.75  | 1:05.75  |
| 200 Back           | 2:21.01  | 2:21.01  | 2:21.01  | 2:21.01  | 2:21.01  | 2:21.01  | 2:21.01  | 2:21.01  | 2:21.01  |
| 50 Breast          | 36.37    | 36.37    | 35.39    | 35.39    | 34.58    | 34.58    | 34.58    | 34.58    | 34.58    |
| 100 Breast         | 1:20.56  | 1:20.56  | 1:19.08  | 1:19.08  | 1:17.21  | 1:17.21  | 1:17.21  | 1:17.21  | 1:17.21  |
| 200 Breast         | 2:59.33  | 2:59.33  | 2:56.66  | 2:56.66  | 2:56.19  | 2:56.19  | 2:56.19  | 2:56.19  | 2:53.91  |
| 50 Fly             | 30.26    | 30.26    | 30.26    | 30.26    | 30.10    | 30.10    | 30.10    | 29.96    | 29.96    |
| 100 Fly            | 1:08.13  | 1:08.13  | 1:08.13  | 1:08.13  | 1:08.13  | 1:08.13  | 1:08.13  | 1:08.13  | 1:08.13  |
| 200 Fly            | 2:41.87  | 2:41.33  | 2:37.38  | 2:37.38  | 2:34.01  | 2:34.01  | 2:34.01  | 2:34.01  | 2:34.01  |
| 200 IM             | 2:27.45  | 2:27.45  | 2:27.45  | 2:27.45  | 2:27.45  | 2:27.45  | 2:27.45  | 2:27.45  | 2:27.45  |
| 400 IM             | 5:35.90  | 5:31.74  | 5:31.03  | 5:31.03  | 5:31.03  | 5:31.03  | 5:31.03  | 5:28.91  | 5:27.34  |

| 50 M<br>MALE<br>11 | TENTH    |          |          |          |          |          |          |          |          |
|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                    | 6/3      | 6/10     | 6/17     | 6/24     | 7/1      | 7/8      | 7/15     | 7/22     | 7/29     |
| 50 Free            | 29.33    | 29.33    | 29.23    | 29.23    | 29.12    | 29.12    | 29.12    | 29.00    | 28.95    |
| 100 Free           | 1:05.15  | 1:05.15  | 1:04.96  | 1:04.96  | 1:04.53  | 1:04.53  | 1:04.46  | 1:03.77  | 1:03.75  |
| 200 Free           | 2:21.84  | 2:21.84  | 2:20.34  | 2:20.34  | 2:20.03  | 2:20.03  | 2:20.03  | 2:19.98  | 2:19.98  |
| 400 Free           | 5:00.70  | 5:00.02  | 4:58.48  | 4:57.79  | 4:57.33  | 4:57.33  | 4:56.65  | 4:56.65  | 4:56.43  |
| 800 Free           | 10:45.32 | 10:45.32 | 10:32.35 | 10:32.35 | 10:24.01 | 10:24.01 | 10:24.01 | 10:24.01 | 10:24.01 |
| 1500 Free          | 20:32.41 | 20:17.77 | 19:58.94 | 19:58.94 | 19:56.16 | 19:56.16 | 19:47.03 | 19:47.03 | 19:47.03 |
| 50 Back            | 35.02    | 35.02    | 34.97    | 34.97    | 34.40    | 34.40    | 34.40    | 34.39    | 34.01    |
| 100 Back           | 1:15.02  | 1:14.84  | 1:14.81  | 1:14.81  | 1:13.67  | 1:13.33  | 1:13.33  | 1:13.33  | 1:13.33  |
| 200 Back           | 2:44.13  | 2:43.54  | 2:40.91  | 2:40.91  | 2:39.53  | 2:39.53  | 2:39.53  | 2:38.44  | 2:38.44  |
| 50 Breast          | 39.38    | 39.38    | 39.38    | 39.07    | 38.41    | 38.41    | 38.16    | 38.16    | 38.08    |
| 100 Breast         | 1:25.76  | 1:25.14  | 1:25.14  | 1:25.14  | 1:23.45  | 1:23.45  | 1:23.45  | 1:23.45  | 1:23.45  |
| 200 Breast         | 3:08.77  | 3:06.12  | 3:05.21  | 3:05.21  | 3:03.78  | 3:03.78  | 3:03.67  | 3:02.62  | 3:01.41  |
| 50 Fly             | 32.52    | 32.52    | 32.21    | 32.21    | 31.91    | 31.91    | 31.89    | 31.85    | 31.60    |
| 100 Fly            | 1:13.91  | 1:13.38  | 1:12.99  | 1:12.99  | 1:12.13  | 1:12.13  | 1:11.25  | 1:10.93  | 1:10.93  |
| 200 Fly            | 2:52.28  | 2:51.84  | 2:50.21  | 2:50.21  | 2:48.21  | 2:48.21  | 2:46.22  | 2:46.22  | 2:44.03  |
| 200 IM             | 2:40.81  | 2:39.60  | 2:39.33  | 2:39.12  | 2:37.97  | 2:37.97  | 2:37.84  | 2:37.84  | 2:37.84  |
| 400 IM             | 5:50.54  | 5:49.98  | 5:46.59  | 5:45.32  | 5:45.32  | 5:45.32  | 5:44.71  | 5:44.71  | 5:39.59  |

| 50 M<br>MALE<br>11 | POWER POINTS |        |        |        |        |        |        |        |        |
|--------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|
|                    | 6/3          | 6/10   | 6/17   | 6/24   | 7/1    | 7/8    | 7/15   | 7/22   | 7/29   |
| 50 Free            | 8572         | 8586   | 8599   | 8599   | 8638   | 8638   | 8638   | 8646   | 8672   |
| 100 Free           | 8402         | 8402   | 8463   | 8463   | 8653   | 8653   | 8680   | 8767   | 8778   |
| 200 Free           | 8112         | 8112   | 8206   | 8206   | 8429   | 8429   | 8449   | 8450   | 8450   |
| 400 Free           | 7772         | 7804   | 8080   | 8090   | 8248   | 8248   | 8297   | 8297   | 8299   |
| 800 Free           | 7984         | 7984   | 8302   | 8302   | 8533   | 8533   | 8575   | 8575   | 8575   |
| 1500 Free          | 9105         | 9210   | 9363   | 9363   | 9488   | 9488   | 9608   | 9608   | 9608   |
| 50 Back            | 8898         | 8898   | 8923   | 8923   | 9313   | 9313   | 9313   | 9402   | 9436   |
| 100 Back           | 8640         | 8741   | 8798   | 8819   | 9216   | 9232   | 9232   | 9345   | 9345   |
| 200 Back           | 8654         | 8818   | 9230   | 9314   | 9474   | 9474   | 9474   | 9561   | 9561   |
| 50 Breast          | 8320         | 8320   | 8378   | 8404   | 8800   | 8800   | 8956   | 9059   | 9131   |
| 100 Breast         | 8343         | 8444   | 8516   | 8516   | 8903   | 8903   | 8903   | 8903   | 8903   |
| 200 Breast         | 8486         | 8559   | 8725   | 8725   | 8791   | 8791   | 8823   | 8835   | 8915   |
| 50 Fly             | 8346         | 8346   | 8461   | 8461   | 8660   | 8660   | 8664   | 8787   | 8825   |
| 100 Fly            | 8213         | 8332   | 8520   | 8562   | 8762   | 8762   | 8859   | 8936   | 8939   |
| 200 Fly            | 8068         | 8199   | 8501   | 8501   | 8760   | 8760   | 8896   | 8896   | 8963   |
| 200 IM             | 8399         | 8477   | 8487   | 8495   | 8879   | 8879   | 8885   | 8885   | 8885   |
| 400 IM             | 8586         | 8710   | 8887   | 8980   | 8998   | 8998   | 9091   | 9105   | 9198   |
| TOTAL              | 142900       | 143942 | 146439 | 146723 | 150545 | 150561 | 151343 | 152057 | 152483 |

**USA SWIMMING WESTERN ZONE TOP TEN  
PROGRESSION THRU JULY 29, 2015**

| 50 M<br>MALE<br>12 | FIRST    |          |          |          |          |          |          |          |          |
|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                    | 6/3      | 6/10     | 6/17     | 6/24     | 7/1      | 7/8      | 7/15     | 7/22     | 7/29     |
| 50 Free            | 25.84    | 25.84    | 25.72    | 25.72    | 25.72    | 25.72    | 25.42    | 25.42    | 25.42    |
| 100 Free           | 56.54    | 56.54    | 55.86    | 55.86    | 55.86    | 55.86    | 55.10    | 55.10    | 55.03    |
| 200 Free           | 2:05.58  | 2:05.58  | 2:00.11  | 2:00.11  | 2:00.11  | 2:00.11  | 1:59.72  | 1:59.72  | 1:59.72  |
| 400 Free           | 4:22.70  | 4:22.70  | 4:17.83  | 4:17.83  | 4:17.83  | 4:17.83  | 4:14.90  | 4:14.90  | 4:14.90  |
| 800 Free           | 9:20.73  | 9:13.66  | 9:13.66  | 9:13.66  | 9:13.66  | 9:13.66  | 9:13.66  | 9:13.66  | 9:13.66  |
| 1500 Free          | 17:44.10 | 17:44.10 | 17:44.10 | 17:44.10 | 17:26.56 | 17:26.56 | 17:26.56 | 17:26.56 | 17:26.56 |
| 50 Back            | 29.99    | 29.99    | 29.99    | 29.99    | 29.99    | 29.99    | 29.99    | 29.99    | 29.99    |
| 100 Back           | 1:02.92  | 1:02.92  | 1:02.92  | 1:02.92  | 1:02.92  | 1:02.92  | 1:02.92  | 1:02.92  | 1:02.92  |
| 200 Back           | 2:16.98  | 2:16.98  | 2:16.98  | 2:16.65  | 2:16.65  | 2:16.65  | 2:16.65  | 2:16.65  | 2:16.65  |
| 50 Breast          | 31.98    | 31.98    | 31.98    | 31.98    | 31.98    | 31.98    | 31.98    | 31.98    | 31.98    |
| 100 Breast         | 1:14.17  | 1:14.17  | 1:14.17  | 1:14.10  | 1:11.63  | 1:11.63  | 1:11.63  | 1:10.48  | 1:10.48  |
| 200 Breast         | 2:40.55  | 2:40.55  | 2:40.55  | 2:40.49  | 2:31.42  | 2:31.42  | 2:31.42  | 2:30.37  | 2:30.37  |
| 50 Fly             | 28.2     | 28.20    | 28.20    | 28.20    | 27.65    | 27.65    | 27.65    | 27.65    | 27.22    |
| 100 Fly            | 1:01.66  | 1:01.66  | 1:00.16  | 1:00.16  | 1:00.16  | 1:00.16  | 1:00.16  | 1:00.16  | 59.54    |
| 200 Fly            | 2:16.03  | 2:16.03  | 2:12.91  | 2:12.91  | 2:12.91  | 2:12.91  | 2:12.91  | 2:12.91  | 2:12.91  |
| 200 IM             | 2:20.81  | 2:20.81  | 2:20.81  | 2:20.81  | 2:20.81  | 2:20.81  | 2:20.81  | 2:20.81  | 2:20.81  |
| 400 IM             | 4:59.31  | 4:59.31  | 4:59.31  | 4:59.31  | 4:59.31  | 4:59.31  | 4:59.31  | 4:59.31  | 4:59.31  |

| 50 M<br>MALE<br>12 | TENTH    |          |          |          |          |          |          |          |          |
|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                    | 6/3      | 6/10     | 6/17     | 6/24     | 7/1      | 7/8      | 7/15     | 7/22     | 7/29     |
| 50 Free            | 27.87    | 27.80    | 27.60    | 27.60    | 27.52    | 27.52    | 27.52    | 27.52    | 27.45    |
| 100 Free           | 1:00.64  | 1:00.18  | 1:00.12  | 1:00.12  | 59.93    | 59.91    | 59.84    | 59.76    | 59.76    |
| 200 Free           | 2:13.99  | 2:12.81  | 2:11.97  | 2:11.97  | 2:11.26  | 2:11.26  | 2:10.66  | 2:10.66  | 2:09.69  |
| 400 Free           | 4:45.27  | 4:43.06  | 4:41.60  | 4:39.77  | 4:36.60  | 4:36.60  | 4:36.60  | 4:36.60  | 4:34.41  |
| 800 Free           | 9:58.75  | 9:57.01  | 9:57.01  | 9:55.75  | 9:50.90  | 9:50.90  | 9:50.90  | 9:47.38  | 9:47.38  |
| 1500 Free          | 19:09.07 | 19:09.07 | 19:07.65 | 19:07.65 | 19:00.67 | 18:57.34 | 18:49.21 | 18:47.35 | 18:45.43 |
| 50 Back            | 32.49    | 32.49    | 32.49    | 32.47    | 32.35    | 32.35    | 32.25    | 32.13    | 31.92    |
| 100 Back           | 1:10.13  | 1:09.91  | 1:09.71  | 1:09.71  | 1:09.13  | 1:08.59  | 1:08.40  | 1:08.34  | 1:08.28  |
| 200 Back           | 2:32.08  | 2:30.80  | 2:30.80  | 2:30.80  | 2:30.79  | 2:30.79  | 2:29.45  | 2:29.18  | 2:29.18  |
| 50 Breast          | 36.15    | 36.15    | 35.69    | 35.69    | 35.65    | 35.65    | 35.28    | 35.28    | 35.2     |
| 100 Breast         | 1:17.71  | 1:17.62  | 1:17.62  | 1:17.62  | 1:17.48  | 1:17.48  | 1:17.44  | 1:16.63  | 1:16.52  |
| 200 Breast         | 2:51.63  | 2:50.49  | 2:50.49  | 2:48.60  | 2:47.87  | 2:47.87  | 2:46.07  | 2:45.80  | 2:45.30  |
| 50 Fly             | 30.23    | 30.09    | 30.05    | 30.05    | 29.92    | 29.85    | 29.76    | 29.73    | 29.62    |
| 100 Fly            | 1:06.94  | 1:06.82  | 1:06.82  | 1:06.82  | 1:06.21  | 1:06.21  | 1:06.04  | 1:06.04  | 1:05.35  |
| 200 Fly            | 2:33.81  | 2:33.81  | 2:32.57  | 2:30.99  | 2:29.48  | 2:29.48  | 2:28.72  | 2:28.72  | 2:28.72  |
| 200 IM             | 2:28.55  | 2:28.55  | 2:28.55  | 2:27.63  | 2:26.76  | 2:26.76  | 2:26.25  | 2:26.25  | 2:26.25  |
| 400 IM             | 5:25.02  | 5:22.74  | 5:21.73  | 5:21.69  | 5:19.42  | 5:19.42  | 5:17.27  | 5:17.21  | 5:17.21  |

| 50 M<br>MALE<br>12 | POWER POINTS |        |        |        |        |        |        |        |        |
|--------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|
|                    | 6/3          | 6/10   | 6/17   | 6/24   | 7/1    | 7/8    | 7/15   | 7/22   | 7/29   |
| 50 Free            | 8461         | 8499   | 8532   | 8532   | 8643   | 8643   | 8664   | 8669   | 8780   |
| 100 Free           | 8411         | 8494   | 8582   | 8582   | 8645   | 8648   | 8717   | 8720   | 8795   |
| 200 Free           | 8291         | 8359   | 8511   | 8651   | 8697   | 8697   | 8817   | 8817   | 8882   |
| 400 Free           | 8231         | 8401   | 8521   | 8551   | 8704   | 8704   | 8745   | 8745   | 8785   |
| 800 Free           | 7939         | 8195   | 8195   | 8221   | 8327   | 8327   | 8327   | 8355   | 8355   |
| 1500 Free          | 8139         | 8139   | 8162   | 8182   | 8384   | 8511   | 8538   | 8552   | 8597   |
| 50 Back            | 8250         | 8250   | 8250   | 8359   | 8427   | 8454   | 8589   | 8689   | 8879   |
| 100 Back           | 8240         | 8440   | 8460   | 8534   | 8640   | 8657   | 8725   | 8769   | 8844   |
| 200 Back           | 8477         | 8567   | 8567   | 8573   | 8589   | 8589   | 8870   | 8888   | 8945   |
| 50 Breast          | 8332         | 8332   | 8449   | 8449   | 8574   | 8574   | 8666   | 8666   | 8705   |
| 100 Breast         | 8480         | 8482   | 8482   | 8510   | 8723   | 8723   | 8783   | 8882   | 8953   |
| 200 Breast         | 8600         | 8622   | 8622   | 8699   | 8958   | 8958   | 9148   | 9166   | 9175   |
| 50 Fly             | 8357         | 8384   | 8411   | 8411   | 8604   | 8631   | 8678   | 8693   | 8788   |
| 100 Fly            | 8535         | 8588   | 8670   | 8705   | 8817   | 8817   | 8896   | 8896   | 8991   |
| 200 Fly            | 8641         | 8641   | 8773   | 8864   | 9029   | 9029   | 9080   | 9080   | 9080   |
| 200 IM             | 8683         | 8683   | 8829   | 8858   | 8894   | 8894   | 8932   | 8932   | 8932   |
| 400 IM             | 8555         | 8578   | 8751   | 8791   | 8845   | 8845   | 8913   | 8915   | 8915   |
| TOTAL              | 142622       | 143654 | 144767 | 145472 | 147500 | 147701 | 149088 | 149434 | 150401 |

**USA SWIMMING WESTERN ZONE TOP TEN  
PROGRESSION THRU JULY 29, 2015**

| 50 M<br>MALE<br>13 | FIRST    |          |          |          |          |          |          |          |          |
|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                    | 6/3      | 6/10     | 6/17     | 6/24     | 7/1      | 7/8      | 7/15     | 7/22     | 7/29     |
| 50 Free            | 25.62    | 25.62    | 25.62    | 25.62    | 25.43    | 25.43    | 25.43    | 25.43    | 25.43    |
| 100 Free           | 56.09    | 56.09    | 56.09    | 56.09    | 55.50    | 55.50    | 55.50    | 55.50    | 55.50    |
| 200 Free           | 2:01.27  | 2:01.27  | 2:01.27  | 2:01.27  | 2:01.27  | 2:01.27  | 2:00.91  | 2:00.54  | 2:00.54  |
| 400 Free           | 4:17.36  | 4:17.36  | 4:17.36  | 4:17.36  | 4:17.36  | 4:17.36  | 4:16.48  | 4:11.97  | 4:11.97  |
| 800 Free           | 9:05.44  | 9:05.44  | 9:05.44  | 8:56.57  | 8:56.57  | 8:56.57  | 8:42.33  | 8:41.80  | 8:41.80  |
| 1500 Free          | 17:24.86 | 17:24.86 | 17:24.86 | 17:24.86 | 16:57.13 | 16:57.13 | 16:57.13 | 16:44.21 | 16:44.21 |
| 100 Back           | 1:04.01  | 1:04.01  | 1:03.94  | 1:03.94  | 1:02.50  | 1:02.50  | 1:02.50  | 1:02.50  | 1:02.50  |
| 200 Back           | 2:17.62  | 2:17.62  | 2:17.62  | 2:16.40  | 2:16.16  | 2:16.16  | 2:16.16  | 2:16.16  | 2:13.87  |
| 100 Breast         | 1:08.43  | 1:08.15  | 1:08.15  | 1:08.15  | 1:08.15  | 1:08.15  | 1:06.14  | 1:06.14  | 1:05.84  |
| 200 Breast         | 2:28.89  | 2:24.04  | 2:24.04  | 2:24.04  | 2:24.04  | 2:24.04  | 2:21.99  | 2:21.99  | 2:20.53  |
| 100 Fly            | 58.57    | 58.57    | 58.57    | 58.57    | 58.57    | 58.57    | 58.57    | 58.47    | 58.47    |
| 200 Fly            | 2:19.18  | 2:19.18  | 2:13.30  | 2:13.30  | 2:11.94  | 2:11.94  | 2:11.94  | 2:11.94  | 2:11.94  |
| 200 IM             | 2:17.42  | 2:17.42  | 2:17.42  | 2:17.42  | 2:14.37  | 2:14.37  | 2:14.37  | 2:14.37  | 2:14.37  |
| 400 IM             | 4:49.31  | 4:49.31  | 4:49.31  | 4:49.31  | 4:40.83  | 4:40.83  | 4:40.83  | 4:40.83  | 4:40.83  |

| 50 M<br>MALE<br>13 | TENTH    |          |          |          |          |          |          |          |          |
|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                    | 6/3      | 6/10     | 6/17     | 6/24     | 7/1      | 7/8      | 7/15     | 7/22     | 7/29     |
| 50 Free            | 26.80    | 26.68    | 26.68    | 26.65    | 26.42    | 26.42    | 26.24    | 26.15    | 26.15    |
| 100 Free           | 58.39    | 58.28    | 57.71    | 57.71    | 57.31    | 57.31    | 57.03    | 57.03    | 57.03    |
| 200 Free           | 2:07.59  | 2:07.59  | 2:07.50  | 2:07.50  | 2:05.50  | 2:05.50  | 2:05.16  | 2:04.25  | 2:04.12  |
| 400 Free           | 4:33.03  | 4:33.03  | 4:30.46  | 4:29.81  | 4:27.92  | 4:27.92  | 4:27.70  | 4:26.34  | 4:25.52  |
| 800 Free           | 9:28.15  | 9:28.15  | 9:27.78  | 9:27.78  | 9:18.32  | 9:18.32  | 9:16.38  | 9:15.26  | 9:15.26  |
| 1500 Free          | 18:22.44 | 18:22.44 | 18:04.40 | 18:04.40 | 17:53.42 | 17:53.42 | 17:50.31 | 17:49.09 | 17:49.09 |
| 100 Back           | 1:07.07  | 1:06.89  | 1:06.89  | 1:06.58  | 1:05.96  | 1:05.96  | 1:05.73  | 1:05.61  | 1:05.46  |
| 200 Back           | 2:24.82  | 2:24.49  | 2:24.14  | 2:24.14  | 2:22.45  | 2:22.45  | 2:22.20  | 2:21.51  | 2:20.77  |
| 100 Breast         | 1:13.77  | 1:13.77  | 1:13.66  | 1:13.66  | 1:12.65  | 1:12.65  | 1:12.27  | 1:12.10  | 1:12.10  |
| 200 Breast         | 2:39.56  | 2:39.30  | 2:39.30  | 2:39.30  | 2:36.60  | 2:36.60  | 2:35.74  | 2:35.35  | 2:34.69  |
| 100 Fly            | 1:04.16  | 1:03.89  | 1:03.62  | 1:03.60  | 1:02.09  | 1:02.09  | 1:02.09  | 1:01.79  | 1:01.79  |
| 200 Fly            | 2:23.43  | 2:23.23  | 2:21.83  | 2:21.78  | 2:19.63  | 2:19.63  | 2:19.18  | 2:18.42  | 2:17.82  |
| 200 IM             | 2:23.30  | 2:23.30  | 2:22.70  | 2:22.70  | 2:20.57  | 2:20.57  | 2:19.67  | 2:19.65  | 2:19.65  |
| 400 IM             | 5:06.78  | 5:06.32  | 5:04.88  | 5:03.59  | 4:59.81  | 4:59.81  | 4:57.80  | 4:57.80  | 4:57.80  |

| 50 M<br>MALE<br>13 | POWER POINTS |        |        |        |        |        |        |        |        |
|--------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|
|                    | 6/3          | 6/10   | 6/17   | 6/24   | 7/1    | 7/8    | 7/15   | 7/22   | 7/29   |
| 50 Free            | 8356         | 8402   | 8402   | 8414   | 8591   | 8591   | 8666   | 8697   | 8697   |
| 100 Free           | 8167         | 8234   | 8306   | 8306   | 8423   | 8423   | 8586   | 8586   | 8626   |
| 200 Free           | 8176         | 8176   | 8200   | 8222   | 8648   | 8648   | 8757   | 8859   | 8883   |
| 400 Free           | 8179         | 8179   | 8226   | 8275   | 8546   | 8546   | 8572   | 8698   | 8739   |
| 800 Free           | 7812         | 7812   | 7814   | 7966   | 8221   | 8221   | 8394   | 8599   | 8599   |
| 1500 Free          | 7562         | 7562   | 7816   | 7816   | 8055   | 8055   | 8066   | 8331   | 8331   |
| 100 Back           | 8280         | 8373   | 8471   | 8483   | 8721   | 8721   | 8796   | 8815   | 8878   |
| 200 Back           | 8073         | 8078   | 8205   | 8227   | 8446   | 8446   | 8467   | 8515   | 8601   |
| 100 Breast         | 8932         | 8941   | 8945   | 8945   | 9226   | 9226   | 9371   | 9436   | 9544   |
| 200 Breast         | 8761         | 8878   | 8942   | 8942   | 9136   | 9136   | 9239   | 9278   | 9377   |
| 100 Fly            | 8378         | 8471   | 8620   | 8645   | 9164   | 9164   | 9224   | 9293   | 9293   |
| 200 Fly            | 8222         | 8246   | 8493   | 8514   | 8989   | 8989   | 9025   | 9194   | 9204   |
| 200 IM             | 8559         | 8594   | 8620   | 8663   | 9022   | 9022   | 9115   | 9119   | 9119   |
| 400 IM             | 8254         | 8298   | 8467   | 8596   | 8904   | 8904   | 9029   | 9029   | 9029   |
| TOTAL              | 115711       | 116244 | 117527 | 118014 | 122092 | 122092 | 123307 | 124449 | 124920 |

**USA SWIMMING WESTERN ZONE TOP TEN  
PROGRESSION THRU JULY 29, 2015**

| 50 M<br>MALE<br>14 | FIRST    |          |          |          |          |          |          |          |          |
|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                    | 6/3      | 6/10     | 6/17     | 6/24     | 7/1      | 7/8      | 7/15     | 7/22     | 7/29     |
| 50 Free            | 24.97    | 24.97    | 24.66    | 24.66    | 24.66    | 24.66    | 24.66    | 24.63    | 24.63    |
| 100 Free           | 53.21    | 53.21    | 53.21    | 53.21    | 53.21    | 53.21    | 53.21    | 52.26    | 52.26    |
| 200 Free           | 1:54.53  | 1:54.53  | 1:54.53  | 1:54.53  | 1:54.53  | 1:54.53  | 1:54.53  | 1:51.90  | 1:51.90  |
| 400 Free           | 4:06.08  | 4:06.08  | 4:06.08  | 4:06.08  | 4:06.08  | 4:06.08  | 4:06.08  | 3:58.15  | 3:58.15  |
| 800 Free           | 8:29.24  | 8:29.24  | 8:29.24  | 8:29.24  | 8:29.24  | 8:29.24  | 8:29.24  | 8:29.24  | 8:29.24  |
| 1500 Free          | 16:23.81 | 16:23.81 | 16:23.81 | 16:23.81 | 16:23.81 | 16:23.81 | 16:23.81 | 16:23.81 | 16:23.81 |
| 100 Back           | 1:00.72  | 1:00.72  | 58.68    | 58.68    | 58.68    | 58.68    | 58.68    | 58.68    | 58.68    |
| 200 Back           | 2:12.98  | 2:12.98  | 2:11.70  | 2:11.70  | 2:11.70  | 2:11.70  | 2:11.70  | 2:10.29  | 2:10.29  |
| 100 Breast         | 1:08.33  | 1:08.33  | 1:08.33  | 1:07.65  | 1:07.65  | 1:07.65  | 1:07.65  | 1:07.61  | 1:07.61  |
| 200 Breast         | 2:27.21  | 2:27.21  | 2:27.21  | 2:25.92  | 2:25.92  | 2:25.92  | 2:25.92  | 2:25.92  | 2:25.92  |
| 100 Fly            | 57.81    | 57.81    | 57.81    | 57.81    | 57.38    | 57.38    | 57.38    | 57.38    | 55.95    |
| 200 Fly            | 2:09.48  | 2:09.48  | 2:09.48  | 2:09.48  | 2:07.55  | 2:07.55  | 2:07.55  | 2:04.24  | 2:04.24  |
| 200 IM             | 2:14.61  | 2:14.61  | 2:14.61  | 2:14.61  | 2:12.90  | 2:12.90  | 2:12.90  | 2:10.46  | 2:10.46  |
| 400 IM             | 4:43.53  | 4:43.53  | 4:43.53  | 4:43.53  | 4:43.53  | 4:43.53  | 4:43.53  | 4:37.40  | 4:37.40  |

| 50 M<br>MALE<br>14 | TENTH    |          |          |          |          |          |          |          |          |
|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                    | 6/3      | 6/10     | 6/17     | 6/24     | 7/1      | 7/8      | 7/15     | 7/22     | 7/29     |
| 50 Free            | 26.13    | 26.13    | 26.07    | 25.77    | 25.72    | 25.65    | 25.65    | 25.41    | 25.31    |
| 100 Free           | 56.37    | 56.37    | 56.23    | 55.87    | 55.70    | 55.70    | 55.61    | 55.44    | 55.44    |
| 200 Free           | 2:03.70  | 2:03.16  | 2:02.98  | 2:02.83  | 2:02.01  | 2:02.01  | 2:01.87  | 2:00.44  | 1:59.39  |
| 400 Free           | 4:22.20  | 4:21.79  | 4:21.07  | 4:19.25  | 4:17.88  | 4:17.88  | 4:17.66  | 4:16.28  | 4:16.07  |
| 800 Free           | 9:09.90  | 9:05.44  | 9:05.44  | 9:03.83  | 9:01.72  | 9:01.72  | 9:00.98  | 8:57.73  | 8:52.93  |
| 1500 Free          | 17:34.91 | 17:34.91 | 17:34.91 | 17:34.52 | 17:21.67 | 17:21.67 | 17:09.92 | 17:09.92 | 17:09.92 |
| 100 Back           | 1:04.27  | 1:03.88  | 1:03.74  | 1:03.63  | 1:03.39  | 1:03.39  | 1:03.23  | 1:03.23  | 1:02.29  |
| 200 Back           | 2:18.98  | 2:18.98  | 2:17.54  | 2:17.13  | 2:16.99  | 2:16.99  | 2:16.48  | 2:16.05  | 2:15.51  |
| 100 Breast         | 1:11.02  | 1:11.02  | 1:11.02  | 1:11.02  | 1:10.15  | 1:10.15  | 1:10.04  | 1:10.03  | 1:09.59  |
| 200 Breast         | 2:34.18  | 2:34.18  | 2:34.18  | 2:34.04  | 2:33.37  | 2:33.37  | 2:33.37  | 2:33.05  | 2:32.36  |
| 100 Fly            | 1:01.03  | 1:01.03  | 1:00.90  | 1:00.81  | 1:00.21  | 1:00.21  | 59.82    | 59.65    | 59.20    |
| 200 Fly            | 2:15.79  | 2:15.79  | 2:14.99  | 2:14.89  | 2:14.45  | 2:14.45  | 2:13.92  | 2:13.49  | 2:11.18  |
| 200 IM             | 2:18.03  | 2:18.03  | 2:17.90  | 2:17.90  | 2:16.25  | 2:16.25  | 2:15.85  | 2:15.78  | 2:15.38  |
| 400 IM             | 4:57.16  | 4:57.16  | 4:56.52  | 4:56.06  | 4:54.07  | 4:54.07  | 4:53.57  | 4:51.66  | 4:49.33  |

| 50 M<br>MALE<br>14 | POWER POINTS |        |        |        |        |        |        |        |        |
|--------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|
|                    | 6/3          | 6/10   | 6/17   | 6/24   | 7/1    | 7/8    | 7/15   | 7/22   | 7/29   |
| 50 Free            | 7991         | 7991   | 8119   | 8185   | 8245   | 8298   | 8298   | 8435   | 8483   |
| 100 Free           | 8379         | 8379   | 8398   | 8474   | 8567   | 8567   | 8573   | 8827   | 8827   |
| 200 Free           | 8321         | 8340   | 8368   | 8451   | 8534   | 8534   | 8590   | 8950   | 8974   |
| 400 Free           | 8173         | 8241   | 8255   | 8346   | 8528   | 8528   | 8531   | 8876   | 8878   |
| 800 Free           | 7816         | 7933   | 7933   | 8070   | 8085   | 8085   | 8198   | 8467   | 8552   |
| 1500 Free          | 7885         | 7885   | 7885   | 7957   | 8137   | 8137   | 8236   | 8305   | 8305   |
| 100 Back           | 8291         | 8306   | 8413   | 8491   | 8587   | 8587   | 8622   | 8637   | 8888   |
| 200 Back           | 7942         | 7942   | 8115   | 8207   | 8318   | 8318   | 8360   | 8572   | 8665   |
| 100 Breast         | 8605         | 8605   | 8605   | 8627   | 8752   | 8752   | 8781   | 8809   | 8848   |
| 200 Breast         | 8467         | 8467   | 8467   | 8487   | 8587   | 8587   | 8605   | 8696   | 8714   |
| 100 Fly            | 8478         | 8478   | 8551   | 8629   | 8780   | 8780   | 8871   | 8967   | 9087   |
| 200 Fly            | 8388         | 8388   | 8420   | 8461   | 8696   | 8696   | 8754   | 8907   | 9041   |
| 200 IM             | 8249         | 8249   | 8283   | 8283   | 8614   | 8614   | 8645   | 8796   | 8843   |
| 400 IM             | 8190         | 8190   | 8221   | 8241   | 8349   | 8349   | 8415   | 8645   | 8689   |
| TOTAL              | 115175       | 115394 | 116033 | 116909 | 118779 | 118832 | 119479 | 121889 | 122794 |

**USA SWIMMING WESTERN ZONE TOP TEN  
PROGRESSION THRU JULY 29, 2015**

| 50 M<br>MALE<br>15 | FIRST    |          |          |          |          |          |          |          |          |
|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                    | 6/3      | 6/10     | 6/17     | 6/24     | 7/1      | 7/8      | 7/15     | 7/22     | 7/29     |
| 50 Free            | 24.65    | 24.65    | 24.62    | 24.62    | 24.41    | 24.41    | 24.41    | 24.33    | 24.33    |
| 100 Free           | 52.54    | 52.54    | 52.54    | 52.54    | 52.54    | 52.54    | 52.54    | 52.54    | 52.54    |
| 200 Free           | 1:53.48  | 1:53.48  | 1:53.48  | 1:53.48  | 1:53.48  | 1:53.48  | 1:53.48  | 1:53.48  | 1:53.48  |
| 400 Free           | 3:59.80  | 3:59.80  | 3:59.80  | 3:59.80  | 3:59.28  | 3:59.28  | 3:58.63  | 3:58.63  | 3:58.63  |
| 800 Free           | 8:21.36  | 8:21.36  | 8:21.36  | 8:21.36  | 8:21.01  | 8:21.01  | 8:19.69  | 8:19.69  | 8:19.69  |
| 1500 Free          | 15:47.99 | 15:47.99 | 15:47.99 | 15:47.99 | 15:47.99 | 15:47.99 | 15:40.87 | 15:40.87 | 15:40.87 |
| 100 Back           | 59.51    | 59.51    | 59.51    | 59.51    | 59.51    | 59.51    | 59.51    | 59.51    | 59.51    |
| 200 Back           | 2:08.39  | 2:08.39  | 2:07.26  | 2:07.26  | 2:07.26  | 2:07.26  | 2:07.26  | 2:07.26  | 2:07.26  |
| 100 Breast         | 1:02.99  | 1:02.99  | 1:02.99  | 1:02.99  | 1:02.99  | 1:02.99  | 1:02.99  | 1:02.99  | 1:02.99  |
| 200 Breast         | 2:13.76  | 2:13.76  | 2:13.76  | 2:13.76  | 2:13.76  | 2:13.76  | 2:13.76  | 2:13.76  | 2:13.76  |
| 100 Fly            | 56.66    | 56.66    | 56.66    | 56.66    | 55.85    | 55.85    | 55.85    | 55.85    | 55.85    |
| 200 Fly            | 2:03.21  | 2:03.21  | 2:03.21  | 2:03.21  | 2:03.21  | 2:03.21  | 2:03.21  | 2:03.21  | 2:03.21  |
| 200 IM             | 2:08.42  | 2:08.42  | 2:08.42  | 2:08.42  | 2:08.42  | 2:08.42  | 2:08.42  | 2:08.10  | 2:08.10  |
| 400 IM             | 4:27.38  | 4:27.38  | 4:27.38  | 4:27.38  | 4:27.38  | 4:27.38  | 4:27.38  | 4:27.38  | 4:27.38  |

| 50 M<br>MALE<br>15 | TENTH    |          |          |          |          |          |          |          |          |
|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                    | 6/3      | 6/10     | 6/17     | 6/24     | 7/1      | 7/8      | 7/15     | 7/22     | 7/29     |
| 50 Free            | 25.25    | 25.25    | 25.13    | 25.13    | 24.96    | 24.96    | 24.89    | 24.83    | 24.81    |
| 100 Free           | 55.31    | 55.31    | 54.93    | 54.93    | 54.41    | 54.41    | 54.10    | 53.89    | 53.89    |
| 200 Free           | 1:59.09  | 1:59.09  | 1:58.97  | 1:58.97  | 1:57.99  | 1:57.99  | 1:57.99  | 1:57.75  | 1:57.53  |
| 400 Free           | 4:12.03  | 4:12.03  | 4:12.03  | 4:12.03  | 4:07.04  | 4:07.04  | 4:07.04  | 4:07.04  | 4:07.04  |
| 800 Free           | 8:56.70  | 8:56.70  | 8:55.88  | 8:55.88  | 8:48.70  | 8:48.70  | 8:48.70  | 8:41.16  | 8:39.82  |
| 1500 Free          | 16:52.74 | 16:52.74 | 16:49.46 | 16:49.46 | 16:45.89 | 16:45.89 | 16:45.89 | 16:45.56 | 16:45.56 |
| 100 Back           | 1:02.78  | 1:02.78  | 1:02.69  | 1:02.57  | 1:01.93  | 1:01.93  | 1:01.85  | 1:01.72  | 1:01.58  |
| 200 Back           | 2:16.06  | 2:16.06  | 2:15.63  | 2:15.20  | 2:14.15  | 2:14.15  | 2:14.05  | 2:12.76  | 2:12.15  |
| 100 Breast         | 1:10.23  | 1:10.23  | 1:09.21  | 1:09.00  | 1:08.64  | 1:08.64  | 1:08.63  | 1:08.39  | 1:08.01  |
| 200 Breast         | 2:31.81  | 2:31.26  | 2:31.26  | 2:29.71  | 2:29.17  | 2:29.17  | 2:28.41  | 2:28.10  | 2:27.89  |
| 100 Fly            | 59.92    | 59.92    | 59.54    | 59.54    | 58.86    | 58.86    | 58.82    | 58.05    | 58.05    |
| 200 Fly            | 2:13.29  | 2:13.29  | 2:11.75  | 2:11.75  | 2:10.80  | 2:10.80  | 2:09.88  | 2:09.31  | 2:08.78  |
| 200 IM             | 2:14.44  | 2:13.80  | 2:13.68  | 2:13.68  | 2:12.88  | 2:12.88  | 2:12.46  | 2:12.46  | 2:12.46  |
| 400 IM             | 4:49.38  | 4:49.38  | 4:46.81  | 4:46.81  | 4:45.41  | 4:45.41  | 4:43.95  | 4:42.09  | 4:41.05  |

| 50 M<br>MALE<br>15 | POWER POINTS |        |        |        |        |        |        |        |        |
|--------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|
|                    | 6/3          | 6/10   | 6/17   | 6/24   | 7/1    | 7/8    | 7/15   | 7/22   | 7/29   |
| 50 Free            | 8064         | 8064   | 8158   | 8158   | 8247   | 8253   | 8279   | 8378   | 8403   |
| 100 Free           | 8223         | 8223   | 8347   | 8347   | 8510   | 8510   | 8601   | 8676   | 8676   |
| 200 Free           | 8526         | 8526   | 8569   | 8569   | 8656   | 8656   | 8656   | 8720   | 8745   |
| 400 Free           | 8392         | 8392   | 8392   | 8396   | 8685   | 8685   | 8692   | 8728   | 8728   |
| 800 Free           | 7890         | 7890   | 7904   | 7910   | 8464   | 8464   | 8494   | 8718   | 8761   |
| 1500 Free          | 8119         | 8119   | 8153   | 8153   | 8432   | 8432   | 8482   | 8492   | 8492   |
| 100 Back           | 8121         | 8121   | 8154   | 8159   | 8279   | 8279   | 8374   | 8444   | 8471   |
| 200 Back           | 8009         | 8009   | 8150   | 8157   | 8232   | 8232   | 8353   | 8555   | 8607   |
| 100 Breast         | 8710         | 8710   | 8780   | 8909   | 8934   | 8934   | 8969   | 9044   | 9106   |
| 200 Breast         | 8626         | 8738   | 8738   | 8780   | 8897   | 8897   | 8988   | 9006   | 9094   |
| 100 Fly            | 7991         | 7991   | 8150   | 8150   | 8604   | 8604   | 8645   | 8730   | 8730   |
| 200 Fly            | 8332         | 8332   | 8377   | 8377   | 8740   | 8740   | 8765   | 8805   | 8861   |
| 200 IM             | 8158         | 8220   | 8223   | 8223   | 8339   | 8339   | 8379   | 8469   | 8469   |
| 400 IM             | 8111         | 8111   | 8161   | 8161   | 8353   | 8353   | 8400   | 8462   | 8494   |
| TOTAL              | 115272       | 115446 | 116256 | 116449 | 119372 | 119378 | 120077 | 121227 | 121637 |

**USA SWIMMING WESTERN ZONE TOP TEN  
PROGRESSION THRU JULY 29, 2015**

| 50 M<br>MALE<br>16 | FIRST    |          |          |          |          |          |          |          |          |
|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                    | 6/3      | 6/10     | 6/17     | 6/24     | 7/1      | 7/8      | 7/15     | 7/22     | 7/29     |
| 50 Free            | 23.21    | 23.21    | 23.21    | 23.21    | 23.21    | 23.21    | 23.21    | 23.21    | 23.21    |
| 100 Free           | 50.82    | 50.82    | 50.82    | 50.82    | 50.82    | 50.82    | 50.82    | 50.82    | 50.82    |
| 200 Free           | 1:54.20  | 1:54.20  | 1:54.20  | 1:54.20  | 1:54.20  | 1:54.20  | 1:54.20  | 1:54.20  | 1:54.20  |
| 400 Free           | 4:00.09  | 4:00.09  | 4:00.09  | 4:00.09  | 4:00.09  | 4:00.09  | 4:00.09  | 4:00.09  | 4:00.09  |
| 800 Free           | 8:26.33  | 8:26.33  | 8:26.33  | 8:20.09  | 8:20.09  | 8:20.09  | 8:20.09  | 8:18.55  | 8:18.55  |
| 1500 Free          | 15:37.46 | 15:37.46 | 15:37.46 | 15:37.46 | 15:37.46 | 15:37.46 | 15:37.46 | 15:37.46 | 15:37.46 |
| 100 Back           | 56.82    | 56.82    | 56.82    | 56.82    | 56.82    | 56.82    | 56.82    | 56.00    | 56.00    |
| 200 Back           | 2:02.72  | 2:02.72  | 2:02.72  | 2:02.72  | 2:02.72  | 2:02.72  | 2:02.72  | 2:01.73  | 2:01.73  |
| 100 Breast         | 1:03.90  | 1:03.90  | 1:03.90  | 1:03.90  | 1:03.90  | 1:03.90  | 1:03.90  | 1:03.90  | 1:03.90  |
| 200 Breast         | 2:21.06  | 2:21.06  | 2:21.06  | 2:21.06  | 2:21.06  | 2:21.06  | 2:21.06  | 2:21.06  | 2:21.06  |
| 100 Fly            | 53.84    | 53.84    | 53.84    | 53.84    | 53.84    | 53.84    | 53.84    | 53.84    | 53.84    |
| 200 Fly            | 2:06.08  | 2:06.08  | 2:06.08  | 2:06.08  | 2:05.70  | 2:05.70  | 2:01.88  | 2:01.88  | 2:01.88  |
| 200 IM             | 2:08.48  | 2:08.48  | 2:08.46  | 2:08.46  | 2:08.41  | 2:08.41  | 2:07.36  | 2:05.72  | 2:05.72  |
| 400 IM             | 4:31.70  | 4:31.70  | 4:31.70  | 4:31.70  | 4:31.70  | 4:31.70  | 4:31.70  | 4:30.90  | 4:30.04  |

| 50 M<br>MALE<br>16 | TENTH    |          |          |          |          |          |          |          |          |
|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                    | 6/3      | 6/10     | 6/17     | 6/24     | 7/1      | 7/8      | 7/15     | 7/22     | 7/29     |
| 50 Free            | 24.72    | 24.72    | 24.63    | 24.52    | 24.52    | 24.52    | 24.45    | 24.45    | 24.40    |
| 100 Free           | 53.64    | 53.64    | 53.64    | 53.64    | 53.29    | 53.29    | 53.26    | 53.25    | 53.20    |
| 200 Free           | 1:57.95  | 1:57.95  | 1:57.95  | 1:57.95  | 1:57.65  | 1:57.65  | 1:57.55  | 1:56.07  | 1:56.07  |
| 400 Free           | 4:11.13  | 4:11.13  | 4:11.13  | 4:10.37  | 4:07.51  | 4:07.51  | 4:07.51  | 4:06.29  | 4:06.29  |
| 800 Free           | 8:55.68  | 8:55.68  | 8:53.99  | 8:48.71  | 8:40.40  | 8:40.40  | 8:40.40  | 8:32.21  | 8:32.21  |
| 1500 Free          | 16:35.02 | 16:35.02 | 16:35.02 | 16:35.02 | 16:24.74 | 16:24.74 | 16:24.74 | 16:23.57 | 16:23.57 |
| 100 Back           | 1:00.54  | 1:00.54  | 1:00.21  | 1:00.21  | 59.97    | 59.97    | 59.97    | 59.45    | 59.45    |
| 200 Back           | 2:11.27  | 2:11.27  | 2:11.27  | 2:11.27  | 2:10.15  | 2:10.15  | 2:09.50  | 2:09.50  | 2:09.40  |
| 100 Breast         | 1:08.12  | 1:08.03  | 1:07.36  | 1:07.36  | 1:07.03  | 1:07.03  | 1:06.99  | 1:06.46  | 1:06.41  |
| 200 Breast         | 2:29.77  | 2:29.74  | 2:27.26  | 2:26.58  | 2:26.07  | 2:26.07  | 2:24.73  | 2:24.02  | 2:23.93  |
| 100 Fly            | 58.06    | 58.06    | 58.06    | 58.06    | 57.93    | 57.93    | 57.93    | 57.79    | 57.75    |
| 200 Fly            | 2:10.41  | 2:10.41  | 2:10.41  | 2:10.34  | 2:09.31  | 2:09.31  | 2:08.94  | 2:07.83  | 2:07.60  |
| 200 IM             | 2:12.80  | 2:12.80  | 2:12.59  | 2:12.54  | 2:10.86  | 2:10.86  | 2:10.86  | 2:09.80  | 2:09.35  |
| 400 IM             | 4:44.61  | 4:44.61  | 4:44.40  | 4:44.14  | 4:40.95  | 4:40.95  | 4:40.95  | 4:39.63  | 4:37.74  |

| 50 M<br>MALE<br>16 | POWER POINTS |        |        |        |        |        |        |        |        |
|--------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|
|                    | 6/3          | 6/10   | 6/17   | 6/24   | 7/1    | 7/8    | 7/15   | 7/22   | 7/29   |
| 50 Free            | 8492         | 8492   | 8539   | 8548   | 8613   | 8613   | 8623   | 8623   | 8630   |
| 100 Free           | 8483         | 8483   | 8483   | 8483   | 8565   | 8565   | 8567   | 8573   | 8575   |
| 200 Free           | 8205         | 8205   | 8205   | 8205   | 8226   | 8226   | 8228   | 8471   | 8471   |
| 400 Free           | 8082         | 8082   | 8082   | 8132   | 8268   | 8268   | 8289   | 8483   | 8483   |
| 800 Free           | 7514         | 7514   | 7549   | 7725   | 7934   | 7934   | 7985   | 8273   | 8273   |
| 1500 Free          | 8335         | 8335   | 8335   | 8335   | 8468   | 8468   | 8472   | 8545   | 8545   |
| 100 Back           | 8669         | 8669   | 8738   | 8749   | 8875   | 8875   | 8887   | 8984   | 8984   |
| 200 Back           | 8540         | 8540   | 8540   | 8540   | 8745   | 8745   | 8761   | 8900   | 8936   |
| 100 Breast         | 8693         | 8746   | 8837   | 8837   | 8862   | 8862   | 8893   | 8961   | 9019   |
| 200 Breast         | 8515         | 8611   | 8690   | 8730   | 8816   | 8816   | 8964   | 9038   | 9048   |
| 100 Fly            | 8434         | 8434   | 8434   | 8444   | 8595   | 8595   | 8619   | 8632   | 8639   |
| 200 Fly            | 8109         | 8109   | 8109   | 8115   | 8260   | 8260   | 8433   | 8452   | 8471   |
| 200 IM             | 8384         | 8384   | 8472   | 8507   | 8688   | 8688   | 8717   | 8932   | 8976   |
| 400 IM             | 8067         | 8067   | 8095   | 8099   | 8354   | 8354   | 8354   | 8527   | 8613   |
| TOTAL              | 116522       | 116671 | 117108 | 117449 | 119269 | 119269 | 119792 | 121394 | 121663 |

**USA SWIMMING WESTERN ZONE TOP TEN  
PROGRESSION THRU JULY 29, 2015**

| 50 M<br>MALE<br>17 | FIRST    |          |          |          |          |          |          |          |          |
|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                    | 6/3      | 6/10     | 6/17     | 6/24     | 7/1      | 7/8      | 7/15     | 7/22     | 7/29     |
| 50 Free            | 23.44    | 23.44    | 23.44    | 23.44    | 23.29    | 23.29    | 23.29    | 23.29    | 23.13    |
| 100 Free           | 51.10    | 51.10    | 51.10    | 51.08    | 51.08    | 51.08    | 51.08    | 51.08    | 51.08    |
| 200 Free           | 1:50.10  | 1:50.10  | 1:50.10  | 1:49.50  | 1:49.50  | 1:49.50  | 1:49.50  | 1:49.50  | 1:49.50  |
| 400 Free           | 3:56.66  | 3:56.66  | 3:56.66  | 3:56.66  | 3:56.66  | 3:56.66  | 3:56.66  | 3:56.66  | 3:56.66  |
| 800 Free           | 8:11.14  | 8:11.14  | 8:11.14  | 8:11.14  | 8:11.14  | 8:11.14  | 8:11.14  | 8:11.14  | 8:11.14  |
| 1500 Free          | 15:29.39 | 15:29.39 | 15:29.39 | 15:29.39 | 15:29.39 | 15:29.39 | 15:29.39 | 15:29.39 | 15:29.39 |
| 100 Back           | 57.64    | 57.64    | 57.64    | 57.64    | 57.64    | 57.64    | 57.64    | 57.64    | 57.64    |
| 200 Back           | 2:04.37  | 2:04.37  | 2:04.37  | 2:04.37  | 2:04.37  | 2:04.37  | 2:04.37  | 2:04.37  | 2:04.37  |
| 100 Breast         | 1:03.69  | 1:03.69  | 1:03.69  | 1:03.69  | 1:03.69  | 1:03.69  | 1:03.69  | 1:03.69  | 1:03.69  |
| 200 Breast         | 2:18.35  | 2:18.35  | 2:18.35  | 2:18.35  | 2:18.35  | 2:18.35  | 2:18.35  | 2:18.35  | 2:18.35  |
| 100 Fly            | 54.07    | 54.07    | 54.07    | 54.07    | 54.07    | 54.07    | 54.07    | 54.07    | 53.32    |
| 200 Fly            | 1:59.56  | 1:59.56  | 1:59.56  | 1:59.56  | 1:59.56  | 1:59.56  | 1:59.56  | 1:59.56  | 1:59.56  |
| 200 IM             | 2:04.31  | 2:04.31  | 2:04.31  | 2:04.31  | 2:04.31  | 2:04.31  | 2:04.31  | 2:04.31  | 2:04.31  |
| 400 IM             | 4:27.66  | 4:27.66  | 4:27.66  | 4:27.66  | 4:27.66  | 4:27.66  | 4:27.66  | 4:27.66  | 4:26.73  |

| 50 M<br>MALE<br>17 | TENTH    |          |          |          |          |          |          |          |          |
|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                    | 6/3      | 6/10     | 6/17     | 6/24     | 7/1      | 7/8      | 7/15     | 7/22     | 7/29     |
| 50 Free            | 24.35    | 24.31    | 24.31    | 24.16    | 24.11    | 24.11    | 24.07    | 24.06    | 24.05    |
| 100 Free           | 52.98    | 52.98    | 52.98    | 52.80    | 52.62    | 52.62    | 52.62    | 52.61    | 52.61    |
| 200 Free           | 1:56.12  | 1:56.06  | 1:55.91  | 1:55.44  | 1:55.02  | 1:55.02  | 1:55.02  | 1:55.02  | 1:55.02  |
| 400 Free           | 4:05.71  | 4:05.71  | 4:05.71  | 4:05.42  | 4:04.16  | 4:04.16  | 4:03.98  | 4:02.60  | 4:02.60  |
| 800 Free           | 8:42.81  | 8:41.52  | 8:41.52  | 8:39.36  | 8:34.75  | 8:34.75  | 8:32.75  | 8:30.96  | 8:30.96  |
| 1500 Free          | 16:32.01 | 16:32.01 | 16:32.01 | 16:32.01 | 16:18.76 | 16:18.76 | 16:18.76 | 16:18.76 | 16:18.76 |
| 100 Back           | 59.45    | 59.45    | 59.37    | 59.22    | 58.79    | 58.79    | 58.79    | 58.78    | 58.69    |
| 200 Back           | 2:10.17  | 2:10.17  | 2:08.89  | 2:08.64  | 2:08.56  | 2:08.56  | 2:08.56  | 2:07.53  | 2:07.53  |
| 100 Breast         | 1:06.71  | 1:06.52  | 1:06.52  | 1:06.52  | 1:06.49  | 1:06.49  | 1:06.49  | 1:06.03  | 1:05.97  |
| 200 Breast         | 2:26.42  | 2:26.42  | 2:26.36  | 2:26.19  | 2:25.12  | 2:25.12  | 2:24.99  | 2:24.80  | 2:24.31  |
| 100 Fly            | 57.12    | 57.12    | 56.77    | 56.76    | 56.76    | 56.76    | 56.64    | 56.64    | 56.39    |
| 200 Fly            | 2:07.23  | 2:07.23  | 2:07.23  | 2:06.40  | 2:06.29  | 2:06.29  | 2:06.02  | 2:05.77  | 2:05.77  |
| 200 IM             | 2:09.93  | 2:09.93  | 2:09.93  | 2:09.93  | 2:09.63  | 2:09.63  | 2:09.28  | 2:08.99  | 2:08.99  |
| 400 IM             | 4:37.07  | 4:37.07  | 4:37.07  | 4:37.07  | 4:35.69  | 4:35.69  | 4:35.56  | 4:35.18  | 4:35.18  |

| 50 M<br>MALE<br>17 | POWER POINTS |        |        |        |        |        |        |        |        |
|--------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|
|                    | 6/3          | 6/10   | 6/17   | 6/24   | 7/1    | 7/8    | 7/15   | 7/22   | 7/29   |
| 50 Free            | 8234         | 8266   | 8266   | 8332   | 8354   | 8354   | 8366   | 8371   | 8534   |
| 100 Free           | 8281         | 8281   | 8281   | 8405   | 8432   | 8432   | 8432   | 8448   | 8448   |
| 200 Free           | 8305         | 8381   | 8420   | 8634   | 8644   | 8644   | 8644   | 8644   | 8644   |
| 400 Free           | 8391         | 8391   | 8391   | 8458   | 8526   | 8526   | 8528   | 8553   | 8553   |
| 800 Free           | 7838         | 7955   | 8037   | 8148   | 8219   | 8219   | 8233   | 8335   | 8335   |
| 1500 Free          | 8257         | 8257   | 8257   | 8283   | 8491   | 8491   | 8491   | 8491   | 8491   |
| 100 Back           | 8359         | 8359   | 8418   | 8441   | 8467   | 8467   | 8467   | 8493   | 8503   |
| 200 Back           | 8286         | 8286   | 8336   | 8431   | 8495   | 8495   | 8495   | 8547   | 8547   |
| 100 Breast         | 8623         | 8634   | 8634   | 8634   | 8695   | 8695   | 8695   | 8730   | 8752   |
| 200 Breast         | 8517         | 8521   | 8529   | 8539   | 8615   | 8615   | 8628   | 8667   | 8708   |
| 100 Fly            | 8398         | 8407   | 8463   | 8523   | 8523   | 8523   | 8580   | 8601   | 8746   |
| 200 Fly            | 8488         | 8488   | 8488   | 8561   | 8568   | 8568   | 8604   | 8641   | 8641   |
| 200 IM             | 8453         | 8453   | 8454   | 8458   | 8510   | 8510   | 8532   | 8557   | 8591   |
| 400 IM             | 8341         | 8341   | 8341   | 8341   | 8394   | 8394   | 8415   | 8450   | 8498   |
| TOTAL              | 116771       | 117020 | 117315 | 118188 | 118933 | 118933 | 119110 | 119528 | 119991 |



**USA SWIMMING WESTERN ZONE TOP TEN  
PROGRESSION THRU JULY 29, 2015**

| 50 M<br>MALE<br>18 | FIRST    |          |          |          |          |          |          |          |          |
|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                    | 6/3      | 6/10     | 6/17     | 6/24     | 7/1      | 7/8      | 7/15     | 7/22     | 7/29     |
| 50 Free            | 23.58    | 23.58    | 23.47    | 23.47    | 23.47    | 23.47    | 23.47    | 23.47    | 23.47    |
| 100 Free           | 50.53    | 50.53    | 50.53    | 50.53    | 50.53    | 50.53    | 50.53    | 50.53    | 50.53    |
| 200 Free           | 1:54.40  | 1:54.40  | 1:54.40  | 1:53.30  | 1:51.10  | 1:51.10  | 1:51.10  | 1:51.10  | 1:51.10  |
| 400 Free           | 3:58.53  | 3:58.53  | 3:58.53  | 3:58.53  | 3:54.16  | 3:54.16  | 3:54.16  | 3:54.16  | 3:54.16  |
| 800 Free           | 8:12.76  | 8:12.76  | 8:12.76  | 8:12.76  | 8:02.78  | 8:02.78  | 8:02.78  | 8:02.78  | 8:02.78  |
| 1500 Free          | 15:45.30 | 15:45.30 | 15:45.30 | 15:45.30 | 15:21.42 | 15:21.42 | 15:21.42 | 15:21.42 | 15:21.42 |
| 100 Back           | 57.40    | 57.40    | 57.40    | 57.40    | 57.40    | 57.40    | 56.60    | 56.60    | 56.6     |
| 200 Back           | 2:02.87  | 2:02.87  | 2:02.87  | 2:02.87  | 2:02.87  | 2:02.87  | 2:02.01  | 2:02.01  | 2:02.01  |
| 100 Breast         | 1:04.58  | 1:04.58  | 1:04.58  | 1:04.58  | 1:04.13  | 1:04.13  | 1:04.13  | 1:04.13  | 1:03.61  |
| 200 Breast         | 2:21.16  | 2:21.16  | 2:21.16  | 2:19.89  | 2:19.72  | 2:19.72  | 2:19.33  | 2:19.33  | 2:19.33  |
| 100 Fly            | 54.40    | 54.40    | 54.40    | 53.68    | 53.56    | 53.56    | 53.16    | 53.16    | 53.16    |
| 200 Fly            | 2:04.65  | 2:04.65  | 2:04.65  | 1:59.73  | 1:58.43  | 1:58.43  | 1:58.22  | 1:58.22  | 1:58.22  |
| 200 IM             | 2:05.58  | 2:05.58  | 2:05.58  | 2:05.58  | 2:03.83  | 2:03.83  | 2:03.83  | 2:03.83  | 2:03.83  |
| 400 IM             | 4:28.30  | 4:28.30  | 4:28.30  | 4:28.30  | 4:28.30  | 4:28.30  | 4:28.30  | 4:28.30  | 4:28.30  |

| 50 M<br>MALE<br>18 | TENTH    |          |          |          |          |          |          |          |          |
|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                    | 6/3      | 6/10     | 6/17     | 6/24     | 7/1      | 7/8      | 7/15     | 7/22     | 7/29     |
| 50 Free            | 24.07    | 24.07    | 24.07    | 24.04    | 24.03    | 24.03    | 23.86    | 23.82    | 23.80    |
| 100 Free           | 53.32    | 53.32    | 53.29    | 53.21    | 52.89    | 52.89    | 52.78    | 52.45    | 52.44    |
| 200 Free           | 1:57.09  | 1:57.09  | 1:57.09  | 1:55.95  | 1:55.06  | 1:55.06  | 1:54.75  | 1:54.65  | 1:54.65  |
| 400 Free           | 4:10.81  | 4:10.49  | 4:10.49  | 4:09.56  | 4:07.68  | 4:07.68  | 4:06.16  | 4:06.09  | 4:06.09  |
| 800 Free           | 9:02.97  | 9:02.97  | 9:02.97  | 8:54.83  | 8:40.90  | 8:40.90  | 8:40.61  | 8:39.72  | 8:36.74  |
| 1500 Free          | 16:39.43 | 16:39.43 | 16:39.43 | 16:39.43 | 16:29.40 | 16:29.40 | 16:29.40 | 16:18.47 | 16:18.47 |
| 100 Back           | 1:01.12  | 1:01.12  | 1:01.12  | 1:00.53  | 59.11    | 59.11    | 59.11    | 59.11    | 59.11    |
| 200 Back           | 2:14.66  | 2:14.60  | 2:13.74  | 2:12.05  | 2:09.54  | 2:09.54  | 2:09.01  | 2:08.29  | 2:08.29  |
| 100 Breast         | 1:08.29  | 1:08.09  | 1:07.55  | 1:07.51  | 1:07.47  | 1:07.47  | 1:06.58  | 1:06.10  | 1:06.10  |
| 200 Breast         | 2:27.88  | 2:27.88  | 2:26.99  | 2:26.58  | 2:25.98  | 2:25.98  | 2:25.76  | 2:24.23  | 2:24.23  |
| 100 Fly            | 56.92    | 56.92    | 56.92    | 56.84    | 56.43    | 56.43    | 56.43    | 56.00    | 56.00    |
| 200 Fly            | 2:08.83  | 2:08.83  | 2:08.83  | 2:07.34  | 2:07.19  | 2:07.19  | 2:06.72  | 2:06.57  | 2:06.57  |
| 200 IM             | 2:10.81  | 2:10.81  | 2:10.81  | 2:09.96  | 2:09.54  | 2:09.54  | 2:09.28  | 2:09.28  | 2:09.28  |
| 400 IM             | 4:47.69  | 4:47.69  | 4:47.69  | 4:43.95  | 4:42.88  | 4:42.88  | 4:40.99  | 4:38.92  | 4:38.92  |

| 50 M<br>MALE<br>18 | POWER POINTS |        |        |        |        |        |        |        |        |
|--------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|
|                    | 6/3          | 6/10   | 6/17   | 6/24   | 7/1    | 7/8    | 7/15   | 7/22   | 7/29   |
| 50 Free            | 8409         | 8409   | 8424   | 8427   | 8448   | 8448   | 8469   | 8523   | 8525   |
| 100 Free           | 8034         | 8034   | 8074   | 8152   | 8291   | 8291   | 8349   | 8405   | 8406   |
| 200 Free           | 7962         | 7962   | 7962   | 8171   | 8309   | 8309   | 8390   | 8491   | 8498   |
| 400 Free           | 7717         | 7720   | 7720   | 7870   | 8306   | 8306   | 8420   | 8451   | 8451   |
| 800 Free           | 7389         | 7443   | 7647   | 7647   | 8077   | 8077   | 8237   | 8264   | 8284   |
| 1500 Free          | 8101         | 8101   | 8101   | 8101   | 8372   | 8372   | 8372   | 8403   | 8403   |
| 100 Back           | 8037         | 8037   | 8037   | 8284   | 8455   | 8455   | 8493   | 8647   | 8647   |
| 200 Back           | 7675         | 7728   | 7744   | 7829   | 8283   | 8283   | 8390   | 8442   | 8442   |
| 100 Breast         | 8101         | 8128   | 8171   | 8216   | 8306   | 8325   | 8464   | 8511   | 8567   |
| 200 Breast         | 8371         | 8371   | 8409   | 8481   | 8620   | 8620   | 8682   | 8736   | 8736   |
| 100 Fly            | 8281         | 8281   | 8281   | 8499   | 8701   | 8701   | 8719   | 8765   | 8765   |
| 200 Fly            | 7980         | 7980   | 7993   | 8237   | 8456   | 8456   | 8475   | 8541   | 8541   |
| 200 IM             | 8335         | 8335   | 8335   | 8390   | 8566   | 8566   | 8572   | 8572   | 8614   |
| 400 IM             | 7802         | 7802   | 7802   | 8001   | 8140   | 8140   | 8262   | 8283   | 8283   |
| TOTAL              | 112194       | 112331 | 112700 | 114305 | 117330 | 117349 | 118294 | 119034 | 119162 |