

**USA SWIMMING CENTRAL ZONE TOP TEN
PROGRESSION 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 | 29.86 | 28.74 | 28.74 | 28.74 | 28.74 | 28.74 | 28.74 | 28.36 | |
| 100 Free | 1:04.69 | 1:03.14 | 1:03.14 | 1:03.14 | 1:03.14 | 1:02.20 | 1:02.20 | 1:02.20 | |
| 200 Free | 2:17.39 | 2:17.39 | 2:17.39 | 2:17.39 | 2:17.39 | 2:17.39 | 2:17.39 | 2:17.39 | |
| 400 Free | 4:38.47 | 4:38.47 | 4:38.47 | 4:38.47 | 4:38.47 | 4:38.47 | 4:38.47 | 4:38.47 | |
| 800 Free | 10:42.86 | 10:28.20 | 10:23.88 | 10:23.88 | 10:23.88 | 10:23.88 | 10:23.88 | 10:23.88 | |
| 1500 Free | 18:54.10 | 18:54.10 | 18:54.10 | 18:54.10 | 18:54.10 | 18:54.10 | 18:54.10 | 18:54.10 | |
| 50 Back | 34.58 | 34.37 | 33.68 | 33.68 | 33.68 | 33.68 | 33.68 | 32.45 | |
| 100 Back | 1:12.33 | 1:12.33 | 1:11.20 | 1:11.20 | 1:11.20 | 1:10.68 | 1:10.68 | 1:09.32 | |
| 200 Back | 2:39.60 | 2:39.60 | 2:39.06 | 2:39.06 | 2:33.16 | 2:33.16 | 2:33.16 | 2:33.16 | |
| 50 Breast | 36.95 | 36.95 | 36.95 | 36.95 | 36.95 | 36.95 | 36.95 | 36.95 | |
| 100 Breast | 1:18.72 | 1:18.72 | 1:18.72 | 1:18.72 | 1:18.72 | 1:18.72 | 1:18.72 | 1:18.72 | |
| 200 Breast | 2:54.96 | 2:54.96 | 2:54.96 | 2:54.96 | 2:54.96 | 2:54.96 | 2:54.96 | 2:54.96 | |
| 50 Fly | 31.72 | 29.85 | 29.85 | 30.93 | 30.93 | 30.93 | 30.93 | 30.93 | |
| 100 Fly | 1:11.24 | 1:10.71 | 1:09.25 | 1:09.16 | 1:09.16 | 1:09.16 | 1:09.16 | 1:09.16 | |
| 200 Fly | 2:41.48 | 2:41.48 | 2:41.48 | 2:41.48 | 2:38.32 | 2:38.32 | 2:38.32 | 2:38.32 | |
| 200 IM | 2:31.48 | 2:31.48 | 2:31.48 | 2:31.48 | 2:31.48 | 2:31.48 | 2:31.48 | 2:31.48 | |
| 400 IM | 5:33.98 | 5:33.98 | 5:33.98 | 5:33.98 | 5:33.98 | 5:33.98 | 5:33.98 | 5:33.98 | |

| 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 | 30.69 | 30.35 | 30.28 | 29.95 | 29.91 | 29.86 | 29.86 | 29.71 | |
| 100 Free | 1:07.04 | 1:06.35 | 1:05.62 | 1:05.57 | 1:05.52 | 1:05.34 | 1:05.06 | 1:05.06 | |
| 200 Free | 2:26.83 | 2:25.23 | 2:24.13 | 2:23.86 | 2:23.16 | 2:21.60 | 2:21.60 | 2:21.45 | |
| 400 Free | 5:07.18 | 5:07.18 | 5:03.05 | 5:02.93 | 5:00.59 | 4:57.94 | 4:57.94 | 4:57.94 | |
| 800 Free | | 12:51.49 | 12:12.11 | 11:32.14 | 11:16.59 | 11:06.71 | 11:00.43 | 10:54.71 | |
| 1500 Free | | 22:39.09 | 22:16.45 | 21:36.64 | 21:35.76 | 21:35.76 | 21:16.99 | 21:16.99 | |
| 50 Back | 35.74 | 35.57 | 35.1 | 34.96 | 34.46 | 34.46 | 34.46 | 34.37 | |
| 100 Back | 1:16.54 | 1:16.37 | 1:15.61 | 1:15.06 | 1:14.82 | 1:14.68 | 1:14.68 | 1:14.65 | |
| 200 Back | 2:48.61 | 2:45.96 | 2:45.63 | 2:45.63 | 2:44.51 | 2:44.26 | 2:44.26 | 2:43.90 | |
| 50 Breast | 40.27 | 40.25 | 40.11 | 39.63 | 39.13 | 39.04 | 38.82 | 38.82 | |
| 100 Breast | 1:27.62 | 1:27.58 | 1:27.23 | 1:26.61 | 1:26.06 | 1:25.99 | 1:25.78 | 1:25.78 | |
| 200 Breast | 3:14.65 | 3:12.67 | 3:09.16 | 3:09.16 | 3:07.75 | 3:07.75 | 3:07.75 | 3:06.57 | |
| 50 Fly | 33.08 | 32.36 | 32.09 | 32.09 | 32.09 | 32.06 | 32.06 | 31.97 | |
| 100 Fly | 1:14.53 | 1:13.27 | 1:12.89 | 1:12.89 | 1:12.82 | 1:12.82 | 1:12.82 | 1:12.76 | |
| 200 Fly | 3:01.61 | 3:01.61 | 2:54.85 | 2:52.42 | 2:52.10 | 2:52.07 | 2:50.70 | 2:48.71 | |
| 200 IM | 2:46.18 | 2:45.92 | 2:44.47 | 2:43.25 | 2:41.17 | 2:40.90 | 2:40.90 | 2:40.90 | |
| 400 IM | 6:00.83 | 6:00.83 | 5:58.09 | 5:57.79 | 5:56.15 | 5:52.41 | 5:50.58 | 5:49.74 | |

| 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 | 7580 | 7824 | 8013 | 8125 | 8135 | 8144 | 8144 | 8325 | |
| 100 Free | 7663 | 7903 | 8105 | 8138 | 8164 | 8279 | 8296 | 8360 | |
| 200 Free | 7359 | 7469 | 7628 | 7728 | 7869 | 8131 | 8131 | 8239 | |
| 400 Free | 7435 | 7435 | 7648 | 7670 | 7786 | 7936 | 8013 | 8102 | |
| 800 Free | 2689 | 5795 | 6296 | 6894 | 7084 | 7261 | 7369 | 7448 | |
| 1500 Free | 4584 | 7194 | 7238 | 7714 | 7724 | 7724 | 8107 | 8107 | |
| 50 Back | 7416 | 7636 | 7991 | 8052 | 8225 | 8225 | 8225 | 8418 | |
| 100 Back | 7614 | 7749 | 8133 | 8186 | 8265 | 8313 | 8313 | 8410 | |
| 200 Back | 7566 | 7779 | 7914 | 7914 | 8112 | 8183 | 8183 | 8235 | |
| 50 Breast | 7383 | 7389 | 7477 | 7746 | 7927 | 7932 | 8026 | 8026 | |
| 100 Breast | 7537 | 7581 | 7624 | 7682 | 7783 | 7798 | 7864 | 7864 | |
| 200 Breast | 7434 | 7474 | 7608 | 7608 | 7652 | 7652 | 7676 | 7843 | |
| 50 Fly | 7851 | 8229 | 8304 | 8191 | 8192 | 8205 | 8205 | 8310 | |
| 100 Fly | 7841 | 7927 | 8161 | 8252 | 8263 | 8263 | 8263 | 8315 | |
| 200 Fly | 7385 | 7385 | 7697 | 7826 | 7981 | 8017 | 8083 | 8111 | |
| 200 IM | 7571 | 7733 | 7788 | 7943 | 8054 | 8128 | 8128 | 8158 | |
| 400 IM | 7939 | 7939 | 7995 | 8030 | 8106 | 8189 | 8265 | 8286 | |
| TOTAL | 120847 | 128441 | 131620 | 133699 | 135322 | 136380 | 137291 | 138557 | |

**USA SWIMMING CENTRAL ZONE TOP TEN
PROGRESSION 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 | 28.01 | 27.98 | 27.98 | 27.98 | 27.98 | 27.98 | |
| 100 Free | 1:01.13 | 1:01.13 | 1:00.28 | 1:00.28 | 1:00.28 | 1:00.28 | 1:00.28 | 1:00.28 | |
| 200 Free | 2:09.73 | 2:09.73 | 2:09.73 | 2:09.73 | 2:09.73 | 2:09.73 | 2:09.73 | 2:09.73 | |
| 400 Free | 4:36.25 | 4:36.25 | 4:36.25 | 4:36.25 | 4:35.08 | 4:35.08 | 4:35.08 | 4:28.62 | |
| 800 Free | 9:42.92 | 9:42.92 | 9:42.92 | 9:42.92 | 9:42.92 | 9:42.92 | 9:42.92 | 9:24.84 | |
| 1500 Free | 18:40.20 | 18:40.20 | 18:40.20 | 18:40.20 | 18:40.20 | 18:40.20 | 17:46.63 | 17:46.63 | |
| 50 Back | 31.15 | 31.15 | 31.15 | 31.15 | 31.15 | 31.15 | 31.15 | 31.15 | |
| 100 Back | 1:07.93 | 1:07.93 | 1:07.93 | 1:07.50 | 1:07.50 | 1:07.50 | 1:07.12 | 1:07.12 | |
| 200 Back | 2:22.76 | 2:22.76 | 2:22.76 | 2:22.76 | 2:22.76 | 2:22.76 | 2:22.76 | 2:22.76 | |
| 50 Breast | 34.94 | 34.94 | 34.94 | 34.94 | 34.94 | 34.94 | 34.94 | 34.94 | |
| 100 Breast | 1:17.15 | 1:17.15 | 1:17.15 | 1:17.15 | 1:15.97 | 1:15.97 | 1:15.97 | 1:15.97 | |
| 200 Breast | 2:50.95 | 2:50.95 | 2:50.95 | 2:50.95 | 2:50.95 | 2:50.95 | 2:50.95 | 2:50.95 | |
| 50 Fly | 29.88 | 29.88 | 29.88 | 29.62 | 29.62 | 29.62 | 29.62 | 29.62 | |
| 100 Fly | 1:06.73 | 1:06.73 | 1:06.73 | 1:06.73 | 1:05.85 | 1:05.85 | 1:05.85 | 1:05.35 | |
| 200 Fly | 2:30.60 | 2:29.15 | 2:29.15 | 2:29.15 | 2:26.87 | 2:26.87 | 2:26.87 | 2:26.87 | |
| 200 IM | 2:27.93 | 2:27.93 | 2:27.93 | 2:27.93 | 2:27.93 | 2:27.93 | 2:27.93 | 2:27.93 | |
| 400 IM | 5:09.16 | 5:09.16 | 5:09.16 | 5:09.16 | 5:09.16 | 5:09.16 | 5:09.16 | 5:09.16 | |

| 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 | 29.40 | 29.37 | 29.24 | 28.88 | 28.62 | 28.62 | 28.58 | 28.58 | |
| 100 Free | 1:03.93 | 1:03.93 | 1:03.42 | 1:02.70 | 1:02.29 | 1:02.29 | 1:02.17 | 1:02.12 | |
| 200 Free | 2:19.34 | 2:18.49 | 2:18.49 | 2:16.86 | 2:15.98 | 2:15.98 | 2:15.68 | 2:15.20 | |
| 400 Free | 4:53.37 | 4:53.37 | 4:52.23 | 4:50.14 | 4:44.32 | 4:44.32 | 4:44.32 | 4:43.45 | |
| 800 Free | 10:21.30 | 10:20.40 | 10:18.98 | 10:12.95 | 10:12.58 | 10:12.36 | 10:11.55 | 10:06.50 | |
| 1500 Free | 20:34.57 | 20:18.68 | 20:18.68 | 19:30.86 | 19:30.86 | 19:30.86 | 19:22.79 | 19:22.79 | |
| 50 Back | 33.55 | 33.50 | 33.36 | 33.22 | 32.79 | 32.79 | 32.79 | 32.73 | |
| 100 Back | 1:12.38 | 1:12.38 | 1:11.66 | 1:11.40 | 1:09.89 | 1:09.89 | 1:09.78 | 1:09.53 | |
| 200 Back | 2:37.33 | 2:37.02 | 2:34.61 | 2:34.47 | 2:33.28 | 2:33.28 | 2:32.49 | 2:32.49 | |
| 50 Breast | 37.29 | 37.29 | 37.29 | 36.99 | 36.56 | 36.56 | 36.56 | 36.45 | |
| 100 Breast | 1:22.81 | 1:22.21 | 1:22.08 | 1:21.53 | 1:20.63 | 1:20.63 | 1:20.56 | 1:19.93 | |
| 200 Breast | 3:01.96 | 3:01.39 | 3:00.20 | 2:59.59 | 2:57.44 | 2:57.44 | 2:57.08 | 2:56.91 | |
| 50 Fly | 31.46 | 31.46 | 31.46 | 31.26 | 30.44 | 30.44 | 30.44 | 30.44 | |
| 100 Fly | 1:10.36 | 1:10.20 | 1:10.20 | 1:09.84 | 1:08.03 | 1:08.03 | 1:07.91 | 1:07.91 | |
| 200 Fly | 2:43.30 | 2:41.58 | 2:40.58 | 2:40.33 | 2:40.24 | 2:40.24 | 2:39.44 | 2:39.21 | |
| 200 IM | 2:36.12 | 2:36.12 | 2:35.77 | 2:35.38 | 2:34.17 | 2:34.17 | 2:34.12 | 2:33.41 | |
| 400 IM | 5:41.66 | 5:41.53 | 5:36.88 | 5:36.18 | 5:29.87 | 5:29.87 | 5:28.99 | 5:27.56 | |

| 50 M FEMALE 12 | POWVER POINTS | | | | | | | | |
|-------------------|---------------|--------|--------|--------|--------|--------|--------|--------|------|
| | 6/3 | 6/10 | 6/17 | 6/24 | 7/1 | 7/8 | 7/15 | 7/22 | 7/29 |
| 50 Free | 7657 | 7660 | 7882 | 8067 | 8133 | 8133 | 8141 | 8141 | |
| 100 Free | 7778 | 7778 | 7962 | 8141 | 8235 | 8235 | 8266 | 8328 | |
| 200 Free | 7622 | 7653 | 7653 | 7893 | 8020 | 8020 | 8116 | 8243 | |
| 400 Free | 7659 | 7659 | 7699 | 7790 | 8146 | 8146 | 8146 | 8263 | |
| 800 Free | 7593 | 7597 | 7670 | 7709 | 7711 | 7716 | 7758 | 8050 | |
| 1500 Free | 7339 | 7679 | 7679 | 7916 | 7916 | 7916 | 8339 | 8339 | |
| 50 Back | 8223 | 8236 | 8311 | 8351 | 8799 | 8799 | 8799 | 8803 | |
| 100 Back | 8028 | 8028 | 8134 | 8319 | 8506 | 8506 | 8564 | 8640 | |
| 200 Back | 8049 | 8053 | 8176 | 8232 | 8518 | 8518 | 8601 | 8633 | |
| 50 Breast | 7858 | 7858 | 7858 | 7942 | 8240 | 8240 | 8258 | 8310 | |
| 100 Breast | 7494 | 7560 | 7606 | 7687 | 8057 | 8057 | 8103 | 8170 | |
| 200 Breast | 7187 | 7244 | 7313 | 7387 | 7535 | 7535 | 7554 | 7619 | |
| 50 Fly | 7837 | 7837 | 7837 | 8115 | 8429 | 8429 | 8429 | 8429 | |
| 100 Fly | 7755 | 7854 | 7854 | 7988 | 8318 | 8318 | 8323 | 8392 | |
| 200 Fly | 7443 | 7631 | 7722 | 7734 | 7856 | 7911 | 7935 | 7952 | |
| 200 IM | 7763 | 7763 | 7791 | 7859 | 8201 | 8201 | 8269 | 8338 | |
| 400 IM | 7564 | 7646 | 7725 | 7787 | 8044 | 8044 | 8211 | 8259 | |
| TOTAL | 130849 | 131736 | 132872 | 134917 | 138664 | 138724 | 139812 | 140909 | |

**USA SWIMMING CENTRAL ZONE TOP TEN
PROGRESSION 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 | 27.84 | 27.84 | 27.84 | 27.84 | 27.84 | 27.69 | 27.69 | 27.17 | |
| 100 Free | 1:00.19 | 1:00.19 | 1:00.19 | 1:00.19 | 58.61 | 58.61 | 58.61 | 58.61 | |
| 200 Free | 2:08.89 | 2:08.89 | 2:08.89 | 2:08.89 | 2:08.74 | 2:08.74 | 2:08.74 | 2:06.96 | |
| 400 Free | 4:29.22 | 4:29.22 | 4:29.22 | 4:29.22 | 4:29.22 | 4:29.22 | 4:29.22 | 4:29.08 | |
| 800 Free | 9:22.40 | 9:22.40 | 9:22.40 | 9:22.40 | 9:22.40 | 9:22.40 | 9:22.40 | 9:11.05 | |
| 1500 Free | 18:44.78 | 18:44.78 | 18:21.18 | 18:21.18 | 18:21.18 | 18:21.18 | 18:21.18 | 17:39.90 | |
| 100 Back | 1:06.79 | 1:06.79 | 1:06.79 | 1:06.79 | 1:02.54 | 1:02.54 | 1:02.54 | 1:02.54 | |
| 200 Back | 2:24.39 | 2:24.39 | 2:24.39 | 2:24.39 | 2:14.69 | 2:14.69 | 2:14.69 | 2:14.69 | |
| 100 Breast | 1:13.60 | 1:13.60 | 1:13.60 | 1:13.60 | 1:13.60 | 1:13.60 | 1:13.60 | 1:13.60 | |
| 200 Breast | 2:39.78 | 2:39.78 | 2:39.53 | 2:39.53 | 2:39.53 | 2:37.63 | 2:37.63 | 2:37.63 | |
| 100 Fly | 1:05.64 | 1:05.64 | 1:05.64 | 1:04.43 | 1:03.11 | 1:03.11 | 1:03.11 | 1:03.11 | |
| 200 Fly | 2:23.84 | 2:23.84 | 2:23.84 | 2:23.59 | 2:21.26 | 2:21.26 | 2:21.26 | 2:20.05 | |
| 200 IM | 2:27.57 | 2:27.57 | 2:27.57 | 2:27.57 | 2:27.23 | 2:25.37 | 2:25.37 | 2:25.37 | |
| 400 IM | 5:15.33 | 5:15.33 | 5:15.33 | 5:10.90 | 5:10.90 | 5:10.90 | 5:10.90 | 5:08.51 | |

| 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 | 28.57 | 28.57 | 28.51 | 28.25 | 28.23 | 28.19 | 28.19 | 28.14 | |
| 100 Free | 1:02.60 | 1:02.51 | 1:02.22 | 1:01.33 | 1:01.28 | 1:01.28 | 1:01.21 | 1:00.67 | |
| 200 Free | 2:15.76 | 2:15.76 | 2:15.53 | 2:13.55 | 2:12.91 | 2:12.38 | 2:12.27 | 2:11.70 | |
| 400 Free | 4:46.33 | 4:46.33 | 4:45.68 | 4:43.16 | 4:40.69 | 4:40.69 | 4:40.69 | 4:38.43 | |
| 800 Free | 10:01.54 | 9:59.08 | 9:54.94 | 9:49.98 | 9:49.47 | 9:49.47 | 9:49.47 | 9:46.10 | |
| 1500 Free | 19:40.22 | 19:35.43 | 19:11.69 | 18:54.89 | 18:48.47 | 18:48.47 | 18:38.56 | 18:38.31 | |
| 100 Back | 1:10.38 | 1:10.14 | 1:09.88 | 1:08.96 | 1:08.92 | 1:08.78 | 1:08.61 | 1:08.00 | |
| 200 Back | 2:32.03 | 2:30.88 | 2:29.71 | 2:27.83 | 2:27.30 | 2:27.30 | 2:27.30 | 2:27.12 | |
| 100 Breast | 1:20.20 | 1:20.11 | 1:20.11 | 1:18.72 | 1:18.22 | 1:18.22 | 1:18.22 | 1:17.66 | |
| 200 Breast | 2:51.87 | 2:51.87 | 2:51.87 | 2:50.34 | 2:49.31 | 2:49.31 | 2:48.68 | 2:47.64 | |
| 100 Fly | 1:07.37 | 1:07.37 | 1:07.14 | 1:06.71 | 1:06.59 | 1:06.57 | 1:06.56 | 1:06.32 | |
| 200 Fly | 2:33.59 | 2:33.07 | 2:32.90 | 2:31.91 | 2:28.97 | 2:28.97 | 2:28.97 | 2:28.64 | |
| 200 IM | 2:32.83 | 2:32.83 | 2:32.54 | 2:30.40 | 2:29.94 | 2:29.94 | 2:29.69 | 2:29.54 | |
| 400 IM | 5:28.36 | 5:27.70 | 5:25.96 | 5:20.98 | 5:18.37 | 5:18.37 | 5:17.59 | 5:17.21 | |

| 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 | 7757 | 7757 | 7816 | 7965 | 7990 | 8057 | 8057 | 8194 | |
| 100 Free | 7541 | 7557 | 7683 | 7867 | 7989 | 8063 | 8066 | 8271 | |
| 200 Free | 7087 | 7087 | 7174 | 7450 | 7638 | 7795 | 7810 | 8031 | |
| 400 Free | 6937 | 6937 | 6959 | 7267 | 7424 | 7424 | 7424 | 7697 | |
| 800 Free | 6713 | 6789 | 6892 | 7082 | 7161 | 7161 | 7161 | 7363 | |
| 1500 Free | 6277 | 6370 | 6828 | 6998 | 7170 | 7170 | 7270 | 7592 | |
| 100 Back | 7946 | 7955 | 8129 | 8344 | 8541 | 8614 | 8634 | 8807 | |
| 200 Back | 7735 | 7770 | 7885 | 8007 | 8285 | 8296 | 8296 | 8431 | |
| 100 Breast | 7844 | 7847 | 7847 | 8005 | 8186 | 8242 | 8242 | 8282 | |
| 200 Breast | 7579 | 7579 | 7582 | 7743 | 7828 | 7853 | 7885 | 8014 | |
| 100 Fly | 7816 | 7816 | 7827 | 8024 | 8242 | 8252 | 8253 | 8286 | |
| 200 Fly | 7340 | 7410 | 7501 | 7714 | 8063 | 8063 | 8075 | 8191 | |
| 200 IM | 7622 | 7622 | 7687 | 7789 | 7914 | 7990 | 8025 | 8055 | |
| 400 IM | 7286 | 7307 | 7359 | 7602 | 7754 | 7768 | 7831 | 7890 | |
| TOTAL | 103480 | 103803 | 105169 | 107857 | 110185 | 110748 | 111029 | 113104 | |

**USA SWIMMING CENTRAL ZONE TOP TEN
PROGRESSION 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 | 26.22 | 26.22 | 26.22 | 26.22 | 26.22 | 26.22 | 26.22 | 25.54 | |
| 100 Free | 58.02 | 58.02 | 58.02 | 58.02 | 58.02 | 58.02 | 58.02 | 58.02 | |
| 200 Free | 2:03.83 | 2:03.83 | 2:03.83 | 2:03.83 | 2:03.83 | 2:03.83 | 2:03.83 | 2:03.83 | |
| 400 Free | 4:25.06 | 4:25.06 | 4:25.06 | 4:25.06 | 4:25.05 | 4:25.05 | 4:25.05 | 4:24.32 | |
| 800 Free | 9:13.52 | 9:13.52 | 9:13.52 | 9:05.19 | 9:05.19 | 9:05.19 | 9:05.19 | 9:01.02 | |
| 1500 Free | 17:51.29 | 17:51.29 | 17:51.29 | 17:51.29 | 17:51.29 | 17:51.29 | 17:51.29 | 17:51.29 | |
| 100 Back | 1:02.23 | 1:02.23 | 1:02.23 | 1:02.23 | 1:02.23 | 1:02.23 | 1:02.23 | 1:02.23 | |
| 200 Back | 2:11.44 | 2:11.44 | 2:11.44 | 2:11.44 | 2:11.44 | 2:11.44 | 2:11.44 | 2:11.44 | |
| 100 Breast | 1:09.82 | 1:09.82 | 1:09.82 | 1:09.82 | 1:09.82 | 1:09.82 | 1:09.82 | 1:09.82 | |
| 200 Breast | 2:38.19 | 2:38.19 | 2:38.19 | 2:38.19 | 2:38.19 | 2:38.12 | 2:38.12 | 2:38.12 | |
| 100 Fly | 1:05.22 | 1:04.75 | 1:04.75 | 1:04.75 | 1:04.38 | 1:04.38 | 1:04.38 | 1:03.65 | |
| 200 Fly | 2:24.30 | 2:24.30 | 2:24.30 | 2:21.42 | 2:21.11 | 2:21.11 | 2:21.11 | 2:19.48 | |
| 200 IM | 2:22.07 | 2:22.07 | 2:22.07 | 2:22.07 | 2:22.07 | 2:22.07 | 2:22.07 | 2:22.07 | |
| 400 IM | 5:03.76 | 5:03.76 | 5:03.76 | 5:03.76 | 5:03.76 | 5:03.76 | 5:03.76 | 5:03.76 | |

| 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 | 27.98 | 27.83 | 27.82 | 27.59 | 27.57 | 27.52 | 27.52 | 27.44 | |
| 100 Free | 1:00.60 | 1:00.60 | 1:00.52 | 1:00.18 | 1:00.18 | 1:00.18 | 1:00.18 | 59.53 | |
| 200 Free | 2:11.72 | 2:11.41 | 2:10.56 | 2:10.43 | 2:10.43 | 2:10.40 | 2:10.40 | 2:10.29 | |
| 400 Free | 4:38.49 | 4:38.49 | 4:38.07 | 4:35.88 | 4:34.64 | 4:32.76 | 4:32.76 | 4:32.57 | |
| 800 Free | 9:44.75 | 9:42.13 | 9:34.45 | 9:31.89 | 9:31.89 | 9:31.89 | 9:31.89 | 9:30.73 | |
| 1500 Free | 18:36.75 | 18:35.32 | 18:26.56 | 18:26.35 | 18:23.21 | 18:19.70 | 18:17.95 | 18:10.55 | |
| 100 Back | 1:07.55 | 1:07.31 | 1:07.31 | 1:06.72 | 1:06.72 | 1:06.72 | 1:06.72 | 1:06.67 | |
| 200 Back | 2:26.01 | 2:25.50 | 2:25.50 | 2:24.37 | 2:24.37 | 2:24.37 | 2:24.37 | 2:24.37 | |
| 100 Breast | 1:18.86 | 1:18.86 | 1:18.86 | 1:17.33 | 1:16.61 | 1:16.61 | 1:16.61 | 1:16.61 | |
| 200 Breast | 2:49.81 | 2:49.81 | 2:49.50 | 2:48.09 | 2:47.46 | 2:47.46 | 2:47.42 | 2:45.59 | |
| 100 Fly | 1:07.06 | 1:07.06 | 1:07.05 | 1:06.54 | 1:06.11 | 1:06.11 | 1:06.11 | 1:05.92 | |
| 200 Fly | 2:29.67 | 2:29.67 | 2:29.67 | 2:27.81 | 2:25.43 | 2:25.43 | 2:25.43 | 2:25.12 | |
| 200 IM | 2:29.72 | 2:29.72 | 2:28.77 | 2:28.26 | 2:27.44 | 2:27.44 | 2:27.44 | 2:27.06 | |
| 400 IM | 5:18.33 | 5:18.33 | 5:17.92 | 5:16.18 | 5:14.54 | 5:14.48 | 5:14.48 | 5:12.95 | |

| 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 | 8148 | 8198 | 8200 | 8310 | 8316 | 8338 | 8338 | 8549 | |
| 100 Free | 8083 | 8100 | 8131 | 8258 | 8258 | 8267 | 8267 | 8409 | |
| 200 Free | 7906 | 8014 | 8035 | 8167 | 8168 | 8193 | 8193 | 8234 | |
| 400 Free | 7661 | 7661 | 7684 | 7849 | 7976 | 8015 | 8015 | 8037 | |
| 800 Free | 7326 | 7374 | 7486 | 7744 | 7840 | 7840 | 7840 | 7907 | |
| 1500 Free | 7347 | 7451 | 7480 | 7510 | 7543 | 7574 | 7610 | 7682 | |
| 100 Back | 8626 | 8717 | 8717 | 8748 | 8748 | 8748 | 8748 | 8760 | |
| 200 Back | 8309 | 8349 | 8349 | 8509 | 8509 | 8509 | 8509 | 8553 | |
| 100 Breast | 8262 | 8262 | 8262 | 8417 | 8589 | 8633 | 8633 | 8671 | |
| 200 Breast | 7733 | 7733 | 7755 | 7963 | 8062 | 8063 | 8091 | 8171 | |
| 100 Fly | 7526 | 7547 | 7567 | 7671 | 7769 | 7769 | 7769 | 7976 | |
| 200 Fly | 7472 | 7501 | 7501 | 7729 | 8005 | 8005 | 8005 | 8078 | |
| 200 IM | 7704 | 7704 | 7736 | 7812 | 7930 | 7930 | 7930 | 8005 | |
| 400 IM | 7514 | 7514 | 7536 | 7657 | 7714 | 7727 | 7727 | 7813 | |
| TOTAL | 109617 | 110125 | 110439 | 112344 | 113427 | 113611 | 113675 | 114845 | |

**USA SWIMMING CENTRAL ZONE TOP TEN
PROGRESSION 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 | 26.30 | 26.30 | 26.30 | 26.07 | 25.88 | 25.88 | 25.88 | 25.88 | |
| 100 Free | 57.20 | 57.20 | 57.20 | 57.13 | 57.13 | 57.13 | 57.13 | 56.85 | |
| 200 Free | 2:02.13 | 2:02.13 | 2:02.13 | 2:02.13 | 2:01.72 | 2:01.72 | 2:01.72 | 2:01.72 | |
| 400 Free | 4:16.08 | 4:16.08 | 4:16.08 | 4:16.08 | 4:14.86 | 4:14.86 | 4:14.86 | 4:14.86 | |
| 800 Free | 8:49.03 | 8:49.03 | 8:49.03 | 8:49.03 | 8:49.03 | 8:49.03 | 8:49.03 | 8:49.03 | |
| 1500 Free | 17:01.62 | 17:01.62 | 17:01.62 | 17:01.62 | 17:01.62 | 17:01.62 | 17:01.62 | 17:01.62 | |
| 100 Back | 1:03.07 | 1:03.07 | 1:03.07 | 1:03.07 | 1:03.07 | 1:03.07 | 1:03.07 | 1:03.07 | |
| 200 Back | 2:16.03 | 2:16.03 | 2:16.03 | 2:16.03 | 2:16.03 | 2:16.03 | 2:16.03 | 2:16.03 | |
| 100 Breast | 1:13.98 | 1:11.81 | 1:11.81 | 1:10.73 | 1:10.73 | 1:10.73 | 1:10.73 | 1:10.73 | |
| 200 Breast | 2:36.72 | 2:36.72 | 2:36.72 | 2:36.72 | 2:36.72 | 2:36.72 | 2:36.72 | 2:35.77 | |
| 100 Fly | 1:01.72 | 1:01.72 | 1:01.72 | 1:01.56 | 1:01.56 | 1:01.56 | 1:01.56 | 1:00.87 | |
| 200 Fly | 2:12.69 | 2:12.69 | 2:12.69 | 2:12.69 | 2:12.69 | 2:12.69 | 2:12.69 | 2:12.69 | |
| 200 IM | 2:17.57 | 2:17.57 | 2:17.57 | 2:17.57 | 2:17.57 | 2:17.57 | 2:17.57 | 2:17.57 | |
| 400 IM | 4:50.98 | 4:50.98 | 4:50.98 | 4:50.98 | 4:50.98 | 4:50.98 | 4:50.98 | 4:50.98 | |

| 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 | 26.84 | 26.84 | 26.84 | 26.82 | 26.80 | 26.80 | 26.80 | 26.78 | |
| 100 Free | 58.73 | 58.73 | 58.73 | 58.22 | 58.05 | 58.05 | 58.05 | 57.99 | |
| 200 Free | 2:08.13 | 2:08.13 | 2:08.13 | 2:07.77 | 2:07.26 | 2:07.26 | 2:07.26 | 2:06.07 | |
| 400 Free | 4:28.81 | 4:28.81 | 4:28.81 | 4:27.56 | 4:27.56 | 4:27.56 | 4:27.56 | 4:26.32 | |
| 800 Free | 9:18.39 | 9:18.39 | 9:18.39 | 9:17.62 | 9:13.54 | 9:13.54 | 9:13.54 | 9:13.54 | |
| 1500 Free | 17:45.91 | 17:45.91 | 17:45.91 | 17:45.91 | 17:43.25 | 17:43.25 | 17:43.25 | 17:43.25 | |
| 100 Back | 1:06.03 | 1:06.03 | 1:06.03 | 1:06.03 | 1:06.03 | 1:06.03 | 1:06.03 | 1:05.66 | |
| 200 Back | 2:24.99 | 2:24.99 | 2:24.91 | 2:22.74 | 2:22.01 | 2:22.01 | 2:22.01 | 2:22.01 | |
| 100 Breast | 1:16.84 | 1:16.30 | 1:16.30 | 1:16.30 | 1:16.30 | 1:16.30 | 1:16.08 | 1:15.47 | |
| 200 Breast | 2:46.53 | 2:46.34 | 2:46.34 | 2:45.13 | 2:44.21 | 2:44.21 | 2:44.21 | 2:42.00 | |
| 100 Fly | 1:05.68 | 1:05.63 | 1:05.63 | 1:04.87 | 1:04.46 | 1:04.32 | 1:04.32 | 1:03.84 | |
| 200 Fly | 2:25.11 | 2:25.11 | 2:25.11 | 2:24.27 | 2:23.79 | 2:23.71 | 2:23.71 | 2:22.84 | |
| 200 IM | 2:27.62 | 2:27.62 | 2:27.62 | 2:26.17 | 2:24.26 | 2:24.26 | 2:24.26 | 2:23.26 | |
| 400 IM | 5:13.76 | 5:13.76 | 5:13.05 | 5:11.74 | 5:07.90 | 5:07.90 | 5:07.90 | 5:05.70 | |

| 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 | 8423 | 8423 | 8423 | 8480 | 8563 | 8563 | 8563 | 8611 | |
| 100 Free | 8345 | 8345 | 8345 | 8438 | 8447 | 8447 | 8447 | 8472 | |
| 200 Free | 8215 | 8215 | 8215 | 8318 | 8417 | 8417 | 8417 | 8571 | |
| 400 Free | 8375 | 8375 | 8375 | 8390 | 8456 | 8456 | 8456 | 8547 | |
| 800 Free | 7869 | 7869 | 7869 | 7947 | 8003 | 8003 | 8003 | 8112 | |
| 1500 Free | 8145 | 8145 | 8145 | 8145 | 8236 | 8236 | 8236 | 8252 | |
| 100 Back | 8614 | 8614 | 8614 | 8614 | 8624 | 8624 | 8624 | 8673 | |
| 200 Back | 8265 | 8265 | 8363 | 8484 | 8515 | 8515 | 8515 | 8515 | |
| 100 Breast | 7787 | 7954 | 7954 | 7987 | 7998 | 7998 | 8074 | 8242 | |
| 200 Breast | 7726 | 7800 | 7800 | 7893 | 7928 | 7928 | 7928 | 8170 | |
| 100 Fly | 8052 | 8133 | 8133 | 8243 | 8285 | 8305 | 8305 | 8455 | |
| 200 Fly | 8151 | 8151 | 8151 | 8171 | 8200 | 8296 | 8296 | 8375 | |
| 200 IM | 8163 | 8163 | 8163 | 8282 | 8407 | 8407 | 8407 | 8477 | |
| 400 IM | 7783 | 7795 | 7806 | 7844 | 7912 | 7912 | 7912 | 8037 | |
| TOTAL | 113913 | 114247 | 114356 | 115236 | 115991 | 116107 | 116183 | 117509 | |

**USA SWIMMING CENTRAL ZONE TOP TEN
PROGRESSION 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 | 25.65 | 25.65 | 25.65 | 25.65 | 25.65 | 25.65 | 25.65 | 25.65 | |
| 100 Free | 56.80 | 56.80 | 56.80 | 56.80 | 56.66 | 56.66 | 56.66 | 56.66 | |
| 200 Free | 2:02.35 | 2:02.35 | 2:02.35 | 2:02.35 | 2:02.35 | 2:02.35 | 2:02.35 | 2:02.35 | |
| 400 Free | 4:16.21 | 4:16.21 | 4:16.21 | 4:16.21 | 4:16.21 | 4:16.21 | 4:16.21 | 4:16.21 | |
| 800 Free | 8:44.60 | 8:44.60 | 8:44.60 | 8:44.60 | 8:44.60 | 8:44.60 | 8:44.60 | 8:44.60 | |
| 1500 Free | 17:18.99 | 17:18.99 | 17:18.99 | 17:18.99 | 17:18.99 | 17:18.99 | 17:18.99 | 17:07.64 | |
| 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 | 2:14.69 | 2:14.69 | 2:14.69 | 2:14.69 | 2:14.69 | 2:14.69 | 2:14.69 | 2:14.69 | |
| 100 Breast | 1:11.80 | 1:11.80 | 1:11.80 | 1:11.80 | 1:11.80 | 1:11.80 | 1:11.80 | 1:11.80 | |
| 200 Breast | 2:33.61 | 2:33.61 | 2:33.61 | 2:33.61 | 2:33.61 | 2:33.61 | 2:33.61 | 2:33.61 | |
| 100 Fly | 1:00.89 | 1:00.89 | 1:00.89 | 1:00.89 | 1:00.89 | 1:00.89 | 1:00.89 | 1:00.89 | |
| 200 Fly | 2:12.04 | 2:12.04 | 2:12.04 | 2:12.04 | 2:11.86 | 2:11.86 | 2:11.86 | 2:10.37 | |
| 200 IM | 2:16.84 | 2:16.84 | 2:16.84 | 2:16.84 | 2:16.84 | 2:16.84 | 2:16.84 | 2:16.84 | |
| 400 IM | 4:48.96 | 4:48.96 | 4:48.96 | 4:48.96 | 4:48.96 | 4:48.96 | 4:48.96 | 4:48.96 | |

| 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 | 27.25 | 27.18 | 27.18 | 26.97 | 26.88 | 26.77 | 26.77 | 26.66 | |
| 100 Free | 58.28 | 58.28 | 58.28 | 58.28 | 58.08 | 58.08 | 58.08 | 57.89 | |
| 200 Free | 2:06.65 | 2:06.65 | 2:06.65 | 2:06.65 | 2:05.89 | 2:05.89 | 2:05.89 | 2:05.89 | |
| 400 Free | 4:26.94 | 4:26.94 | 4:26.94 | 4:26.94 | 4:25.00 | 4:25.00 | 4:25.00 | 4:24.49 | |
| 800 Free | 9:21.48 | 9:21.48 | 9:21.48 | 9:21.02 | 9:16.81 | 9:14.95 | 9:14.95 | 9:07.70 | |
| 1500 Free | 18:48.11 | 18:44.38 | 18:39.20 | 18:26.05 | 18:10.54 | 18:10.54 | 18:10.54 | 18:01.01 | |
| 100 Back | 1:06.27 | 1:06.27 | 1:06.27 | 1:05.86 | 1:05.38 | 1:05.38 | 1:05.38 | 1:04.69 | |
| 200 Back | 2:20.88 | 2:20.88 | 2:20.88 | 2:20.88 | 2:20.79 | 2:20.79 | 2:20.79 | 2:20.14 | |
| 100 Breast | 1:14.13 | 1:14.13 | 1:14.13 | 1:14.13 | 1:14.13 | 1:14.13 | 1:14.13 | 1:14.10 | |
| 200 Breast | 2:40.56 | 2:40.56 | 2:40.56 | 2:40.14 | 2:40.14 | 2:40.14 | 2:40.14 | 2:39.29 | |
| 100 Fly | 1:03.42 | 1:03.42 | 1:03.42 | 1:03.38 | 1:03.07 | 1:03.07 | 1:03.07 | 1:02.90 | |
| 200 Fly | 2:22.70 | 2:22.70 | 2:22.70 | 2:22.70 | 2:22.49 | 2:22.49 | 2:22.49 | 2:22.45 | |
| 200 IM | 2:22.39 | 2:22.39 | 2:22.39 | 2:22.39 | 2:22.39 | 2:22.39 | 2:22.39 | 2:22.39 | |
| 400 IM | 5:03.25 | 5:03.25 | 5:03.25 | 5:03.23 | 5:01.54 | 5:01.54 | 5:01.54 | 5:00.64 | |

| 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 | 8531 | 8552 | 8552 | 8637 | 8678 | 8683 | 8683 | 8738 | |
| 100 Free | 8401 | 8401 | 8401 | 8401 | 8444 | 8444 | 8444 | 8496 | |
| 200 Free | 8151 | 8151 | 8151 | 8151 | 8313 | 8313 | 8313 | 8334 | |
| 400 Free | 8116 | 8116 | 8116 | 8116 | 8213 | 8213 | 8213 | 8285 | |
| 800 Free | 7752 | 7752 | 7752 | 7755 | 7806 | 7833 | 7833 | 8080 | |
| 1500 Free | 6655 | 6694 | 6889 | 7091 | 7285 | 7285 | 7322 | 7781 | |
| 100 Back | 8625 | 8629 | 8629 | 8725 | 8776 | 8776 | 8776 | 8967 | |
| 200 Back | 8605 | 8605 | 8605 | 8605 | 8606 | 8606 | 8606 | 8627 | |
| 100 Breast | 8220 | 8220 | 8220 | 8220 | 8220 | 8220 | 8220 | 8293 | |
| 200 Breast | 8335 | 8335 | 8335 | 8427 | 8427 | 8427 | 8427 | 8497 | |
| 100 Fly | 8471 | 8471 | 8471 | 8487 | 8533 | 8533 | 8533 | 8574 | |
| 200 Fly | 8374 | 8374 | 8374 | 8380 | 8389 | 8389 | 8389 | 8487 | |
| 200 IM | 8533 | 8533 | 8533 | 8564 | 8565 | 8565 | 8565 | 8653 | |
| 400 IM | 8259 | 8259 | 8259 | 8313 | 8380 | 8380 | 8380 | 8411 | |
| TOTAL | 115028 | 115092 | 115287 | 115872 | 116635 | 116667 | 116704 | 118223 | |

**USA SWIMMING CENTRAL ZONE TOP TEN
PROGRESSION 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 | 25.81 | 25.81 | 25.81 | 25.81 | 25.81 | 25.81 | 25.81 | 25.03 | |
| 100 Free | 55.52 | 55.52 | 55.52 | 55.52 | 55.52 | 55.52 | 55.52 | 55.07 | |
| 200 Free | 2:00.02 | 2:00.02 | 2:00.02 | 1:59.66 | 1:59.66 | 1:59.66 | 1:59.66 | 1:59.25 | |
| 400 Free | 4:14.67 | 4:14.67 | 4:14.67 | 4:14.67 | 4:14.67 | 4:14.67 | 4:14.67 | 4:13.33 | |
| 800 Free | 8:53.69 | 8:53.69 | 8:53.69 | 8:53.69 | 8:53.69 | 8:53.69 | 8:53.69 | 8:53.69 | |
| 1500 Free | 16:58.19 | 16:58.19 | 16:58.19 | 16:58.19 | 16:58.19 | 16:58.19 | 16:58.19 | 16:46.26 | |
| 100 Back | 1:02.89 | 1:02.89 | 1:02.89 | 1:02.89 | 1:02.89 | 1:02.89 | 1:02.89 | 1:02.89 | |
| 200 Back | 2:20.66 | 2:20.66 | 2:20.66 | 2:19.41 | 2:18.91 | 2:18.91 | 2:18.91 | 2:15.72 | |
| 100 Breast | 1:09.11 | 1:09.11 | 1:09.11 | 1:09.11 | 1:09.11 | 1:09.11 | 1:09.11 | 1:09.11 | |
| 200 Breast | 2:27.82 | 2:27.82 | 2:27.82 | 2:27.82 | 2:27.82 | 2:27.82 | 2:27.82 | 2:27.82 | |
| 100 Fly | 1:01.10 | 1:01.10 | 1:01.10 | 1:01.10 | 1:00.98 | 1:00.98 | 1:00.98 | 1:00.08 | |
| 200 Fly | 2:17.28 | 2:17.28 | 2:17.28 | 2:16.23 | 2:16.23 | 2:16.23 | 2:16.23 | 2:14.21 | |
| 200 IM | 2:14.38 | 2:14.38 | 2:14.38 | 2:14.38 | 2:14.38 | 2:14.38 | 2:14.38 | 2:14.38 | |
| 400 IM | 4:47.56 | 4:47.56 | 4:47.56 | 4:47.56 | 4:47.56 | 4:47.56 | 4:47.56 | 4:47.56 | |

| 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 | 26.73 | 26.73 | 26.73 | 26.72 | 26.67 | 26.67 | 26.67 | 26.55 | |
| 100 Free | 58.64 | 58.64 | 58.60 | 58.49 | 58.07 | 57.93 | 57.93 | 57.51 | |
| 200 Free | 2:06.08 | 2:06.08 | 2:06.08 | 2:05.56 | 2:05.56 | 2:05.56 | 2:05.56 | 2:05.17 | |
| 400 Free | 4:27.30 | 4:27.30 | 4:27.30 | 4:27.30 | 4:26.71 | 4:26.67 | 4:26.67 | 4:26.67 | |
| 800 Free | 9:14.69 | 9:14.69 | 9:14.69 | 9:14.69 | 9:11.48 | 9:11.48 | 9:11.48 | 9:10.42 | |
| 1500 Free | 18:25.80 | 18:25.80 | 18:25.80 | 17:58.52 | 17:57.34 | 17:57.34 | 17:55.94 | 17:51.79 | |
| 100 Back | 1:06.51 | 1:06.51 | 1:05.66 | 1:05.48 | 1:05.39 | 1:05.39 | 1:05.39 | 1:04.82 | |
| 200 Back | 2:23.56 | 2:23.56 | 2:23.56 | 2:22.82 | 2:22.73 | 2:22.70 | 2:22.70 | 2:21.22 | |
| 100 Breast | 1:14.55 | 1:14.39 | 1:14.39 | 1:14.39 | 1:14.30 | 1:14.30 | 1:14.30 | 1:13.60 | |
| 200 Breast | 2:40.22 | 2:40.22 | 2:40.22 | 2:40.22 | 2:40.22 | 2:40.22 | 2:40.22 | 2:37.40 | |
| 100 Fly | 1:03.34 | 1:03.34 | 1:03.34 | 1:03.14 | 1:02.89 | 1:02.74 | 1:02.74 | 1:02.27 | |
| 200 Fly | 2:25.15 | 2:25.15 | 2:25.15 | 2:23.43 | 2:20.95 | 2:20.95 | 2:20.95 | 2:19.99 | |
| 200 IM | 2:23.26 | 2:23.26 | 2:23.26 | 2:22.56 | 2:22.56 | 2:22.56 | 2:22.56 | 2:21.94 | |
| 400 IM | 5:06.72 | 5:06.72 | 5:06.72 | 5:06.72 | 5:05.48 | 5:05.48 | 5:05.48 | 5:02.44 | |

| 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 | 8456 | 8456 | 8456 | 8475 | 8497 | 8497 | 8497 | 8802 | |
| 100 Free | 8373 | 8373 | 8418 | 8448 | 8510 | 8517 | 8532 | 8635 | |
| 200 Free | 8411 | 8411 | 8411 | 8441 | 8492 | 8492 | 8492 | 8637 | |
| 400 Free | 8126 | 8126 | 8126 | 8137 | 8205 | 8263 | 8263 | 8339 | |
| 800 Free | 7710 | 7710 | 7710 | 7790 | 7909 | 7909 | 7909 | 7927 | |
| 1500 Free | 7274 | 7294 | 7294 | 7516 | 7716 | 7716 | 7721 | 7912 | |
| 100 Back | 8448 | 8448 | 8487 | 8571 | 8581 | 8581 | 8581 | 8745 | |
| 200 Back | 7885 | 7885 | 7885 | 7958 | 8048 | 8048 | 8048 | 8303 | |
| 100 Breast | 8448 | 8453 | 8453 | 8453 | 8492 | 8492 | 8492 | 8691 | |
| 200 Breast | 8380 | 8380 | 8380 | 8380 | 8407 | 8407 | 8407 | 8669 | |
| 100 Fly | 8444 | 8444 | 8446 | 8483 | 8612 | 8626 | 8626 | 8755 | |
| 200 Fly | 7801 | 7801 | 7801 | 7994 | 8135 | 8141 | 8141 | 8281 | |
| 200 IM | 8532 | 8532 | 8532 | 8560 | 8560 | 8560 | 8560 | 8635 | |
| 400 IM | 8018 | 8018 | 8018 | 8069 | 8146 | 8146 | 8146 | 8221 | |
| TOTAL | 114306 | 114331 | 114417 | 115275 | 116310 | 116395 | 116415 | 118552 | |

**USA SWIMMING CENTRAL ZONE TOP TEN
PROGRESSION 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 | 26.60 | 26.60 | 26.60 | 26.60 | 26.60 | 26.38 | 26.24 | 26.24 | |
| 100 Free | 56.22 | 56.22 | 56.22 | 56.22 | 56.22 | 56.22 | 56.22 | 56.22 | |
| 200 Free | 1:59.01 | 1:59.01 | 1:59.01 | 1:59.01 | 1:59.01 | 1:59.01 | 1:59.01 | 1:59.01 | |
| 400 Free | 4:15.85 | 4:15.85 | 4:15.85 | 4:13.85 | 4:13.85 | 4:13.85 | 4:13.85 | 4:13.85 | |
| 800 Free | 8:57.12 | 8:57.12 | 8:57.12 | 8:57.12 | 8:54.28 | 8:54.28 | 8:41.64 | 8:41.64 | |
| 1500 Free | 16:59.72 | 16:59.72 | 16:59.72 | 16:59.72 | 16:59.72 | 16:59.72 | 16:59.72 | 16:59.72 | |
| 100 Back | 1:02.04 | 1:02.04 | 1:02.04 | 1:02.04 | 1:02.04 | 1:02.04 | 1:02.04 | 1:02.04 | |
| 200 Back | 2:12.17 | 2:12.17 | 2:12.17 | 2:12.17 | 2:12.17 | 2:12.17 | 2:12.17 | 2:12.17 | |
| 100 Breast | 1:08.64 | 1:08.64 | 1:08.64 | 1:08.64 | 1:08.64 | 1:06.93 | 1:06.93 | 1:06.93 | |
| 200 Breast | 2:30.12 | 2:30.12 | 2:30.12 | 2:30.12 | 2:30.12 | 2:30.12 | 2:30.12 | 2:30.12 | |
| 100 Fly | 1:02.30 | 1:02.30 | 1:02.30 | 1:02.19 | 1:01.93 | 1:01.93 | 1:01.93 | 1:01.35 | |
| 200 Fly | 2:15.18 | 2:15.18 | 2:15.18 | 2:15.18 | 2:15.18 | 2:15.18 | 2:15.18 | 2:14.19 | |
| 200 IM | 2:20.87 | 2:20.87 | 2:18.77 | 2:18.77 | 2:18.25 | 2:18.25 | 2:18.25 | 2:18.25 | |
| 400 IM | 4:55.09 | 4:55.09 | 4:55.09 | 4:50.19 | 4:50.19 | 4:50.19 | 4:50.19 | 4:50.19 | |

| 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 | 27.17 | 27.17 | 27.17 | 27.12 | 27.10 | 27.10 | 27.08 | 26.81 | |
| 100 Free | 58.52 | 58.52 | 58.52 | 58.46 | 58.45 | 58.43 | 58.43 | 58.20 | |
| 200 Free | 2:06.22 | 2:06.22 | 2:06.22 | 2:06.22 | 2:06.06 | 2:06.06 | 2:06.06 | 2:06.06 | |
| 400 Free | 4:34.60 | 4:34.60 | 4:34.42 | 4:31.28 | 4:28.39 | 4:25.96 | 4:25.96 | 4:24.37 | |
| 800 Free | 9:38.87 | 9:38.87 | 9:38.87 | 9:37.94 | 9:37.94 | 9:37.94 | 9:34.58 | 9:18.14 | |
| 1500 Free | 19:44.00 | 19:39.25 | 19:14.75 | 18:23.66 | 18:17.54 | 18:17.54 | 18:14.74 | 17:50.82 | |
| 100 Back | 1:07.30 | 1:07.30 | 1:07.30 | 1:06.22 | 1:06.22 | 1:05.65 | 1:05.39 | 1:05.15 | |
| 200 Back | 2:25.25 | 2:25.25 | 2:25.25 | 2:25.25 | 2:23.69 | 2:22.54 | 2:22.54 | 2:21.34 | |
| 100 Breast | 1:18.08 | 1:18.08 | 1:17.74 | 1:15.31 | 1:14.88 | 1:14.88 | 1:14.88 | 1:13.98 | |
| 200 Breast | 2:48.46 | 2:48.46 | 2:48.46 | 2:45.05 | 2:44.53 | 2:44.53 | 2:44.53 | 2:43.07 | |
| 100 Fly | 1:04.54 | 1:04.54 | 1:04.54 | 1:04.19 | 1:03.89 | 1:03.79 | 1:03.79 | 1:03.34 | |
| 200 Fly | 2:27.71 | 2:27.71 | 2:26.25 | 2:25.17 | 2:22.78 | 2:21.43 | 2:21.43 | 2:21.10 | |
| 200 IM | 2:29.26 | 2:29.26 | 2:28.46 | 2:24.93 | 2:24.11 | 2:23.08 | 2:23.08 | 2:23.08 | |
| 400 IM | 5:13.71 | 5:13.71 | 5:13.71 | 5:12.13 | 5:09.43 | 5:09.43 | 5:09.43 | 5:04.38 | |

| 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 | 8151 | 8151 | 8151 | 8156 | 8167 | 8190 | 8232 | 8350 | |
| 100 Free | 8159 | 8159 | 8159 | 8228 | 8242 | 8274 | 8274 | 8337 | |
| 200 Free | 8224 | 8224 | 8224 | 8286 | 8314 | 8314 | 8314 | 8321 | |
| 400 Free | 7535 | 7535 | 7537 | 7943 | 8086 | 8136 | 8150 | 8187 | |
| 800 Free | 7179 | 7200 | 7200 | 7296 | 7376 | 7376 | 7693 | 7983 | |
| 1500 Free | 6402 | 6465 | 6693 | 7294 | 7463 | 7463 | 7587 | 8032 | |
| 100 Back | 8493 | 8493 | 8493 | 8555 | 8555 | 8581 | 8652 | 8715 | |
| 200 Back | 8352 | 8352 | 8352 | 8352 | 8376 | 8455 | 8472 | 8531 | |
| 100 Breast | 7653 | 7653 | 7739 | 8275 | 8315 | 8370 | 8370 | 8569 | |
| 200 Breast | 7608 | 7608 | 7632 | 8010 | 8080 | 8080 | 8080 | 8271 | |
| 100 Fly | 7947 | 7947 | 7947 | 8040 | 8208 | 8220 | 8220 | 8455 | |
| 200 Fly | 7562 | 7562 | 7619 | 7707 | 7911 | 8020 | 8020 | 8097 | |
| 200 IM | 7677 | 7677 | 7932 | 8094 | 8227 | 8362 | 8362 | 8362 | |
| 400 IM | 7732 | 7732 | 7732 | 7806 | 7955 | 7955 | 7955 | 8090 | |
| TOTAL | 108674 | 108758 | 109410 | 112042 | 113275 | 113796 | 114381 | 116300 | |