

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

50 M MALE 11	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	28.02	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	
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	
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	
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	
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	
50 Back	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	
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	
50 Breast	36.37	36.37	35.39	35.39	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	
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	
50 Fly	30.26	30.26	30.26	30.26	30.10	30.10	30.10	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	
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	
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	
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	

50 M MALE 11	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	29.33	29.33	29.23	29.23	29.12	29.12	29.12	29.00	
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	
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	
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	
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	
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	
50 Back	35.02	35.02	34.97	34.97	34.40	34.40	34.40	34.39	
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	
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	
50 Breast	39.38	39.38	39.38	39.07	38.41	38.41	38.16	38.16	
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	
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	
50 Fly	32.52	32.52	32.21	32.21	31.91	31.91	31.89	31.85	
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	
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	
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	
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	

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

**USA SWIMMING WESTERN ZONE TOP TEN
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50 M MALE 12	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	25.84	25.84	25.72	25.72	25.72	25.72	25.42	25.42	
100 Free	56.54	56.54	55.86	55.86	55.86	55.86	55.10	55.10	
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	
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	
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	
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	
50 Back	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	
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	
50 Breast	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	
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	
50 Fly	28.2	28.20	28.20	28.20	27.65	27.65	27.65	27.65	
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	
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	
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	
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	

50 M MALE 12	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	27.87	27.80	27.60	27.60	27.52	27.52	27.52	27.52	
100 Free	1:00.64	1:00.18	1:00.12	1:00.12	59.93	59.91	59.84	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	
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	
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	
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	
50 Back	32.49	32.49	32.49	32.47	32.35	32.35	32.25	32.13	
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	
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	
50 Breast	36.15	36.15	35.69	35.69	35.65	35.65	35.28	35.28	
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	
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	
50 Fly	30.23	30.09	30.05	30.05	29.92	29.85	29.76	29.73	
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	
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	
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	
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	

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

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

50 M MALE 13	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	25.62	25.62	25.62	25.62	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	
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	
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	
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	
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	
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	
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	
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	
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	
100 Fly	58.57	58.57	58.57	58.57	58.57	58.57	58.57	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	
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	
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	

50 M MALE 13	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	26.80	26.68	26.68	26.65	26.42	26.42	26.24	26.15	
100 Free	58.39	58.28	57.71	57.71	57.31	57.31	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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	

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

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

50 M MALE 14	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	24.97	24.97	24.66	24.66	24.66	24.66	24.66	24.63	
100 Free	53.21	53.21	53.21	53.21	53.21	53.21	53.21	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	
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	
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	
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	
100 Back	1:00.72	1:00.72	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	
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	
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	
100 Fly	57.81	57.81	57.81	57.81	57.38	57.38	57.38	57.38	
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	
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	
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	

50 M MALE 14	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	26.13	26.13	26.07	25.77	25.72	25.65	25.65	25.41	
100 Free	56.37	56.37	56.23	55.87	55.70	55.70	55.61	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	
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	
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	
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	
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	
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	
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	
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	
100 Fly	1:01.03	1:01.03	1:00.90	1:00.81	1:00.21	1:00.21	59.82	59.65	
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	
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	
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	

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

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

50 M MALE 15	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	24.65	24.65	24.62	24.62	24.41	24.41	24.41	24.33	
100 Free	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	
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	
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	
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	
100 Back	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	
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	
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	
100 Fly	56.66	56.66	56.66	56.66	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	
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	
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	

50 M MALE 15	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	25.25	25.25	25.13	25.13	24.96	24.96	24.89	24.83	
100 Free	55.31	55.31	54.93	54.93	54.41	54.41	54.10	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	
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	
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	
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	
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	
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	
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	
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	
100 Fly	59.92	59.92	59.54	59.54	58.86	58.86	58.82	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	
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	
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	

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

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

50 M MALE 16	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	23.21	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	
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	
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	
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	
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	
100 Back	56.82	56.82	56.82	56.82	56.82	56.82	56.82	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	
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	
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	
100 Fly	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	
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	
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	

50 M MALE 16	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	24.72	24.72	24.63	24.52	24.52	24.52	24.45	24.45	
100 Free	53.64	53.64	53.64	53.64	53.29	53.29	53.26	53.25	
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	
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	
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	
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	
100 Back	1:00.54	1:00.54	1:00.21	1:00.21	59.97	59.97	59.97	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	
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	
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	
100 Fly	58.06	58.06	58.06	58.06	57.93	57.93	57.93	57.79	
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	
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	
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	

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

**USA SWIMMING WESTERN ZONE TOP TEN
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50 M MALE 17	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	23.44	23.44	23.44	23.44	23.29	23.29	23.29	23.29	
100 Free	51.10	51.10	51.10	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	
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	
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	
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	
100 Back	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	
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	
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	
100 Fly	54.07	54.07	54.07	54.07	54.07	54.07	54.07	54.07	
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	
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	
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	

50 M MALE 17	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	24.35	24.31	24.31	24.16	24.11	24.11	24.07	24.06	
100 Free	52.98	52.98	52.98	52.80	52.62	52.62	52.62	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	
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	
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	
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	
100 Back	59.45	59.45	59.37	59.22	58.79	58.79	58.79	58.78	
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	
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	
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	
100 Fly	57.12	57.12	56.77	56.76	56.76	56.76	56.64	56.64	
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	
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	
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	

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

**USA SWIMMING WESTERN ZONE TOP TEN
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50 M MALE 18	FIRST								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	23.58	23.58	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	
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	
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	
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	
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	
100 Back	57.40	57.40	57.40	57.40	57.40	57.40	56.60	56.60	
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	
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	
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	
100 Fly	54.40	54.40	54.40	53.68	53.56	53.56	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	
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	
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	

50 M MALE 18	TENTH								
	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29
50 Free	24.07	24.07	24.07	24.04	24.03	24.03	23.86	23.82	
100 Free	53.32	53.32	53.29	53.21	52.89	52.89	52.78	52.45	
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	
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	
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	
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	
100 Back	1:01.12	1:01.12	1:01.12	1:00.53	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	
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	
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	
100 Fly	56.92	56.92	56.92	56.84	56.43	56.43	56.43	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	
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	
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	

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