

**USA SWIMMING CENTRAL 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	28.78	28.78	28.78	28.78	28.54	28.54	28.54	28.54	
100 Free	1:01.76	1:01.76	1:01.76	1:01.76	1:01.76	1:01.76	1:01.76	1:01.76	
200 Free	2:13.08	2:13.08	2:13.08	2:13.08	2:13.08	2:13.08	2:13.08	2:13.08	
400 Free	4:44.20	4:44.20	4:44.20	4:44.20	4:41.16	4:41.16	4:41.16	4:41.16	
800 Free	10:13.28	9:40.76	9:40.76	9:40.76	9:40.76	9:40.76	9:40.76	9:40.76	
1500 Free	18:29.56	18:29.56	18:29.56	18:29.56	18:29.56	18:29.56	18:29.56	18:29.56	
50 Back	32.71	32.71	32.71	32.71	32.71	32.71	32.71	32.14	
100 Back	1:09.90	1:09.90	1:09.90	1:09.90	1:09.90	1:09.90	1:09.90	1:08.87	
200 Back	2:30.04	2:30.04	2:30.04	2:30.04	2:30.04	2:30.04	2:30.04	2:30.04	
50 Breast	36.44	36.44	36.44	36.16	36.1	36.1	36.1	33.50	
100 Breast	1:19.29	1:19.29	1:19.29	1:18.87	1:18.87	1:18.87	1:18.87	1:13.55	
200 Breast	2:59.05	2:59.05	2:59.05	2:59.05	2:52.08	2:50.63	2:50.63	2:50.63	
50 Fly	30.5	30.5	30.5	30.5	30.5	30.5	30.5	30.50	
100 Fly	1:07.70	1:07.70	1:07.70	1:07.70	1:06.25	1:06.25	1:06.25	1:06.25	
200 Fly	2:31.25	2:31.25	2:31.25	2:31.25	2:31.25	2:31.25	2:30.00	2:30.00	
200 IM	2:32.38	2:32.38	2:32.38	2:32.38	2:31.61	2:31.61	2:31.61	2:30.15	
400 IM	5:42.49	5:42.49	5:38.90	5:38.90	5:24.62	5:24.62	5:24.62	5:24.62	

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	30.34	30.34	29.80	29.80	29.60	29.60	29.59	29.59	
100 Free	1:05.78	1:05.78	1:05.34	1:05.34	1:04.49	1:04.49	1:04.43	1:04.12	
200 Free	2:25.16	2:23.40	2:22.11	2:21.50	2:20.45	2:20.45	2:20.45	2:18.61	
400 Free	5:01.03	5:00.30	4:59.74	4:58.36	4:54.59	4:54.59	4:54.59	4:52.07	
800 Free		12:31.44	12:31.44	12:24.58	12:00.26	12:00.26	11:11.13	11:09.10	
1500 Free			24:18.89	23:12.10	22:08.32	22:08.32	21:16.95	21:16.95	
50 Back	35.30	35.30	35.11	34.81	34.71	34.71	34.57	34.41	
100 Back	1:16.39	1:16.39	1:16.27	1:14.52	1:14.11	1:14.11	1:13.69	1:12.87	
200 Back	2:47.32	2:47.32	2:45.90	2:45.73	2:43.06	2:43.06	2:41.68	2:41.64	
50 Breast	40.99	40.17	40.17	39.05	38.20	38.20	38.20	37.88	
100 Breast	1:29.21	1:28.48	1:26.86	1:25.49	1:25.17	1:25.17	1:23.45	1:23.45	
200 Breast	3:18.44	3:18.44	3:15.04	3:13.78	3:12.57	3:10.53	3:08.29	3:07.43	
50 Fly	33.07	33.03	32.77	32.63	31.88	31.88	31.88	31.84	
100 Fly	1:14.75	1:13.63	1:12.58	1:12.58	1:11.37	1:11.37	1:11.37	1:11.04	
200 Fly	3:04.76	3:02.28	2:55.94	2:52.03	2:51.10	2:50.90	2:47.34	2:47.34	
200 IM	2:44.51	2:41.69	2:41.69	2:40.67	2:38.72	2:38.72	2:38.72	2:36.37	
400 IM	6:08.15	6:08.15	5:57.66	5:57.66	5:53.93	5:53.93	5:51.17	5:51.17	

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	8035	8066	8202	8202	8283	8283	8301	8338	
100 Free	8079	8131	8241	8287	8473	8473	8527	8640	
200 Free	7804	7930	8128	8177	8483	8483	8483	8599	
400 Free	8046	8072	8200	8257	8458	8458	8458	8533	
800 Free	4959	6366	6366	6766	7080	7080	7587	7676	
1500 Free	5917	6768	7494	7881	8468	8468	8704	8704	
50 Back	8364	8364	8417	8491	8702	8702	8710	8931	
100 Back	8381	8381	8585	8692	8907	8907	8945	9103	
200 Back	8350	8350	8412	8604	8815	8815	8956	9134	
50 Breast	7859	8066	8139	8602	8877	8877	8881	9128	
100 Breast	8128	8283	8461	8598	8828	8828	8905	9050	
200 Breast	7432	7432	7652	7773	8243	8555	8640	8733	
50 Fly	7933	7990	8084	8360	8611	8611	8611	8627	
100 Fly	8096	8292	8485	8503	8812	8812	8846	8918	
200 Fly	7290	7356	7875	8198	8348	8488	8873	8873	
200 IM	8095	8230	8275	8436	8728	8728	8728	8931	
400 IM	7849	7849	8094	8103	8394	8394	8726	8726	
TOTAL	130617	133926	137110	139930	144510	144962	146881	148644	

**USA SWIMMING CENTRAL 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	26.94	26.94	26.94	26.94	26.94	26.94	26.94	26.94	
100 Free	58.61	58.61	58.61	58.61	58.61	58.61	58.54	58.11	
200 Free	2:03.30	2:03.30	2:03.30	2:03.30	2:03.30	2:03.30	2:03.30	2:03.30	
400 Free	4:24.50	4:24.50	4:24.50	4:24.50	4:24.50	4:24.50	4:24.50	4:24.50	
800 Free	9:22.93	9:22.93	9:22.93	9:22.93	9:22.93	9:22.93	9:22.93	9:22.93	
1500 Free	18:26.17	18:26.17	18:26.17	18:26.17	18:21.92	18:21.92	18:10.58	18:10.58	
50 Back	31.34	31.34	31.34	31.34	31.30	31.30	31.30	31.30	
100 Back	1:07.44	1:07.44	1:07.44	1:07.44	1:07.36	1:07.36	1:07.36	1:06.69	
200 Back	2:29.22	2:29.22	2:29.22	2:29.22	2:26.87	2:26.87	2:26.87	2:26.87	
50 Breast	34.42	34.42	34.42	34.42	34.42	34.42	34.42	33.48	
100 Breast	1:16.16	1:13.74	1:13.74	1:13.74	1:13.67	1:13.67	1:13.67	1:13.67	
200 Breast	2:51.94	2:45.35	2:45.35	2:45.09	2:39.90	2:39.90	2:39.90	2:39.90	
50 Fly	29.6	29.6	29.35	29.35	29.35	29.35	28.93	28.31	
100 Fly	1:03.95	1:03.95	1:03.95	1:03.95	1:03.70	1:03.70	1:02.09	1:02.09	
200 Fly	2:31.84	2:31.84	2:26.20	2:26.20	2:26.20	2:26.20	2:17.80	2:17.80	
200 IM	2:25.76	2:25.76	2:25.76	2:25.76	2:23.94	2:23.94	2:23.94	2:19.46	
400 IM	5:15.56	5:15.56	5:15.56	5:15.56	5:09.72	5:09.72	5:09.72	5:09.72	

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	28.04	27.93	27.91	27.76	27.66	27.66	27.65	27.54	
100 Free	1:01.93	1:01.69	1:01.33	1:01.12	1:00.68	1:00.68	1:00.19	1:00.19	
200 Free	2:16.16	2:15.69	2:14.94	2:14.41	2:13.33	2:13.33	2:11.77	2:11.77	
400 Free	4:48.78	4:47.42	4:47.20	4:44.77	4:43.30	4:43.30	4:42.30	4:41.00	
800 Free	10:59.40	10:51.94	10:22.36	10:04.80	10:04.36	10:04.36	10:03.83	10:02.61	
1500 Free	19:58.66	19:56.39	19:52.13	19:32.32	19:16.81	19:16.81	19:13.78	19:13.78	
50 Back	33.09	33.09	33.06	32.67	32.28	32.28	32.28	32.28	
100 Back	1:12.18	1:12.12	1:11.56	1:10.54	1:10.08	1:09.94	1:09.94	1:09.94	
200 Back	2:40.73	2:40.13	2:38.88	2:34.58	2:34.10	2:34.10	2:33.56	2:33.41	
50 Breast	37.41	37.38	36.9	36.83	36.38	36.38	36.38	36.26	
100 Breast	1:21.18	1:21.00	1:20.68	1:19.20	1:19.35	1:19.35	1:19.35	1:18.69	
200 Breast	3:03.09	3:02.46	2:59.16	2:57.13	2:55.39	2:55.39	2:55.14	2:53.55	
50 Fly	31.25	31.18	31.17	30.45	30.45	30.45	30.30	30.30	
100 Fly	1:09.15	1:08.75	1:08.40	1:07.58	1:07.57	1:07.57	1:07.42	1:07.42	
200 Fly	2:43.03	2:43.03	2:40.22	2:38.29	2:37.44	2:35.76	2:33.84	2:33.84	
200 IM	2:34.04	2:33.80	2:31.49	2:31.31	2:29.89	2:29.89	2:29.89	2:29.43	
400 IM	5:46.03	5:44.48	5:35.97	5:34.74	5:33.43	5:33.43	5:31.29	5:30.45	

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	8173	8331	8336	8296	8376	8376	8384	8421	
100 Free	8120	8141	8233	8292	8508	8508	8591	8614	
200 Free	7906	7942	7957	8078	8239	8239	8357	8512	
400 Free	7701	7747	7786	7856	8021	8021	8183	8250	
800 Free	6816	6922	7486	7810	7927	7927	7969	7994	
1500 Free	7415	7561	7658	7833	7978	7978	8106	8106	
50 Back	7675	7675	7750	8074	8300	8300	8300	8300	
100 Back	7598	7599	7676	8025	8207	8211	8211	8233	
200 Back	7174	7228	7512	7833	8110	8110	8137	8172	
50 Breast	7516	7583	7695	7837	7927	7927	7927	8188	
100 Breast	7727	7983	8172	8224	8230	8230	8230	8424	
200 Breast	7172	7428	7778	8030	8261	8261	8351	8368	
50 Fly	7743	7849	7898	8167	8167	8167	8289	8406	
100 Fly	7829	7877	8006	8138	8180	8231	8396	8431	
200 Fly	7285	7285	7674	7807	7987	8024	8382	8382	
200 IM	7904	8000	8213	8257	8466	8466	8481	8566	
400 IM	7247	7464	7741	7749	7822	7822	8065	8086	
TOTAL	129001	130615	133571	136306	138706	138798	140359	141453	

**USA SWIMMING CENTRAL 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	25.80	25.80	25.80	25.80	25.39	25.39	25.39	24.90	
100 Free	56.39	56.39	56.39	56.29	56.29	56.29	56.29	55.05	
200 Free	2:05.52	2:05.52	2:04.64	2:03.93	2:03.93	2:03.93	2:03.93	1:58.71	
400 Free	4:15.11	4:15.11	4:15.11	4:15.11	4:15.11	4:15.11	4:15.11	4:15.11	
800 Free	8:59.24	8:59.24	8:59.24	8:49.87	8:49.87	8:49.87	8:49.87	8:49.87	
1500 Free	17:01.99	17:01.99	17:01.99	17:01.99	17:01.99	17:01.99	17:01.99	17:01.99	
100 Back	1:01.62	1:01.62	1:01.62	1:01.62	1:01.62	1:01.62	1:01.62	1:00.55	
200 Back	2:14.23	2:14.23	2:14.23	2:14.23	2:14.23	2:14.23	2:14.23	2:10.87	
100 Breast	1:13.88	1:13.88	1:13.14	1:12.48	1:11.27	1:11.27	1:11.27	1:10.37	
200 Breast	2:37.31	2:37.31	2:37.31	2:34.46	2:32.15	2:32.15	2:32.15	2:31.08	
100 Fly	1:00.83	1:00.83	1:00.83	1:00.83	1:00.83	1:00.83	1:00.83	59.39	
200 Fly	2:13.23	2:13.23	2:13.23	2:13.23	2:13.23	2:13.23	2:13.23	2:11.77	
200 IM	2:15.39	2:15.39	2:15.39	2:15.39	2:15.39	2:15.39	2:15.39	2:13.74	
400 IM	4:44.02	4:44.02	4:44.02	4:44.02	4:44.02	4:44.02	4:44.02	4:40.36	

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	27.01	27.01	26.70	26.60	26.44	26.44	26.44	26.26	
100 Free	59.20	59.09	58.74	58.31	57.79	57.79	57.68	57.44	
200 Free	2:09.72	2:09.61	2:08.83	2:07.65	2:07.14	2:07.14	2:07.14	2:07.02	
400 Free	4:34.84	4:33.61	4:32.99	4:32.49	4:29.94	4:29.94	4:29.68	4:26.65	
800 Free	9:48.26	9:40.15	9:38.29	9:34.94	9:34.94	9:34.94	9:33.88	9:33.11	
1500 Free	19:05.57	19:05.03	18:55.64	18:26.23	18:20.44	18:13.12	18:13.12	18:08.53	
100 Back	1:08.01	1:08.01	1:06.73	1:06.58	1:06.38	1:06.38	1:06.38	1:06.25	
200 Back	2:26.86	2:26.86	2:25.34	2:23.75	2:23.61	2:23.61	2:23.61	2:22.20	
100 Breast	1:16.87	1:16.73	1:15.97	1:14.65	1:14.21	1:14.21	1:14.21	1:13.95	
200 Breast	2:48.33	2:47.08	2:46.42	2:43.49	2:42.92	2:42.24	2:42.24	2:40.33	
100 Fly	1:05.54	1:04.62	1:04.35	1:04.26	1:04.02	1:03.90	1:03.74	1:03.47	
200 Fly	2:25.67	2:25.67	2:25.19	2:25.19	2:23.07	2:23.07	2:23.07	2:21.89	
200 IM	2:26.22	2:25.73	2:24.91	2:23.91	2:23.37	2:22.91	2:22.91	2:22.82	
400 IM	5:10.53	5:09.30	5:09.04	5:06.54	5:04.54	5:04.54	5:04.54	5:03.14	

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	8170	8171	8317	8453	8604	8604	8604	8713	
100 Free	7827	7833	7959	8191	8305	8305	8326	8543	
200 Free	7718	7720	7934	8241	8252	8252	8252	8536	
400 Free	7769	7821	7970	8181	8319	8319	8326	8593	
800 Free	7249	7395	7438	7732	7732	7732	7771	7791	
1500 Free	7152	7270	7421	7559	7642	7668	7668	7797	
100 Back	8275	8275	8501	8532	8576	8635	8766	8873	
200 Back	7911	7911	8078	8236	8263	8263	8263	8677	
100 Breast	7971	7985	8177	8353	8604	8604	8604	8801	
200 Breast	7511	7611	7910	8229	8402	8438	8438	8636	
100 Fly	7948	7992	8056	8115	8307	8328	8345	8636	
200 Fly	8124	8124	8233	8233	8481	8481	8481	8597	
200 IM	8168	8192	8247	8348	8385	8431	8479	8650	
400 IM	8205	8215	8322	8356	8446	8446	8446	8633	
TOTAL	109998	110515	112563	114759	116318	116506	116769	119476	

**USA SWIMMING CENTRAL 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	25.02	25.02	24.98	24.31	24.31	24.31	24.31	24.31	
100 Free	54.42	54.42	54.42	53.17	53.17	53.17	53.17	53.16	
200 Free	1:58.43	1:58.43	1:58.43	1:58.43	1:58.43	1:58.43	1:58.43	1:57.13	
400 Free	4:11.49	4:11.49	4:11.49	4:11.49	4:11.49	4:11.49	4:11.49	4:11.49	
800 Free	8:46.70	8:46.70	8:46.70	8:44.08	8:44.08	8:44.08	8:44.08	8:44.08	
1500 Free	16:41.48	16:41.48	16:41.48	16:41.48	16:41.48	16:41.48	16:41.48	16:41.48	
100 Back	59.55	59.55	59.55	59.55	59.33	59.33	59.33	59.33	
200 Back	2:11.56	2:11.56	2:11.56	2:09.99	2:09.99	2:09.99	2:09.99	2:08.35	
100 Breast	1:05.87	1:05.87	1:05.87	1:05.87	1:05.87	1:05.87	1:05.87	1:05.12	
200 Breast	2:20.67	2:20.67	2:20.67	2:20.67	2:20.67	2:20.67	2:20.67	2:19.19	
100 Fly	59.68	59.68	59.68	58.64	58.64	58.64	58.64	57.26	
200 Fly	2:10.88	2:10.88	2:10.88	2:10.88	2:10.88	2:10.88	2:10.88	2:08.38	
200 IM	2:11.23	2:11.23	2:11.23	2:11.23	2:11.23	2:11.23	2:11.23	2:09.31	
400 IM	4:38.19	4:38.19	4:38.19	4:38.19	4:38.19	4:38.19	4:38.19	4:36.08	

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	25.89	25.88	25.72	25.67	25.60	25.59	25.58	25.54	
100 Free	56.67	56.67	56.14	55.89	55.80	55.74	55.74	55.37	
200 Free	2:03.65	2:03.65	2:03.65	2:02.21	2:02.21	2:02.21	2:02.21	2:01.43	
400 Free	4:25.82	4:24.67	4:24.51	4:24.38	4:20.56	4:20.50	4:20.39	4:19.87	
800 Free	9:29.61	9:29.61	9:25.36	9:16.69	9:14.13	9:14.13	9:11.87	9:03.39	
1500 Free	18:05.20	18:05.15	17:42.79	17:26.68	17:16.68	17:16.68	17:16.68	17:15.89	
100 Back	1:04.10	1:04.08	1:04.03	1:03.20	1:02.83	1:02.83	1:02.83	1:01.84	
200 Back	2:20.11	2:19.73	2:19.39	2:17.99	2:17.98	2:17.98	2:17.98	2:17.46	
100 Breast	1:12.50	1:12.50	1:11.96	1:11.88	1:11.23	1:11.23	1:11.10	1:10.87	
200 Breast	2:40.26	2:40.26	2:38.92	2:37.43	2:35.53	2:35.53	2:35.53	2:34.69	
100 Fly	1:02.46	1:01.78	1:01.48	1:00.95	1:00.87	1:00.87	1:00.87	1:00.64	
200 Fly	2:23.03	2:23.03	2:20.87	2:19.68	2:19.05	2:19.05	2:19.05	2:16.67	
200 IM	2:20.08	2:19.72	2:18.32	2:18.09	2:17.34	2:17.31	2:17.31	2:16.59	
400 IM	5:00.17	5:00.17	4:58.79	4:57.77	4:57.63	4:57.63	4:57.63	4:55.42	

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	8028	8043	8112	8262	8276	8296	8297	8388	
100 Free	8127	8127	8315	8444	8477	8502	8502	8682	
200 Free	8055	8055	8076	8240	8345	8345	8345	8505	
400 Free	7983	7997	8035	8261	8300	8302	8307	8320	
800 Free	7336	7350	7465	7793	7901	7901	7929	8058	
1500 Free	7603	7603	7778	8064	8126	8126	8126	8185	
100 Back	8480	8567	8612	8795	8957	8957	8957	9144	
200 Back	7844	7925	7978	8269	8377	8377	8377	8573	
100 Breast	8395	8400	8442	8517	8618	8618	8636	8687	
200 Breast	8191	8193	8253	8493	8565	8565	8565	8686	
100 Fly	7961	8024	8072	8240	8291	8291	8291	8502	
200 Fly	7493	7521	7741	7842	7984	7984	8073	8302	
200 IM	8335	8385	8412	8530	8572	8588	8588	8642	
400 IM	8123	8123	8151	8251	8261	8261	8261	8372	
TOTAL	111954	112313	113442	116001	117050	117113	117254	119046	

**USA SWIMMING CENTRAL 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	23.06	23.06	23.06	23.06	23.06	23.06	23.06	23.06	
100 Free	51.75	51.75	51.75	51.75	51.75	51.75	51.75	51.75	
200 Free	1:52.47	1:52.47	1:52.47	1:52.47	1:52.47	1:52.47	1:52.47	1:52.47	
400 Free	3:58.92	3:58.92	3:58.92	3:58.92	3:58.92	3:58.92	3:58.92	3:58.92	
800 Free	8:18.02	8:18.02	8:18.02	8:18.02	8:18.02	8:18.02	8:18.02	8:18.02	
1500 Free	15:50.95	15:50.95	15:50.95	15:50.95	15:50.95	15:50.95	15:50.95	15:50.95	
100 Back	56.11	56.11	56.11	56.11	56.11	56.11	56.11	56.11	
200 Back	2:10.24	2:10.24	2:10.24	2:10.24	2:10.24	2:10.24	2:10.24	2:09.77	
100 Breast	1:01.67	1:01.67	1:01.67	1:01.67	1:01.67	1:01.67	1:01.67	1:01.67	
200 Breast	2:16.76	2:16.76	2:16.76	2:16.76	2:16.76	2:16.76	2:16.76	2:16.76	
100 Fly	54.46	54.46	54.46	54.46	54.46	54.46	54.46	54.46	
200 Fly	2:06.65	2:06.65	2:06.65	2:06.65	2:05.55	2:05.55	2:05.55	2:05.55	
200 IM	2:04.84	2:04.84	2:04.84	2:04.84	2:04.84	2:04.84	2:04.84	2:04.84	
400 IM	4:37.02	4:37.02	4:37.02	4:37.02	4:37.02	4:29.78	4:29.78	4:29.78	

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	24.87	24.87	24.69	24.64	24.63	24.63	24.63	24.50	
100 Free	54.91	54.91	54.45	54.45	54.02	53.83	53.83	53.52	
200 Free	2:00.10	2:00.10	1:59.89	1:59.89	1:59.41	1:59.23	1:59.23	1:57.65	
400 Free	4:15.32	4:15.32	4:14.78	4:13.56	4:13.56	4:13.40	4:13.40	4:10.60	
800 Free	9:00.21	9:00.21	8:58.57	8:57.09	8:53.94	8:53.94	8:53.94	8:47.37	
1500 Free	16:54.59	16:54.59	16:54.59	16:48.07	16:48.07	16:48.07	16:48.07	16:34.12	
100 Back	1:02.87	1:02.87	1:02.56	1:01.65	1:01.31	1:01.31	1:01.28	59.98	
200 Back	2:18.66	2:18.48	2:17.18	2:15.33	2:14.42	2:14.42	2:14.42	2:11.92	
100 Breast	1:09.21	1:09.21	1:09.07	1:09.07	1:09.07	1:09.06	1:08.79	1:08.01	
200 Breast	2:31.54	2:31.54	2:31.10	2:31.10	2:30.30	2:30.30	2:30.30	2:28.16	
100 Fly	1:00.31	1:00.31	1:00.31	59.75	59.48	59.38	59.38	58.84	
200 Fly	2:16.45	2:16.45	2:15.29	2:14.02	2:13.16	2:13.16	2:13.16	2:12.42	
200 IM	2:15.85	2:15.85	2:15.30	2:14.86	2:14.18	2:14.18	2:13.80	2:13.46	
400 IM	4:49.49	4:49.49	4:49.49	4:48.60	4:48.60	4:48.60	4:48.60	4:44.96	

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	8776	8776	8791	8807	8865	8872	8872	8963	
100 Free	8621	8621	8654	8659	8737	8794	8794	8961	
200 Free	8351	8351	8371	8371	8483	8610	8610	8751	
400 Free	8043	8043	8118	8145	8145	8172	8195	8424	
800 Free	7736	7736	7771	7833	7862	7862	7862	8244	
1500 Free	8129	8129	8172	8190	8190	8190	8215	8384	
100 Back	8499	8499	8614	8752	8866	8941	9120	8303	
200 Back	7744	7806	7921	8135	8268	8295	8295	8433	
100 Breast	8823	8823	8844	8877	8877	8892	8903	9171	
200 Breast	8446	8446	8531	8531	8553	8553	8553	8711	
100 Fly	8441	8441	8441	8528	8627	8656	8656	8808	
200 Fly	7570	7570	7613	7755	8013	8040	8040	8153	
200 IM	8145	8145	8177	8207	8286	8288	8296	8366	
400 IM	7921	7921	7921	7984	7984	8072	8072	8265	
TOTAL	115245	115307	115939	116774	117756	118237	118483	119937	

**USA SWIMMING CENTRAL ZONE TOP TEN
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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	23.46	23.46	23.46	23.46	23.46	23.46	23.20	22.63	
100 Free	52.28	52.28	52.28	52.28	52.28	52.28	50.67	50.67	
200 Free	1:50.79	1:50.79	1:50.79	1:50.79	1:50.79	1:50.79	1:50.79	1:50.79	
400 Free	4:02.31	4:02.31	4:02.31	4:02.31	4:01.99	4:01.99	4:01.99	4:00.98	
800 Free	8:30.40	8:30.40	8:30.40	8:30.40	8:30.40	8:30.40	8:30.40	8:26.27	
1500 Free	16:20.55	16:20.55	16:20.55	16:20.55	16:20.55	16:20.55	16:20.55	16:18.39	
100 Back	58.02	58.02	58.02	55.78	55.78	55.78	55.78	55.71	
200 Back	2:04.02	2:04.02	2:04.02	2:04.02	2:04.02	2:04.02	2:04.02	2:04.02	
100 Breast	1:03.61	1:03.61	1:03.61	1:01.70	1:01.70	1:01.70	1:01.70	1:01.00	
200 Breast	2:19.82	2:19.82	2:19.82	2:19.82	2:19.82	2:19.82	2:19.82	2:17.72	
100 Fly	53.95	53.95	53.95	53.95	53.95	53.95	53.95	53.95	
200 Fly	2:05.75	2:05.75	2:05.75	2:05.75	2:05.75	2:05.75	2:05.75	2:05.75	
200 IM	2:05.99	2:05.99	2:05.99	2:05.77	2:05.77	2:05.77	2:05.77	2:01.10	
400 IM	4:29.06	4:29.06	4:29.06	4:29.06	4:29.06	4:29.06	4:29.06	4:29.06	

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	24.63	24.63	24.63	24.63	24.59	24.59	24.50	24.43	
100 Free	54.37	54.37	54.37	54.28	53.98	53.98	53.69	53.40	
200 Free	1:59.41	1:59.41	1:59.41	1:58.34	1:58.23	1:58.06	1:57.54	1:56.72	
400 Free	4:15.90	4:15.90	4:15.90	4:15.39	4:12.13	4:10.68	4:09.54	4:06.44	
800 Free	9:13.52	9:13.52	9:11.79	9:08.62	9:04.39	9:04.39	8:59.35	8:47.10	
1500 Free	16:58.44	16:58.44	16:58.44	16:58.44	16:53.76	16:53.76	16:53.76	16:53.76	
100 Back	1:01.01	1:01.01	1:00.97	1:00.71	59.93	59.93	59.93	59.52	
200 Back	2:13.52	2:13.41	2:13.37	2:13.37	2:12.53	2:12.53	2:12.34	2:10.81	
100 Breast	1:09.81	1:09.76	1:09.66	1:08.91	1:08.28	1:08.03	1:08.03	1:07.22	
200 Breast	2:32.30	2:31.51	2:31.32	2:30.48	2:30.45	2:30.42	2:30.42	2:28.14	
100 Fly	59.35	59.35	58.62	58.62	58.21	58.21	58.21	58.21	
200 Fly	2:16.68	2:16.52	2:16.52	2:14.11	2:12.64	2:12.64	2:12.30	2:09.48	
200 IM	2:15.52	2:15.33	2:15.22	2:14.15	2:13.12	2:12.91	2:12.91	2:11.92	
400 IM	4:49.09	4:49.09	4:49.09	4:48.44	4:46.44	4:46.44	4:46.44	4:43.60	

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	8362	8362	8362	8362	8378	8378	8411	8602	
100 Free	8087	8087	8087	8157	8204	8204	8459	8556	
200 Free	8033	8033	8033	8248	8251	8273	8358	8424	
400 Free	7827	7827	7827	8036	8117	8145	8196	8379	
800 Free	6464	6464	6483	6885	7084	7084	7231	7646	
1500 Free	7584	7584	7584	7584	7701	7701	7701	7730	
100 Back	8383	8383	8435	8646	8710	8710	8710	8819	
200 Back	8154	8184	8198	8198	8252	8258	8263	8437	
100 Breast	8209	8252	8292	8653	8809	8833	8833	9089	
200 Breast	8316	8329	8343	8362	8413	8430	8430	8755	
100 Fly	8318	8318	8347	8347	8500	8500	8500	8500	
200 Fly	7161	7241	7258	7546	7674	7674	7761	8120	
200 IM	8095	8171	8176	8411	8476	8512	8512	8822	
400 IM	8101	8101	8101	8124	8202	8202	8202	8413	
TOTAL	111094	111336	111526	113559	114771	114904	115567	118292	

**USA SWIMMING CENTRAL 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	23.42	23.42	23.42	22.95	22.95	22.95	22.95	22.95	
100 Free	50.83	50.83	50.83	50.45	50.45	50.45	50.45	50.45	
200 Free	1:52.51	1:52.51	1:52.51	1:52.51	1:52.51	1:52.51	1:52.51	1:52.51	
400 Free	3:58.66	3:58.66	3:58.66	3:58.66	3:58.66	3:58.66	3:58.66	3:58.66	
800 Free	8:41.52	8:41.52	8:41.52	8:37.97	8:34.21	8:34.21	8:34.21	8:22.93	
1500 Free	16:07.58	16:07.58	16:07.58	16:07.58	16:07.58	16:07.58	16:07.58	15:58.15	
100 Back	56.51	56.51	56.51	56.51	56.51	56.51	56.51	56.51	
200 Back	1:59.90	1:59.90	1:59.90	1:59.90	1:59.90	1:59.90	1:59.90	1:59.90	
100 Breast	1:01.96	1:01.96	1:01.96	1:01.96	1:01.96	1:01.96	1:01.96	1:01.96	
200 Breast	2:19.29	2:19.29	2:19.29	2:19.29	2:19.29	2:19.29	2:19.29	2:19.29	
100 Fly	55.51	55.51	55.51	55.51	55.51	55.51	55.51	55.42	
200 Fly	2:02.34	2:02.34	2:02.34	2:02.34	2:02.34	2:02.34	2:02.34	2:02.34	
200 IM	2:06.33	2:06.33	2:06.33	2:06.33	2:06.33	2:06.33	2:06.33	2:05.80	
400 IM	4:32.34	4:32.34	4:32.34	4:32.34	4:32.34	4:32.34	4:32.34	4:32.34	

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	24.57	24.57	24.50	24.27	24.27	24.27	24.27	24.07	
100 Free	53.17	53.17	53.17	53.17	53.07	53.07	52.90	52.82	
200 Free	1:57.15	1:57.15	1:57.15	1:56.69	1:56.69	1:56.69	1:56.29	1:55.58	
400 Free	4:15.27	4:15.27	4:14.18	4:10.32	4:09.96	4:09.96	4:08.73	4:08.21	
800 Free	9:03.06	9:03.06	9:02.93	8:57.75	8:53.70	8:53.70	8:52.37	8:46.84	
1500 Free	16:54.06	16:54.06	16:52.05	16:43.46	16:40.34	16:40.34	16:40.34	16:31.57	
100 Back	58.49	58.49	58.49	58.49	58.49	58.49	58.49	58.41	
200 Back	2:08.50	2:08.50	2:08.50	2:07.85	2:07.85	2:07.85	2:07.85	2:07.58	
100 Breast	1:07.60	1:07.60	1:07.60	1:07.54	1:06.99	1:06.96	1:06.96	1:06.74	
200 Breast	2:26.10	2:26.10	2:26.10	2:26.10	2:26.10	2:26.10	2:26.10	2:25.85	
100 Fly	57.8	57.8	57.80	57.22	57.22	57.22	57.21	56.49	
200 Fly	2:10.85	2:10.85	2:10.85	2:08.77	2:08.77	2:08.77	2:08.77	2:07.79	
200 IM	2:11.79	2:11.79	2:11.79	2:10.90	2:10.64	2:10.64	2:10.64	2:09.99	
400 IM	4:39.55	4:39.55	4:39.55	4:38.62	4:38.62	4:38.62	4:38.62	4:38.51	

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	8313	8313	8319	8402	8402	8402	8405	8471	
100 Free	8339	8339	8339	8374	8390	8390	8409	8456	
200 Free	8071	8071	8071	8152	8152	8152	8317	8334	
400 Free	7807	7807	7909	7971	7975	7975	8010	8104	
800 Free	6640	6640	6647	6950	7173	7173	7204	7466	
1500 Free	7718	7718	7743	7798	7846	7846	7846	7997	
100 Back	8736	8736	8736	8736	8736	8736	8736	8756	
200 Back	8619	8619	8619	8637	8637	8637	8637	8706	
100 Breast	8542	8542	8542	8597	8616	8633	8633	8686	
200 Breast	8622	8622	8622	8622	8622	8622	8622	8647	
100 Fly	8219	8219	8219	8297	8301	8301	8302	8425	
200 Fly	8048	8048	8048	8093	8093	8093	8093	8170	
200 IM	8187	8187	8187	8345	8391	8391	8391	8498	
400 IM	8073	8073	8073	8134	8134	8134	8134	8146	
TOTAL	113934	113934	114074	115108	115468	115485	115739	116862	

**USA SWIMMING CENTRAL 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	23.50	23.50	23.50	23.50	23.50	23.50	23.50	23.28	
100 Free	51.51	51.51	51.51	51.51	51.51	51.51	51.51	51.12	
200 Free	1:52.78	1:52.78	1:52.78	1:52.78	1:52.78	1:52.78	1:52.78	1:52.78	
400 Free	4:01.20	4:01.20	4:01.20	4:00.80	4:00.80	4:00.80	3:55.82	3:55.82	
800 Free	8:16.23	8:16.23	8:16.23	8:11.10	8:11.10	8:11.10	7:57.13	7:57.13	
1500 Free	15:47.54	15:47.54	15:47.54	15:47.54	15:47.54	15:47.54	15:17.65	15:17.65	
100 Back	56.83	56.83	56.83	56.83	56.83	56.83	56.83	56.83	
200 Back	2:00.78	2:00.78	2:00.78	2:00.78	2:00.78	2:00.78	2:00.78	2:00.78	
100 Breast	1:02.63	1:02.63	1:02.63	1:02.63	1:02.63	1:02.63	1:02.63	1:02.63	
200 Breast	2:17.87	2:17.87	2:17.87	2:17.87	2:17.87	2:17.87	2:17.87	2:17.52	
100 Fly	55.59	55.59	55.59	55.59	55.25	55.25	55.25	55.25	
200 Fly	2:03.85	2:03.85	2:03.85	2:03.85	2:03.85	2:03.85	2:03.85	2:03.85	
200 IM	2:06.03	2:06.03	2:06.03	2:06.03	2:06.03	2:06.03	2:06.03	2:05.87	
400 IM	4:26.75	4:26.75	4:26.75	4:26.75	4:26.75	4:26.75	4:23.56	4:23.56	

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	24.13	24.13	24.11	24.11	24.03	24.03	24.03	23.90	
100 Free	53.33	53.33	53.25	53.14	52.86	52.86	52.77	52.14	
200 Free	1:58.48	1:58.48	1:57.34	1:56.51	1:56.31	1:56.31	1:56.30	1:55.58	
400 Free	4:15.71	4:15.03	4:13.82	4:11.47	4:10.95	4:10.95	4:10.95	4:07.79	
800 Free	9:11.11	9:11.11	9:10.10	9:02.50	9:02.00	9:02.00	9:01.77	8:41.43	
1500 Free	17:07.43	17:07.43	17:07.43	17:00.66	17:00.66	17:00.66	16:55.60	16:39.57	
100 Back	1:01.37	1:01.21	1:01.19	1:00.25	59.97	59.91	59.91	59.57	
200 Back	2:14.39	2:14.39	2:12.65	2:12.43	2:11.30	2:10.55	2:09.85	2:08.43	
100 Breast	1:06.81	1:06.81	1:06.81	1:06.32	1:05.71	1:05.71	1:05.71	1:04.50	
200 Breast	2:27.60	2:27.60	2:27.20	2:26.02	2:25.92	2:25.92	2:25.92	2:22.88	
100 Fly	57.76	57.76	57.76	57.44	57.39	57.39	57.16	56.37	
200 Fly	2:15.14	2:15.14	2:15.14	2:13.70	2:10.44	2:10.44	2:10.16	2:09.14	
200 IM	2:14.80	2:14.15	2:14.15	2:12.86	2:10.90	2:10.90	2:10.90	2:09.83	
400 IM	4:46.68	4:46.32	4:46.32	4:46.19	4:42.79	4:42.79	4:42.79	4:37.44	

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	8337	8337	8386	8386	8460	8460	8464	8545	
100 Free	8005	8005	8056	8065	8227	8254	8299	8445	
200 Free	7974	7974	8068	8121	8125	8125	8204	8255	
400 Free	7578	7585	7633	7711	7821	7821	7877	8123	
800 Free	6736	6736	6824	7105	7223	7223	7331	7909	
1500 Free	7538	7538	7538	7632	7717	7717	7834	8026	
100 Back	7736	7796	7943	8222	8234	8241	8241	8476	
200 Back	7650	7650	7712	7983	8044	8075	8166	8410	
100 Breast	8720	8720	8720	8781	8874	8874	8874	9016	
200 Breast	8620	8620	8625	8642	8644	8644	8644	8905	
100 Fly	8012	8012	8012	8045	8138	8138	8235	8343	
200 Fly	7515	7515	7515	7634	7838	7838	7843	7973	
200 IM	7986	7999	7999	8109	8261	8261	8261	8444	
400 IM	7894	7897	7897	7988	8276	8276	8368	8597	
TOTAL	110301	110384	110928	112424	113882	113947	114641	117467	