

Improvements Report

Improvement Report
757Swim IMR/IMX Season Kickoff
Meet Date: 10/07/2022
Location: Williamsburg, VA
Report Date: 10/29/2022
Time Standard: 21-24 SngAge Motiv

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best Cut	Time Standard
Balk, Jordan			13 & Over 200 Breast	F	13	4.00	2:20.95Y	AAMin	2:27.12Y	-6.17	AMin	21-24 Nat AG Motivs
Balk, Jordan			13 & Over 200 IM	F	31		2:09.12Y	AMin	2:12.14Y	-3.02	AMin	21-24 Nat AG Motivs
Balk, Jordan			13 & Over 500 Free	F	35		5:14.09Y	AMin	5:25.28Y	-11.19	AMin	21-24 Nat AG Motivs
Belcher, Bill			13 & Over 200 Breast	F	25		2:26.62Y	AMin	2:37.28Y	-10.66	BBMin	21-24 Nat AG Motivs
Belcher, Bill			13 & Over 500 Free	F	20		5:00.08Y	AAMin	5:06.96Y	-6.88	AAMin	21-24 Nat AG Motivs
Blanco, Karina	14	F	13 & Over 200 Back	F	9	9.00	2:10.94Y	AAAMin	2:14.58Y	-3.64	AAAMin	21-24 Nat AG Motivs
Blanco, Karina			13 & Over 500 Free	F	13	4.00	5:20.22Y	AAAMin	5:22.32Y	-2.10	AAAMin	21-24 Nat AG Motivs
Connor, Julia			13 & Over 200 Fly	F	53		2:31.61Y	BBMin	2:36.28Y	-4.67	BBMin	21-24 Nat AG Motivs
Dart, Abigail			13 & Over 500 Free	F	33		5:31.18Y	AAMin	5:44.80Y	-13.62	AAMin	21-24 Nat AG Motivs
DeGuenther, Emory			13 & Over 400 IM	F	4	15.00	4:31.90Y	AAAAMin	4:49.01Y	-17.11	AAAAMin	21-24 Nat AG Motivs
Derrico, Campbell	14	F	13 & Over 200 Breast	F	32		2:41.63Y	AMin	2:44.75Y	-3.12	AMin	21-24 Nat AG Motivs
Derrico, Campbell			13 & Over 400 IM	F	18		4:43.54Y	AAAMin	4:50.65Y	-7.11	AAAMin	21-24 Nat AG Motivs
Eakes, Anne			13 & Over 200 Breast	F	72		2:53.15Y	BBMin	3:02.26Y	-9.11	BBMin	21-24 Nat AG Motivs
Eakes, Anne			13 & Over 200 Fly	F	36		2:25.19Y	AMin	2:40.21Y	-15.02	BBMin	21-24 Nat AG Motivs
Eakes, Anne			13 & Over 200 IM	F	40		2:23.57Y	AAMin	2:27.28Y	-3.71	AMin	21-24 Nat AG Motivs
Eakes, Anne			13 & Over 400 IM	F	54		5:04.16Y	AAMin	5:18.66Y	-14.50	AMin	21-24 Nat AG Motivs
Eakes, Anne			13 & Over 500 Free	F	37		5:33.19Y	AAMin	5:47.24Y	-14.05	AAMin	21-24 Nat AG Motivs
Edwards, Dillon	14	M	13 & Over 200 Back	F	45		2:12.17Y	AMin	2:21.98Y	-9.81	AMin	21-24 Nat AG Motivs
Edwards, Dillon			13 & Over 200 Fly	F	48		2:16.35Y	BBMin	2:30.90Y	-14.55	BBMin	21-24 Nat AG Motivs
Edwards, Dillon			13 & Over 400 IM	F	23		4:29.76Y	AAMin	4:49.47Y	-19.71	AAMin	21-24 Nat AG Motivs
Edwards, James	14	M	13 & Over 200 Back	F	54		2:14.42Y	AMin	2:27.76Y	-13.34	BBMin	21-24 Nat AG Motivs
Edwards, James			13 & Over 200 Breast	F	45		2:34.72Y	AMin	2:45.76Y	-11.04	BBMin	21-24 Nat AG Motivs
Edwards, James			13 & Over 200 IM	F	54		2:14.97Y	AAMin	2:23.30Y	-8.33	AMin	21-24 Nat AG Motivs
Edwards, James			13 & Over 400 IM	F	56		4:49.15Y	AAMin	5:06.26Y	-17.11	AMin	21-24 Nat AG Motivs

Edwards, James			13 & Over 500 Free	F	42		5:18.81Y	AAMin	5:31.58Y	-12.77	AAMin	21-24 Nat AG Motivs
Eubank, Mia	13	F	13 & Over 200 Back	F	23		2:15.78Y	AAMin	2:17.74Y	-1.96	AAMin	21-24 Nat AG Motivs
Farnsworth, Joshua			13 & Over 200 Breast	F	36		2:31.32Y	AAMin	2:38.69Y	-7.37	AAMin	21-24 Nat AG Motivs
Farnsworth, Joshua			13 & Over 500 Free	F	16	1.00	4:58.32Y	AAAMin	5:05.04Y	-6.72	AAAMin	21-24 Nat AG Motivs
Ferguson, George			13 & Over 200 Breast	F	37		2:31.72Y	BBMin	2:42.70Y	-10.98	BBMin	21-24 Nat AG Motivs
Ferguson, George			13 & Over 200 Fly	F	22		2:05.86Y	AAMin	2:16.94Y	-11.08	AAMin	21-24 Nat AG Motivs
Ferguson, George			13 & Over 200 IM	F	29		2:08.25Y	AAMin	2:11.48Y	-3.23	AAMin	21-24 Nat AG Motivs
Ferguson, George			13 & Over 400 IM	F	26		4:32.23Y	AAMin	4:49.63Y	-17.40	AAMin	21-24 Nat AG Motivs
Franks, Benjamin			13 & Over 200 Fly	F	14	3.00	2:03.11Y	AAAMin	2:07.83Y	-4.72	AAAMin	21-24 Nat AG Motivs
Hoffer, John			13 & Over 200 Breast	F	71		2:43.73Y	BBMin	2:57.19Y	-13.46	BBMin	21-24 Nat AG Motivs
Jena, Amish			13 & Over 500 Free	F	65		5:44.00Y	BBMin	7:00.89Y	-1:16.89	BBMin	21-24 Nat AG Motivs
Johnson, James			13 & Over 400 IM	F	25		4:30.17Y	AAMin	4:46.13Y	-15.96	AAMin	21-24 Nat AG Motivs
Jun, Caleb	14	M	13 & Over 200 Back	F	23		2:07.02Y	AAMin	2:09.72Y	-2.70	AAMin	21-24 Nat AG Motivs
Jun, Caleb			13 & Over 400 IM	F	5	14.00	4:15.62Y	AAAAMin	4:23.16Y	-7.54	AAAAMin	21-24 Nat AG Motivs
Kryszon, Kendall	13	F	13 & Over 200 Back	F	25		2:16.41Y	AAMin	2:21.53Y	-5.12	AAMin	21-24 Nat AG Motivs
Kryszon, Kendall			13 & Over 200 Fly	F	18		2:17.29Y	AAMin	2:31.04Y	-13.75	AAMin	21-24 Nat AG Motivs
Kryszon, Kendall			13 & Over 500 Free	F	7	12.00	5:15.03Y	AAAMin	5:20.86Y	-5.83	AAAMin	21-24 Nat AG Motivs
Kryszon, Kylie	13	F	13 & Over 200 Back	F	24		2:16.05Y	AAMin	2:23.65Y	-7.60	AAMin	21-24 Nat AG Motivs
Linkonis, Ana			13 & Over 200 Fly	F	34		2:24.86Y	AAMin	2:27.54Y	-2.68	AAMin	21-24 Nat AG Motivs
McKay, Francie	14	F	13 & Over 200 Back	F	45		2:21.04Y	AAMin	2:26.30Y	-5.26	AAMin	21-24 Nat AG Motivs
Medei, Emma			13 & Over 200 Breast	F	15	2.00	2:35.45Y	AAMin	2:37.44Y	-1.99	AAMin	21-24 Nat AG Motivs
Muminovic, Aidin			13 & Over 400 IM	F	6	13.00	4:15.86Y	AAAAMin	4:16.59Y	-0.73	AAAAMin	21-24 Nat AG Motivs
Nelson, Cole			13 & Over 200 IM	F	35		2:09.91Y	AAAMin	2:15.43Y	-5.52	AAMin	21-24 Nat AG Motivs
Nelson, Cole			13 & Over 400 IM	F	32		4:36.11Y	AAAMin	4:51.96Y	-15.85	AAMin	21-24 Nat AG Motivs
Nelson, Cole			13 & Over 500 Free	F	18		4:58.87Y	AAAAMin	5:06.62Y	-7.75	AAAAMin	21-24 Nat AG Motivs
Ng, Sophia	14	F	13 & Over 200 Back	F	51		2:21.94Y	AAMin	2:24.86Y	-2.92	AAMin	21-24 Nat AG Motivs
Ng, Sophia			13 & Over 400 IM	F	48		5:01.90Y	AAMin	5:15.21Y	-13.31	AAMin	21-24 Nat AG Motivs
Ng, Zachary			13 & Over 400 IM	F	68		4:57.82Y	BBMin	5:19.72Y	-21.90	BBMin	21-24 Nat AG Motivs
Panos, Alexander			13 & Over 200 Breast	F	67		2:41.71Y	BBMin	3:11.32Y	-29.61	BBMin	21-24 Nat AG Motivs
Payne, Jonathan			13 & Over 200 IM	F	48		2:13.92Y	AAMin	2:18.73Y	-4.81	AAMin	21-24 Nat AG Motivs
Poulton, Jackson			13 & Over 200 Breast	F	63		2:40.38Y	BMin	3:26.54Y	-46.16	BMin	21-24 Nat AG Motivs
Pyle, Logan			13 & Over 400 IM	F	84		5:26.46Y	BBMin	5:39.88Y	-13.42	BBMin	21-24 Nat AG Motivs
Redfern, Cooper	13	M	13 & Over 200 Back	F	29		2:07.89Y	AAAMin	2:11.56Y	-3.67	AAMin	21-24 Nat AG Motivs
Redfern, Cooper			13 & Over 200 Breast	F	35		2:31.20Y	AAMin	2:40.26Y	-9.06	AAMin	21-24 Nat AG Motivs
Redfern, Cooper			13 & Over 200 Fly	F	70		2:30.28Y	BBMin	2:44.14Y	-13.86	BMin	21-24 Nat AG Motivs

Redfern, Cooper			13 & Over 200 IM	F	49		2:14.16Y	AAMin 2:28.31Y	-14.15 AMin	21-24 Nat AG Motivs
Redfern, Cooper			13 & Over 400 IM	F	50		4:45.34Y	AAMin 5:01.37Y	-16.03 AMin	21-24 Nat AG Motivs
Redfern, Cooper			13 & Over 500 Free	F	51		5:24.22Y	AAMin 5:38.36Y	-14.14 AMin	21-24 Nat AG Motivs
Rhodes, Cameron			13 & Over 200 Breast	F	47		2:35.10Y	BBMin 2:43.82Y	-8.72 BBMin	21-24 Nat AG Motivs
Rhodes, Cameron			13 & Over 200 Fly	F	52		2:17.47Y	BBMin 2:23.81Y	-6.34 BBMin	21-24 Nat AG Motivs
Ridge, Spencer	15	M	13 & Over 200 Back	F	22		2:06.74Y	AMin 2:14.31Y	-7.57 AMin	21-24 Nat AG Motivs
Ridge, Spencer			13 & Over 400 IM	F	10	7.00	4:21.97Y	AAMin 4:32.09Y	-10.12 AAMin	21-24 Nat AG Motivs
Ridge, Spencer			13 & Over 500 Free	F	19		4:59.99Y	AAMin 5:14.79Y	-14.80 AAMin	21-24 Nat AG Motivs
Welsh, Douglas	14	M	13 & Over 200 Back	F	42		2:11.68Y	AAMin 2:17.52Y	-5.84 AMin	21-24 Nat AG Motivs
Welsh, Douglas			13 & Over 200 Fly	F	26		2:07.89Y	AAAMin 3:01.27Y	-53.38 AAMin	21-24 Nat AG Motivs
Welsh, Douglas			13 & Over 400 IM	F	28		4:32.84Y	AAAMin 4:46.88Y	-14.04 AAMin	21-24 Nat AG Motivs
Welsh, Douglas			13 & Over 500 Free	F	40		5:18.19Y	AAMin 5:58.48Y	-40.29 AMin	21-24 Nat AG Motivs
Wofle, Matthew			13 & Over 200 Fly	F	25		2:07.75Y	AAMin 2:10.00Y	-2.25 AAMin	21-24 Nat AG Motivs
Zhang, Tony	14	M	13 & Over 200 Back	F	26		2:07.41Y	AAMin 2:09.00Y	-1.59 AAMin	21-24 Nat AG Motivs
Zhang, Tony			13 & Over 200 Fly	F	41		2:14.01Y	AMin 2:16.82Y	-2.81 AMin	21-24 Nat AG Motivs
Zhang, Tony			13 & Over 500 Free	F	53		5:24.82Y	AMin 5:40.02Y	-15.20 AMin	21-24 Nat AG Motivs