

**Improvement Report**  
**NOVA Senior Classic**  
**Meet Date: 10/28/2022**  
**Location: Richmond, VA**  
**Report Date: 10/31/2022**  
**Time Standard: 21-24 SngAge Motiv**

<b>Athlete Name</b>	<b>Age</b>	<b>Gen</b>	<b>Event</b>	<b>P/F/T</b>	<b>Place</b>	<b>Points</b>	<b>Time</b>	<b>Standard</b>	<b>Base Line</b>	<b>Improvement</b>	<b>New Best</b>	<b>Cut Time Standard</b>
Armstrong, Kiersten			13 & Over 1650 Free	F	5		17:29.52Y	AAAAMin	17:47.54Y	-18.02	AAAAMin	21-24 Nat AG Motivs
Armstrong, Kiersten			13 & Over 200 Back	F	53		2:15.72Y	AAMin	2:19.31Y	-3.59	AAMin	21-24 Nat AG Motivs
Bailey, Brooke			13 & Over 200 Back	F	15		2:08.07Y	AAAMin	2:09.02Y	-0.95	AAAMin	21-24 Nat AG Motivs
Balk, Jordan			13 & Over 100 Breast	F	49		1:03.17Y	AAMin	1:06.35Y	-3.18	AMin	21-24 Nat AG Motivs
Balk, Jordan			13 & Over 100 Free	F	106		53.36Y	AMin	53.50Y	-0.14	AMin	21-24 Nat AG Motivs
Bartz, Hayden	17	M	13 & Over 100 Breast	F	23		1:01.01Y	AAMin	1:03.23Y	-2.22	AAMin	21-24 Nat AG Motivs
Bartz, Hayden			13 & Over 200 Fly	F	11		1:54.79Y	AAAMin	1:57.56Y	-2.77	AAAMin	21-24 Nat AG Motivs
Bartz, Hayden			13 & Over 500 Free	F	8		4:41.33Y	AAAMin	4:46.35Y	-5.02	AAAMin	21-24 Nat AG Motivs
Belcher, Bill			13 & Over 100 Fly	F	86		56.85Y	AAMin	58.20Y	-1.35	AMin	21-24 Nat AG Motivs
Belcher, Harry			13 & Over 200 Back	F	19		1:55.20Y	AAAMin	1:57.02Y	-1.82	AAAMin	21-24 Nat AG Motivs
Belcher, Harry			13 & Over 200 IM	F	1		1:52.08Y	AAAAMin	1:54.07Y	-1.99	AAAAMin	21-24 Nat AG Motivs
Belcher, Harry			13 & Over 400 IM	F	1		3:57.70Y	AAAAMin	4:06.47Y	-8.77	AAAAMin	21-24 Nat AG Motivs
Bischoff, Allison	15	F	13 & Over 1000 Free	F	4		10:10.06Y	AAAAMin	10:23.43Y	-13.37	AAAAMin	21-24 Nat AG Motivs
Bischoff, Allison			13 & Over 1650 Free	F	3		17:15.37Y	AAAAMin	18:16.82Y	-1:01.45	AAAAMin	21-24 Nat AG Motivs
Blanco, Karina			13 & Over 400 IM	F	34		4:56.93Y	AAMin	5:07.63Y	-10.70	AAMin	21-24 Nat AG Motivs
Butterfield, Benjamin			13 & Over 200 Fly	F	15		1:56.22Y	AAAMin	2:00.53Y	-4.31	AAAMin	21-24 Nat AG Motivs
Butterfield, Benjamin			13 & Over 50 Free	F	46		22.92Y	AAMin	23.80Y	-0.88	AAMin	21-24 Nat AG Motivs
Chawla, Gul			13 & Over 500 Free	F	30		5:27.23Y	AAMin	5:36.89Y	-9.66	AAMin	21-24 Nat AG Motivs
Compton, Ashley			13 & Over 500 Free	F	22		5:21.91Y	AAMin	5:34.34Y	-12.43	AAMin	21-24 Nat AG Motivs
Dart, Abigail	14	F	13 & Over 100 Free	F	119		59.62Y	AMin	1:02.36Y	-2.74	AMin	21-24 Nat AG Motivs
Dart, Abigail			13 & Over 1000 Free	F	43		11:20.11Y	AAMin	11:44.81Y	-24.70	AAMin	21-24 Nat AG Motivs
Dart, Abigail			13 & Over 1650 Free	F	15		18:53.51Y	AAMin	19:58.18Y	-1:04.67	AAMin	21-24 Nat AG Motivs

Dart, Abigail			13 & Over 200 Free	F	78	2:06.43Y	AMin	2:11.89Y	-5.46 AMin	21-24 Nat AG Motivs
Dart, Abigail			13 & Over 50 Free	F	87	27.65Y	AMin	29.02Y	-1.37 AMin	21-24 Nat AG Motivs
Derrico, Campbell			13 & Over 200 Breast	F	33	2:36.74Y	AAMin	2:41.63Y	-4.89 AAMin	21-24 Nat AG Motivs
Dillard, Jordyn			13 & Over 1000 Free	F	23	10:48.76Y	AAAMin	11:39.62Y	-50.86 AAAMin	21-24 Nat AG Motivs
Dillard, Jordyn			13 & Over 1650 Free	F	12	18:28.62Y	AAMin	19:18.40Y	-49.78 AAMin	21-24 Nat AG Motivs
Eakes, Anne	14	F	13 & Over 100 Back	F	67	1:05.21Y	AMin	1:07.03Y	-1.82 AMin	21-24 Nat AG Motivs
Eakes, Anne			13 & Over 200 Free	F	61	2:03.35Y	AAMin	2:08.15Y	-4.80 AAMin	21-24 Nat AG Motivs
Eakes, Anne			13 & Over 400 IM	F	31	4:54.58Y	AAMin	5:04.16Y	-9.58 AAMin	21-24 Nat AG Motivs
Edwards, Dillon	14	M	13 & Over 100 Fly	F	115	59.95Y	AMin	1:01.16Y	-1.21 AMin	21-24 Nat AG Motivs
Edwards, James			13 & Over 100 Free	F	131	55.62Y	AMin	56.33Y	-0.71 AMin	21-24 Nat AG Motivs
Edwards, James			13 & Over 200 Free	F	108	1:59.51Y	AMin	2:04.20Y	-4.69 AMin	21-24 Nat AG Motivs
Eubank, Mia			13 & Over 100 Breast	F	58	1:14.30Y	AMin	1:16.67Y	-2.37 AMin	21-24 Nat AG Motivs
Eubank, Mia			13 & Over 100 Free	F	78	57.03Y	AAMin	58.00Y	-0.97 AAMin	21-24 Nat AG Motivs
Eubank, Mia			13 & Over 50 Free	F	66	26.51Y	AAMin	26.97Y	-0.46 AAMin	21-24 Nat AG Motivs
Farnsworth, Joshua	14	M	13 & Over 100 Back	F	93	59.63Y	AMin	1:01.45Y	-1.82 AMin	21-24 Nat AG Motivs
Farnsworth, Joshua			13 & Over 1000 Free	F	52	10:26.76Y	AAAMin	10:31.54Y	-4.78 AAAMin	21-24 Nat AG Motivs
Farnsworth, Joshua			13 & Over 200 Free	F	72	1:51.72Y	AAAMin	1:53.38Y	-1.66 AAAMin	21-24 Nat AG Motivs
Farnsworth, Joshua			13 & Over 50 Free	F	83	24.03Y	AAMin	25.08Y	-1.05 AAMin	21-24 Nat AG Motivs
Ferguson, George			13 & Over 100 Breast	F	97	1:09.99Y	BBMin	1:15.63Y	-5.64 BBMin	21-24 Nat AG Motivs
Ferguson, George			13 & Over 100 Fly	F	77	56.48Y	AMin	58.25Y	-1.77 AMin	21-24 Nat AG Motivs
Ferguson, George			13 & Over 100 Free	F	79	51.18Y	AAMin	53.34Y	-2.16 AAMin	21-24 Nat AG Motivs
Ferguson, George			13 & Over 1000 Free	F	56	10:32.73Y	AAMin	10:54.03Y	-21.30 AAMin	21-24 Nat AG Motivs
Ferguson, George			13 & Over 50 Free	F	78	23.81Y	AMin	24.79Y	-0.98 AMin	21-24 Nat AG Motivs
Fisher, Adam	17	M	13 & Over 100 Back	F	56	56.33Y	AMin	57.56Y	-1.23 AMin	21-24 Nat AG Motivs
Franks, Benjamin	14	M	13 & Over 100 Breast	F	44	1:02.73Y	AAAMin	1:04.47Y	-1.74 AAAMin	21-24 Nat AG Motivs
Franks, Benjamin			13 & Over 100 Fly	F	80	56.58Y	AAMin	58.57Y	-1.99 AAMin	21-24 Nat AG Motivs

Green, Brayden			13 & Over 100 Free	F	91	52.11Y	AMin	53.61Y	-1.50 AMin	21-24 Nat AG Motivs
Hall, Aiden			13 & Over 200 Fly	F	16	1:56.91Y	AAAMin	2:02.41Y	-5.50 AAMin	21-24 Nat AG Motivs
Harrell, Lincoln			13 & Over 200 Free	F	88	1:55.58Y	AAMin	2:07.00Y	-11.42 AAMin	21-24 Nat AG Motivs
Harrell, Lincoln			13 & Over 500 Free	F	49	5:16.60Y	AAMin	5:31.28Y	-14.68 AAMin	21-24 Nat AG Motivs
Harrington, Cullen			13 & Over 100 Free	F	130	55.59Y	AAMin	56.77Y	-1.18 AMin	21-24 Nat AG Motivs
Harrington, Cullen			13 & Over 200 Back	F	82	2:11.56Y	AAMin	2:15.03Y	-3.47 AMin	21-24 Nat AG Motivs
Harrington, Cullen			13 & Over 200 Free	F	105	1:58.60Y	AAMin	2:03.92Y	-5.32 AMin	21-24 Nat AG Motivs
Harrington, Cullen			13 & Over 500 Free	F	48	5:13.59Y	AAMin	5:36.13Y	-22.54 AAMin	21-24 Nat AG Motivs
Hawkins, Mary-Stuart			13 & Over 1650 Free	F	8	17:48.89Y	AAAMin	18:24.40Y	-35.51 AAAMin	21-24 Nat AG Motivs
Hays, Bliss			13 & Over 100 Fly	F	124	1:00.72Y	BBMin	1:13.88Y	-13.16 BBMin	21-24 Nat AG Motivs
Hays, Bliss			13 & Over 200 Free	F	110	1:59.76Y	BBMin	2:16.78Y	-17.02 BBMin	21-24 Nat AG Motivs
Hoareau, Arman			13 & Over 100 Free	F	102	53.05Y	AMin	54.93Y	-1.88 AMin	21-24 Nat AG Motivs
Holloway, Claire			13 & Over 500 Free	F	31	5:28.56Y	AAMin	5:30.56Y	-2.00 AAMin	21-24 Nat AG Motivs
Hotem, Kaitlyn			13 & Over 200 Fly	F	15	2:09.66Y	AAAMin	2:15.96Y	-6.30 AAAMin	21-24 Nat AG Motivs
Hotem, Kaitlyn			13 & Over 400 IM	F	4	4:25.22Y	AAAAMin	4:28.57Y	-3.35 AAAAMin	21-24 Nat AG Motivs
Hufford, Ryan			13 & Over 1650 Free	F	5	16:09.29Y	AAAMin	16:49.58Y	-40.29 AAAMin	21-24 Nat AG Motivs
Jena, Amish			13 & Over 50 Free	F	88	24.12Y	AMin	25.14Y	-1.02 AMin	21-24 Nat AG Motivs
Johnson, James			13 & Over 1650 Free	F	20	17:36.89Y	AAMin	18:20.74Y	-43.85 AAMin	21-24 Nat AG Motivs
Johnson, James			13 & Over 200 Free	F	75	1:52.13Y	AAMin	1:58.64Y	-6.51 AAAMin	21-24 Nat AG Motivs
Julian, Brady			13 & Over 100 Breast	F	65	1:05.02Y	AAMin	1:07.78Y	-2.76 AAMin	21-24 Nat AG Motivs
Julian, Brady			13 & Over 200 Free	F	31	1:47.08Y	AAAMin	1:48.96Y	-1.88 AAAAMin	21-24 Nat AG Motivs
Julian, Carson	13	M	13 & Over 1000 Free	F	66	10:52.39Y	AAMin	11:14.53Y	-22.14 AAMin	21-24 Nat AG Motivs
Julian, Erik	13	M	13 & Over 1000 Free	F	75	11:12.30Y	AAMin	11:39.89Y	-27.59 AMin	21-24 Nat AG Motivs
Kantner, Emily			13 & Over 1650 Free	F	13	18:38.58Y	AAMin	19:11.15Y	-32.57 AAMin	21-24 Nat AG Motivs
Laramore, Ellie			13 & Over 400 IM	F	37	4:58.44Y	AAMin	5:02.77Y	-4.33 AAMin	21-24 Nat AG Motivs
Lifsey, Judson			13 & Over 200 Free	F	81	1:53.48Y	AMin	1:54.59Y	-1.11 AMin	21-24 Nat AG Motivs

McKay, Francie	14	F	13 & Over 100 Back	F	58	1:04.55Y	AMin	1:06.57Y	-2.02 AMin	21-24 Nat AG Motivs
McKay, Francie			13 & Over 500 Free	F	38	5:34.87Y	AAMin	5:39.02Y	-4.15 AAMin	21-24 Nat AG Motivs
Miklos, Riley			13 & Over 1000 Free	F	9	10:19.00Y	AAAAMin	10:32.91Y	-13.91 AAAAMin	21-24 Nat AG Motivs
Miklos, Riley			13 & Over 200 Fly	F	8	2:08.31Y	AAAMin	2:09.92Y	-1.61 AAAMin	21-24 Nat AG Motivs
Moore, Brandon			13 & Over 200 Back	F	48	2:01.51Y	AMin	2:05.23Y	-3.72 AMin	21-24 Nat AG Motivs
Morris, Whitney			13 & Over 200 IM	F	98	2:36.60Y	BBMin	2:47.73Y	-11.13 BBMin	21-24 Nat AG Motivs
Muminovic, Aidin	13	M	13 & Over 100 Breast	F	66	1:05.11Y	AAAMin	1:09.50Y	-4.39 AAMin	21-24 Nat AG Motivs
Nelson, Clara			13 & Over 500 Free	F	40	5:42.24Y	AMin	5:55.36Y	-13.12 AMin	21-24 Nat AG Motivs
Nelson, Cole	13	M	13 & Over 100 Fly	F	111	59.05Y	AAMin	1:03.42Y	-4.37 AMin	21-24 Nat AG Motivs
Nelson, Cole			13 & Over 1650 Free	F	18	17:18.21Y	AAAAMin	17:53.19Y	-34.98 AAAAMin	21-24 Nat AG Motivs
Ng, Sophia			13 & Over 1000 Free	F	41	11:18.82Y	AAMin	11:51.22Y	-32.40 AAMin	21-24 Nat AG Motivs
Ng, Sophia			13 & Over 200 IM	F	79	2:22.33Y	AMin	2:27.38Y	-5.05 AMin	21-24 Nat AG Motivs
Ng, Zachary			13 & Over 100 Breast	F	90	1:07.85Y	AMin	1:14.80Y	-6.95 AMin	21-24 Nat AG Motivs
Ng, Zachary			13 & Over 100 Free	F	133	56.23Y	AMin	59.66Y	-3.43 AMin	21-24 Nat AG Motivs
Ng, Zachary			13 & Over 1000 Free	F	67	10:52.46Y	AAMin	11:40.07Y	-47.61 AAMin	21-24 Nat AG Motivs
Ng, Zachary			13 & Over 200 Free	F	109	1:59.75Y	AMin	2:07.52Y	-7.77 AMin	21-24 Nat AG Motivs
Ng, Zachary			13 & Over 200 IM	F	137	2:15.96Y	AMin	2:24.05Y	-8.09 AMin	21-24 Nat AG Motivs
Ng, Zachary			13 & Over 500 Free	F	51	5:17.77Y	AMin	5:37.84Y	-20.07 AMin	21-24 Nat AG Motivs
O'Shea, Elizabeth			13 & Over 400 IM	F	13	4:32.70Y	AAAMin	4:43.10Y	-10.40 AAAMin	21-24 Nat AG Motivs
Panos, Gregory	16	M	13 & Over 100 Back	F	73	57.37Y	AMin	59.22Y	-1.85 AMin	21-24 Nat AG Motivs
Panos, Gregory			13 & Over 50 Free	F	87	24.11Y	AMin	24.69Y	-0.58 AMin	21-24 Nat AG Motivs
Payne, Jonathan			13 & Over 200 Free	F	100	1:57.28Y	AMin	1:59.61Y	-2.33 AAMin	21-24 Nat AG Motivs
Pyle, Logan	14	F	13 & Over 100 Back	F	63	1:04.77Y	AMin	1:06.42Y	-1.65 AMin	21-24 Nat AG Motivs
Pyle, Logan			13 & Over 200 Free	F	94	2:09.71Y	AMin	2:12.47Y	-2.76 AMin	21-24 Nat AG Motivs
Redfern, Cooper	13	M	13 & Over 100 Back	F	103	1:00.23Y	AAMin	1:01.84Y	-1.61 AMin	21-24 Nat AG Motivs
Redfern, Cooper			13 & Over 100 Fly	F	140	1:04.05Y	BBMin	1:08.01Y	-3.96 BBMin	21-24 Nat AG Motivs

Redfern, Cooper			13 & Over 100 Free	F	132	56.19Y	AMin	58.48Y	-2.29 AMin	21-24 Nat AG Motivs
Redfern, Cooper			13 & Over 200 Free	F	113	2:01.18Y	AAMin	2:07.59Y	-6.41 AMin	21-24 Nat AG Motivs
Reid, Keira			13 & Over 200 Back	F	13	2:07.63Y	AAAMin	2:08.49Y	-0.86 AAAMin	21-24 Nat AG Motivs
Rhodes, Cameron	15	M	13 & Over 100 Back	F	82	58.15Y	AMin	59.80Y	-1.65 AMin	21-24 Nat AG Motivs
Rhodes, Cameron			13 & Over 100 Fly	F	105	58.49Y	AMin	1:03.24Y	-4.75 BBMin	21-24 Nat AG Motivs
Rhodes, Cameron			13 & Over 1000 Free	F	65	10:47.57Y	AMin	11:08.23Y	-20.66 AMin	21-24 Nat AG Motivs
Rhodes, Cameron			13 & Over 200 Back	F	64	2:05.19Y	AMin	2:06.94Y	-1.75 AMin	21-24 Nat AG Motivs
Rhodes, Cameron			13 & Over 200 Free	F	94	1:56.29Y	AMin	1:58.78Y	-2.49 AMin	21-24 Nat AG Motivs
Ridge, Spencer			13 & Over 100 Free	F	58	50.35Y	AAMin	54.36Y	-4.01 AAAMin	21-24 Nat AG Motivs
Ridge, Spencer			13 & Over 200 Breast	F	3	2:09.92Y	AAAMin	2:12.58Y	-2.66 AAAMin	21-24 Nat AG Motivs
Ridge, Spencer			13 & Over 200 Free	F	47	1:48.69Y	AAAMin	1:56.37Y	-7.68 AAAMin	21-24 Nat AG Motivs
Ridge, Spencer			13 & Over 50 Free	F	55	23.16Y	AAMin	24.48Y	-1.32 AAAMin	21-24 Nat AG Motivs
Rivas, Matthew			13 & Over 100 Free	F	29	48.81Y	AAAMin	49.06Y	-0.25 AAAMin	21-24 Nat AG Motivs
Silva, Pablo			13 & Over 50 Free	F	21	22.10Y	AAAMin	22.33Y	-0.23 AAAMin	21-24 Nat AG Motivs
Smith, Ryan			13 & Over 200 Fly	F	35	2:02.52Y	AAMin	2:06.22Y	-3.70 AAMin	21-24 Nat AG Motivs
Smith, Ryan			13 & Over 500 Free	F	36	5:02.92Y	AAMin	5:12.48Y	-9.56 AAAMin	21-24 Nat AG Motivs
Stuhlmacher, Claire			13 & Over 1650 Free	F	1	16:55.55Y	AAAAMin	17:25.36Y	-29.81 AAAAMin	21-24 Nat AG Motivs
Stuhlmacher, Claire			13 & Over 200 Back	F	26	2:09.06Y	AAMin	2:17.33Y	-8.27 AAAMin	21-24 Nat AG Motivs
Stuhlmacher, Claire			13 & Over 200 Fly	F	10	2:08.73Y	AAAMin	2:15.70Y	-6.97 AAAMin	21-24 Nat AG Motivs
Temple, Peyton			13 & Over 100 Free	F	118	59.59Y	AMin	1:01.37Y	-1.78 AMin	21-24 Nat AG Motivs
Temple, Peyton			13 & Over 200 Back	F	57	2:17.04Y	AAMin	2:23.30Y	-6.26 AAAMin	21-24 Nat AG Motivs
Temple, Peyton			13 & Over 50 Free	F	88	27.66Y	AMin	28.12Y	-0.46 AMin	21-24 Nat AG Motivs
Van Drew, Brendan	14	M	13 & Over 50 Free	F	91	24.17Y	AAMin	25.38Y	-1.21 AAAMin	21-24 Nat AG Motivs
Walton, Caroline			13 & Over 100 Free	F	88	57.62Y	AMin	59.91Y	-2.29 AMin	21-24 Nat AG Motivs
Walton, Caroline			13 & Over 200 IM	F	78	2:22.04Y	AMin	2:25.06Y	-3.02 AMin	21-24 Nat AG Motivs
Welsh, Douglas			13 & Over 200 IM	F	68	2:04.90Y	AAAMin	2:06.82Y	-1.92 AAAMin	21-24 Nat AG Motivs

Wenert, Olivia	14	F	13 & Over 100 Back	F	65	1:05.05Y	AAMin	1:10.50Y	-5.45 AAMin	21-24 Nat AG Motivs
Wenert, Olivia			13 & Over 100 Breast	F	60	1:14.51Y	AAMin	1:19.83Y	-5.32 AAMin	21-24 Nat AG Motivs
White, Charlotte	13	F	13 & Over 100 Breast	F	40	1:11.38Y	AAMin	1:13.26Y	-1.88 AAMin	21-24 Nat AG Motivs
White, Charlotte			13 & Over 200 Breast	F	27	2:32.16Y	AAAMin	2:42.31Y	-10.15 AAMin	21-24 Nat AG Motivs
White, Charlotte			13 & Over 400 IM	F	27	4:48.97Y	AAAMin	4:59.10Y	-10.13 AAMin	21-24 Nat AG Motivs
White, Charlotte			13 & Over 500 Free	F	33	5:30.09Y	AAMin	5:53.71Y	-23.62 AAMin	21-24 Nat AG Motivs
Williams, Carson			13 & Over 200 Free	F	33	1:47.18Y	AAAMin	1:50.28Y	-3.10 AAAAMin	21-24 Nat AG Motivs
Wolfe, Matthew	14	M	13 & Over 100 Breast	F	38	1:02.29Y	AAAMin	1:06.44Y	-4.15 AAAMin	21-24 Nat AG Motivs
Wolfe, Matthew			13 & Over 100 Fly	F	88	56.95Y	AAMin	58.91Y	-1.96 AAMin	21-24 Nat AG Motivs
Wolfe, Matthew			13 & Over 100 Free	F	85	51.54Y	AAAMin	55.76Y	-4.22 AAAMin	21-24 Nat AG Motivs
Wolfe, Matthew			13 & Over 1650 Free	F	15	17:06.67Y	AAAMin	18:13.28Y	-1:06.61 AAAMin	21-24 Nat AG Motivs
Wolfe, Matthew			13 & Over 200 Free	F	83	1:54.00Y	AAMin	2:01.78Y	-7.78 AAMin	21-24 Nat AG Motivs
Wolfe, Matthew			13 & Over 200 IM	F	50	2:03.11Y	AAAMin	2:06.95Y	-3.84 AAAMin	21-24 Nat AG Motivs