

**Improvement Report**  
**2018Mid-Atlantic Age Group Sho**  
**Meet Date: 11/02/2018**  
**Location: Stafford, VA**  
**Report Date: 11/08/2018**

<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>Base Line</b>	<b>Improvement</b>
Anderson, Samantha	10	F	10-10 100 Fly	F	8	11.00	1:14.08Y	1:16.40Y	-2.32
			10-10 100 IM	F	6	13.00	1:17.89Y	1:20.83Y	-2.94
			10-10 200 Free	F	5	14.00	2:20.51Y	2:26.23Y	-5.72
			10-10 200 IM	F	6	13.00	2:42.10Y	2:47.77Y	-5.67
			10-10 50 Fly	F	7	12.00	32.60Y	33.96Y	-1.36
			10-10 500 Free	F	2	17.00	6:09.30Y	6:46.78Y	-37.48
Baldwin, Ryan	9	M	9 & Under 100 Fly	F	3	16.00	1:21.64Y	1:23.35Y	-1.71
			9 & Under 50 Fly	F	5	14.00	36.04Y	36.60Y	-0.56
			9-9 100 Free	F	6	13.00	1:10.75Y	1:11.56Y	-0.81
			9-9 200 Free	F	6	13.00	2:33.04Y	2:32.92Y	0.12
			9-9 200 IM	F	5	14.00	2:52.09Y	2:56.99Y	-4.90
Buckley, Gavin	10	M	9-9 50 Back	F	12	5.00	41.81Y	39.38Y	2.43
			10-10 100 Back	F	10	7.00	1:19.41Y	1:22.11Y	-2.70
			10-10 100 Free	F	10	7.00	1:08.70Y	1:10.93Y	-2.23
			10-10 200 Free	F	9	9.00	2:26.06Y	2:28.50Y	-2.44
			10-10 200 IM	F	8	11.00	2:47.52Y	2:49.62Y	-2.10
			10-10 50 Back	F	11	6.00	37.28Y	38.35Y	-1.07
			10-10 50 Breast	F	11	6.00	42.76Y	44.54Y	-1.78
Cash, Joseph	12	M	9-10 50 Free	F			30.69YL	31.95Y	-1.26
			12-12 100 Fly	F	9	9.00	1:15.32Y	1:18.38Y	-3.06
			12-12 100 Free	F	11	6.00	1:00.93Y	1:04.26Y	-3.33
			12-12 200 Back	F	11	6.00	2:40.63Y	2:46.63Y	-6.00
			12-12 200 Free	F	11	6.00	2:14.17Y	2:20.22Y	-6.05
			12-12 50 Fly	F	9	9.00	32.47Y	34.29Y	-1.82
Connor, Kaitlin	10	F	12-12 50 Free	F	10	7.00	28.28Y	29.39Y	-1.11
			10-10 100 Back	F	5	14.00	1:14.22Y	1:16.57Y	-2.35
			10-10 100 Free	F	7	12.00	1:07.84Y	1:08.69Y	-0.85
			10-10 100 IM	F	10	7.00	1:21.02Y	1:24.03Y	-3.01
			10-10 200 Free	F	11	6.00	2:29.18Y	2:27.44Y	1.74
			10-10 50 Back	F	8	11.00	36.17Y	34.88Y	1.29
			10-10 50 Free	F	9	9.00	30.97Y	32.18Y	-1.21
			9-10 100 Back	F			1:14.13YL	1:16.57Y	-2.44
			9-10 50 Back	F			33.54YL	34.88Y	-1.34
Franklin, Matthew	10	M	10-10 100 Breast	F	12	5.00	1:32.27Y	1:34.21Y	-1.94
			10-10 100 Fly	F	8	11.00	1:18.98Y	1:23.34Y	-4.36
			10-10 100 Free	F	6	13.00	1:06.87Y	1:10.12Y	-3.25
			10-10 200 Free	F	11	6.00	2:29.29Y	2:32.38Y	-3.09
			10-10 50 Fly	F	8	11.00	33.59Y	35.32Y	-1.73
Kamor, Nicholas	9	M	9-10 100 Free	F			1:07.44YL	1:10.12Y	-2.68
			9 & Under 100 Back	F	3	16.00	1:15.70Y	1:18.58Y	-2.88

			9 & Under 100 Fly	F	1	20.00	1:13.45Y	1:15.51Y	-2.06
			9 & Under 50 Fly	F	1	20.00	32.40Y	33.87Y	-1.47
			9-9 100 Free	F	2	17.00	1:06.08Y	1:08.81Y	-2.73
			9-9 200 Free	F	1	20.00	2:22.72Y	2:29.24Y	-6.52
			9-9 50 Back	F	3	16.00	35.82Y	36.80Y	-0.98
Koek, Andrew	10	M	10-10 100 Breast	F	1	20.00	1:12.75Y	1:16.79Y	-4.04
			10-10 100 IM	F	2	17.00	1:13.29Y	1:18.60Y	-5.31
			10-10 200 IM	F	2	17.00	2:31.74Y	2:35.59Y	-3.85
			10-10 50 Breast	F	1	20.00	34.72Y	35.76Y	-1.04
			10-10 50 Free	F	8	11.00	30.92Y	31.48Y	-0.56
			10-10 500 Free	F	4	15.00	6:14.43Y		
Koek, Megan	12	F	12-12 100 Breast	F	9	9.00	1:19.45Y	1:20.95Y	-1.50
			12-12 100 Fly	F	12	5.00	1:16.42Y	1:16.01Y	0.41
			12-12 200 Breast	F	8	11.00	2:50.65Y	2:59.58Y	-8.93
			12-12 200 IM	F	10	7.00	2:26.78Y	2:33.28Y	-6.50
			12-12 50 Breast	F	8	11.00	37.40Y	38.57Y	-1.17
			12-12 50 Free	F	11	6.00	28.72Y	29.92Y	-1.20
Lee, Cherry	10	F	10-10 100 Back	F	11	6.00	1:18.29Y	1:18.48Y	-0.19
			10-10 100 Breast	F	3	16.00	1:22.70Y	1:27.36Y	-4.66
			10-10 100 IM	F	3	16.00	1:15.42Y	1:20.91Y	-5.49
			10-10 200 Free	F	8	11.00	2:24.30Y	2:24.84Y	-0.54
			10-10 200 IM	F	7	12.00	2:44.23Y	2:43.08Y	1.15
			10-10 50 Breast	F	2	17.00	38.61Y	41.20Y	-2.59
			9-10 100 Free	F			1:06.84YL	1:07.79Y	-0.95
Lee, Yuna	9	F	9 & Under 100 Breast	F	4	15.00	1:36.41Y	1:38.35Y	-1.94
			9 & Under 100 Fly	F	4	15.00	1:34.02Y		
			9 & Under 100 IM	F	3	16.00	1:23.72Y	1:29.18Y	-5.46
			9 & Under 50 Back	F	4	15.00	37.90Y	38.86Y	-0.96
			9 & Under 50 Fly	F	6	13.00	38.68Y	40.21Y	-1.53
			9-9 200 IM	F	5	14.00	3:03.41Y	3:05.94Y	-2.53
Mackey, Thomas	10	M	10-10 100 Back	F	3	16.00	1:12.34Y	1:13.07Y	-0.73
			10-10 100 Breast	F	6	13.00	1:27.05Y	1:32.56Y	-5.51
			10-10 100 Fly	F	4	15.00	1:16.66Y	1:17.69Y	-1.03
			10-10 50 Back	F	3	16.00	33.57Y	35.17Y	-1.60
			10-10 50 Breast	F	9	9.00	40.88Y	44.82Y	-3.94
			10-10 50 Fly	F	5	14.00	32.70Y	34.78Y	-2.08
			9-10 100 Back	F			1:13.38YL	1:13.07Y	0.31
			9-10 50 Back	F			33.97YL	35.17Y	-1.20
McDonald, Cara	10	F	10-10 100 Breast	F	10	7.00	1:36.09Y	1:41.70Y	-5.61
			10-10 100 Fly	F	10	7.00	1:23.88Y	1:30.93Y	-7.05
			10-10 100 Free	F	10	7.00	1:11.45Y	1:12.35Y	-0.90
			10-10 50 Back	F	11	6.00	38.61Y	38.67Y	-0.06
			10-10 50 Fly	F	10	7.00	38.39Y	39.48Y	-1.09
			10-10 50 Free	F	11	6.00	33.05Y	34.02Y	-0.97

McDonald, Mary	11	F	11-11 100 Back	F	10	7.00	1:14.45Y	1:15.65Y	-1.20
			11-11 100 Breast	F	10	7.00	1:21.56Y	1:23.84Y	-2.28
			11-11 200 Breast	F	6	13.00	2:56.26Y	3:01.44Y	-5.18
			11-11 50 Back	F	12	5.00	36.00Y	36.81Y	-0.81
			11-11 50 Breast	F	3	15.00	37.12Y	38.08Y	-0.96
Quinlan, Daniel	10	M	11-11 50 Free	F	10	7.00	29.83Y	31.19Y	-1.36
			10-10 100 Back	F	9	9.00	1:18.70Y	1:20.96Y	-2.26
			10-10 100 Fly	F	11	6.00	1:24.74Y	1:23.98Y	0.76
			10-10 100 IM	F	10	7.00	1:19.84Y	1:25.45Y	-5.61
			10-10 200 Free	F	6	13.00	2:23.76Y	2:25.42Y	-1.66
			10-10 50 Fly	F	11	6.00	37.97Y	39.27Y	-1.30
			10-10 50 Free	F	6	13.00	30.60Y	30.58Y	0.02
			9-10 100 Free	F			1:05.54YL	1:07.03Y	-1.49
Simons, Andrew	11	M	9-10 50 Free	F			30.58YL	30.58Y	0.00
			11-11 100 IM	F	12	5.00	1:16.51Y	1:19.10Y	-2.59
			11-11 200 Back	F	11	6.00	2:43.18Y		
			11-11 200 Breast	F	10	7.00	3:05.28Y		
			11-11 200 IM	F	12	5.00	2:40.79Y	2:43.10Y	-2.31
So, Leni	10	F	11-11 50 Back	F	12	5.00	36.27Y	36.11Y	0.16
			11-11 50 Free	F	10	7.00	31.16Y	30.51Y	0.65
			10-10 100 Back	F	6	13.00	1:16.21Y	1:18.34Y	-2.13
			10-10 200 Free	F	7	12.00	2:24.15Y	2:28.65Y	-4.50
			10-10 50 Back	F	10	7.00	36.46Y	35.94Y	0.52
			10-10 50 Breast	F	9	9.00	41.38Y	43.46Y	-2.08
			10-10 50 Free	F	8	11.00	30.90Y	32.04Y	-1.14
			10-10 500 Free	F	4	15.00	6:21.15Y	7:13.33Y	-52.18
			9-10 50 Free	F			31.37YL	32.04Y	-0.67
			Wong, Andrew	10	M	10-10 100 Back	F	4	15.00
10-10 100 Breast	F	5				14.00	1:26.57Y	1:35.48Y	-8.91
10-10 100 Free	F	9				9.00	1:08.65Y	1:10.41Y	-1.76
10-10 100 IM	F	11				6.00	1:19.94Y	1:24.50Y	-4.56
10-10 200 IM	F	9				9.00	2:50.03Y	2:53.40Y	-3.37
10-10 50 Back	F	5				14.00	34.60Y	36.28Y	-1.68
9-10 100 Back	F						1:13.42YL	1:17.21Y	-3.79