

12x100 Kick Every 3rd FAST Add up 400m

First Name	Last Name	CLUB	Gender
Julie	Calvert	OAK	F
Annie	Harrison	OAK	F
Brittany	Maclean	ESWIM	F
Amanda	McCormack	EBSC	F
Ioana Maria	Negru	ESWIM	F
Marni	Oldershaw	OAK	F
Jillian	Stoyan	TSC	F
Natasha	Truscott	ESWIM	F
Tera	Van Beilen	OAK	F

Ryan	Cockell	NKB	M
Mackenzie	Darragh	OAK	M
Matthew	Kwatyra	LAC	M
Edward	Liu	TSC	M
Matthew	Roman	LAC	M
Brayden	Salmon	LAC	M
Mackenzie	Salmon	LAC	M
Jeffrey	Swanston	NEW	M

Stroke	1st 100	2nd 100	3rd 100	4th 100	400Total
BREAST	1:36.70	1:36.10	1:35.20	1:35.90	6:23.90
FREE	1:30.10	1:29.70	1:29.10	1:28.70	5:57.80
FREE	1:26.60	1:25.60	1:24.40	1:22.40	5:39.00
BACK	1:34.00	1:32.00	1:33.00	1:33.00	6:12.00
FREE	1:45.00	1:40.10	1:37.20	1:36.30	6:38.60
FLY	1:31.10	1:32.30	1:32.90	1:32.80	6:08.10
FREE	1:38.60	1:35.70	1:35.80	1:36.30	6:26.40
FLY	1:19.00	1:20.00	1:22.00	1:19.00	5:20.00
BREAST	1:30.20	1:29.20	1:28.00	1:27.70	5:55.10

BACK	1:20.00	1:19.00	1:17.00	1:16.00	5:12.00
FLY	1:27.68	1:25.80	1:28.40	1:27.00	5:48.88
BACK	1:26.00	1:28.00	1:27.00	1:26.00	5:47.00
FREE	1:28.00	1:26.00	1:24.00	1:21.00	5:30.00
FREE	1:35.00	1:32.00	1:32.00	1:31.00	6:10.00
FLY	1:21.40	1:21.50	1:18.40	1:19.60	5:20.70
FLY	1:28.60	1:27.68	1:26.60	1:25.50	5:48.80
FREE	1:32.00	1:30.00	1:29.00	1:30.00	6:01.00

First Name	Last Name	CLUB	Gender
Julie	Calvert	OAK	F
Annie	Harrison	OAK	F
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Amanda	McCormack	EBSC	F
Ioana Maria	Negru	ESWIM	F
Marni	Oldershaw	OAK	F
Jillian	Stoyan	TSC	F
Natasha	Truscott	ESWIM	F
Tera	Van Beilen	OAK	F

Ryan	Cockell	NKB	M
Mackenzie	Darragh	OAK	M
Matthew	Kwatyra	LAC	M
Edward	Liu	TSC	M
Matthew	Roman	LAC	M
Brayden	Salmon	LAC	M
Mackenzie	Salmon	LAC	M
Jeffrey	Swanston	NEW	M

5x200 Kick 2 and 4 Fast Add Up 400m

Stroke	1st 200	2nd 200	400Total
BREAST	3:30.00	3:28.00	6:58.00
FREE	3:14.00	3:16.00	6:30.00
FREE	3:08.00	3:06.00	6:14.00
BACK	3:33.00	3:32.00	7:05.00
FREE	3:39.00	3:40.00	7:19.00
FLY	3:27.00	3:22.00	6:49.00
FREE	3:32.60	3:32.40	7:05.00
FLY	3:05.00	2:57.00	6:02.00
BREAST	3:14.00	3:11.00	6:25.00

BACK	3:08.00	3:07.00	6:15.00
FLY	3:20.80	:32.00	6:40.80
BACK	3:27.00	3:27.00	6:54.00
FREE	3:08.00	3:06.00	6:14.00
FREE	3:31.00	3:23.00	6:54.00
FLY	2:55.40	2:53.20	5:48.60
FLY	3:13.00	3:07.70	6:20.70
FREE	3:21.00	3:17.00	6:38.00