

Improvement Report
2017 Speedo Winter Junior Cham
Meet Date: 12/06/2017
Location: Iowa City, IA
Report Date: 12/11/2017

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement	
Arky, Natalie	17	F	Open 100 Back	F			54.36YL	54.02Y	0.34 (0.63%)	
			Open 100 Fly	P	52		55.62Y	55.14Y	0.48 (0.87%)	
			Splits 50: 26.37 100: 29.25							
			Open 200 Back	F	11	6.00	1:57.13Y	1:57.24Y	-0.11 (-0.09%)	
			Splits 50: 27.45 100: 29.84 150: 30.06 200: 29.78							
			Open 200 Fly	P	13		1:58.64Y	1:57.24Y	1.40 (1.19%)	
Splits 50: 27.45 100: 29.84 150: 30.06 200: 29.78										
Beckwith, Jessica	16	F	Open 200 Fly	P	51		2:04.15Y	2:03.73Y	0.42 (0.34%)	
			Splits 50: 27.61 100: 31.48 150: 32.39 200: 32.67							
			Open 200 IM	P	69		2:04.48Y	2:08.08Y	-3.60 (-2.81%)	
			Splits 50: 26.65 100: 30.30 150: 37.93 200: 29.60							
			Open 100 Fly	P	55		55.69Y	55.15Y	0.54 (0.98%)	
			Splits 50: 25.73 100: 29.96							
Dennis, Holley	15	F	Open 100 Free	P	132		52.59Y	51.80Y	0.79 (1.53%)	
			Splits 50: 25.28 100: 27.31							
			Open 200 Free	F	10		1:54.62Y	1:52.57Y	2.05 (1.82%)	
			Splits 50: 26.09 100: 28.90 150: 30.03 200: 29.60							
			Open 50 Free	P	127		24.15Y	24.20Y	-0.05 (-0.21%)	
			Open 100 Breast	P	29		1:03.43Y	1:03.92Y	-0.49 (-0.77%)	
Splits 50: 29.78 100: 33.65										
Haworth, Kaleigh	16	F	Open 200 Breast	P	31		2:17.61Y	2:17.49Y	0.12 (0.09%)	
			Splits 50: 30.32 100: 34.29 150: 35.82 200: 37.18							
			Open 200 Fly	F	4		2:12.55Y	2:13.84Y	-1.29 (-0.96%)	
			Splits 50: 28.21 100: 32.91 150: 34.87 200: 36.56							
			Open 200 IM	F	14		2:09.70Y	2:13.98Y	-4.28 (-3.19%)	
			Splits 50: 26.82 100: 35.38 150: 36.06 200: 31.44							
Henry, Parker	16	F	Open 50 Free	P	140		24.22Y	24.17Y	0.05 (0.21%)	
			Open 100 Breast	F	2		1:04.93Y	1:04.92Y	0.01 (0.02%)	
			Splits 50: 30.11 100: 34.82							
Henry, Parker	16	F	Open 200 Breast	F	3		2:23.12Y	2:17.32Y	5.80 (4.22%)	
			Splits 50: 30.67 100: 35.91 150: 37.23 200: 39.31							
			Open 100 Back	F			56.90YL	57.93Y	-1.03 (-1.78%)	
Henry, Parker	16	F	Open 100 Free	F	14		53.46Y	54.05Y	-0.59 (-1.09%)	
			Splits 50: 25.61 100: 27.85							

			Open 200 Back	P	110	2:06.15Y	2:05.49Y	0.66 (0.53%)
			Splits 50: 28.68 100: 31.68 150: 32.69 200: 33.10					
			Open 200 Free	F	12	1:54.77Y	1:57.29Y	-2.52 (-2.15%)
			Splits 50: 26.35 100: 29.42 150: 29.75 200: 29.25					
			Open 50 Back	F		26.89YL	30.67Y	-3.78 (-12.32%)
			Open 50 Free	P	129	24.16Y	24.56Y	-0.40 (-1.63%)
Litteken, Elsa	18	F	Open 100 Back	P	58	56.15Y	54.65Y	1.50 (2.74%)
			Splits 50: 27.13 100: 29.02					
			Open 100 Fly	P	154	58.07Y	57.22Y	0.85 (1.49%)
			Splits 50: 27.03 100: 31.04					
			Open 200 Back	P	36	2:00.55Y	1:59.56Y	0.99 (0.83%)
			Splits 50: 27.56 100: 29.87 150: 31.47 200: 31.65					
			Open 200 IM	F	16	2:09.83Y	2:07.00Y	2.83 (2.23%)
			Splits 50: 27.64 100: 30.57 150: 41.17 200: 30.45					
			Open 50 Free	P	114	24.04Y	23.94Y	0.10 (0.42%)
Nats, Kaitlin	17	F	Open 100 Free	F	17	53.98Y	52.57Y	1.41 (2.68%)
			Splits 50: 25.82 100: 28.16					
			Open 200 Free	F		1:55.37YL	1:53.08Y	2.29 (2.03%)
			Open 400 IM	F	6	4:33.91Y	4:42.35Y	-8.44 (-2.99%)
			Splits 50: 29.53 100: 33.78 150: 33.92 200: 33.33 250: 39.54 300: 40.39 350: 32.33 400: 31.09					
Smith, Delaney	18	F	Open 100 Breast	P	46	1:04.00Y	1:03.76Y	0.24 (0.38%)
			Splits 50: 30.47 100: 33.53					
			Open 100 Free	F		50.95YL	50.97Y	-0.02 (-0.04%)
			Open 200 Back	P	32	2:00.38Y	2:01.47Y	-1.09 (-0.90%)
			Splits 50: 28.85 100: 30.07 150: 30.64 200: 30.82					
			Open 200 Breast	P	46	2:18.86Y	2:19.25Y	-0.39 (-0.28%)
			Splits 50: 31.76 100: 34.58 150: 36.21 200: 36.31					
			Open 200 IM	F	20	2:02.00Y	2:02.41Y	-0.41 (-0.33%)
			Splits 50: 27.47 100: 30.18 150: 35.68 200: 28.67					
				P	24	2:01.98Y	2:02.41Y	-0.43 (-0.35%)
			Splits 50: 27.47 100: 30.18 150: 35.68 200: 28.67					
			Open 400 IM	P	31	4:22.63Y	4:19.82Y	2.81 (1.08%)
			Splits 50: 29.17 100: 32.83 150: 32.97 200: 32.56 250: 37.53 300: 37.90 350: 30.15 400: 29.52					