

Seasonal Spreadsheet Report

Convert To: Yards Print: Yards

		50	100	200	500	1000	1650	100	200	100	200	100	200	200	400		
		Free	Free	Free	Free	Free	Free	Back	Back	Breast	Breast	Fly	Fly	IM	IM		
Coyne, Allison																	
18 Dec 2010 Girls UMAC @ MAC	Dec-18-10	31.64	1:13.08							1:34.56							
Dobbs, Brooke																	
MAC @ DCAA girls 01 15 2011	Jan-15-11									1:24.23		1:18.81					
18 Dec 2010 Girls UMAC @ MAC	Dec-18-10							1:19.49		1:23.43							
MAC at PVAC girls	Dec-04-10									1:28.50		1:23.86					
112010GirlsRAC@MAC	Nov-20-10	x30.20															
LMAC Girls vs MAC	Nov-13-10							1:19.49		1:25.98		1:22.94					
Egarter, Katie						50	100	200	50	100	200	50	100	200	100	200	400
		Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
SAL WESTERN DIVISONAL CHAMPS	Jan-29-11	44.33							52.10			49.49					
MAC @ DCAA girls 01 15 2011	Jan-15-11								49.67						1:42.31		
SOUD vs MAC Girls Dual 01-08-2011	Jan-08-11		1:30.81						49.76			49.28					
CR Hawaiian Holiday Invitational	Jan-02-11	40.35	1:30.58						49.65			52.58			1:47.83		
18 Dec 2010 Girls UMAC @ MAC	Dec-18-10								47.59			50.57			1:45.37		
Girls NAAC @ MAC	Dec-11-10								50.30			51.58			1:42.81		
MAC at PVAC girls	Dec-04-10								48.30			49.46					
112010GirlsRAC@MAC	Nov-20-10								49.29						1:39.80		
LMAC Girls vs MAC	Nov-13-10								49.83			49.03			1:43.23		
Perkiomen Valley Fall Fest 2010	Nov-07-10	41.69	1:36.19						50.73			50.07					
MAC Mock Meet	Oct-23-10	43.84	1:36.89			54.70			48.83			54.17			1:50.77		

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Egerter, Sarah	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISONAL CHAMPS Jan-29-11	36.13	1:18.03									40.13					
MAC @ DCAA girls 01 15 2011 Jan-15-11								x49.71								
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11								x48.82				1:35.02				
CR Hawaiian Holiday Invitational Jan-02-11	36.48	1:19.04						52.82			40.60			1:33.09		
18 Dec 2010 Girls UMAC @ MAC Dec-18-10	x36.21				x42.42											
Girls NAAC @ MAC Dec-11-10	x36.02							x52.06				1:32.90				
MAC at PVAC girls Dec-04-10	37.83							x51.15			x45.07					
112010GirlsRAC@MAC Nov-20-10	x37.95													x1:34.17		
LMAC Girls vs MAC Nov-13-10	36.98	1:19.27														
Perkiomen Valley Fall Fest 2010 Nov-07-10	35.09	1:16.71									43.25			1:31.82		
MAC Mock Meet Oct-23-10	38.04	1:23.18			45.64			54.00			44.29			1:38.29		
Furtek, Laura	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISONAL CHAMPS Jan-29-11	38.35				42.44			46.11								
Pennsbury Splash 2011 Jan-16-11	35.32	1:19.95						45.30			43.10			1:28.86		
MAC @ DCAA girls 01 15 2011 Jan-15-11					47.34			x45.60								
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11	x35.93							46.73						x1:31.06		
18 Dec 2010 Girls UMAC @ MAC Dec-18-10					x43.66											
Girls NAAC @ MAC Dec-11-10								x46.79			x43.22					
MAC at PVAC girls Dec-04-10	x37.39							x45.69								
NAAC HARVEST MEET 2010 Nov-27-10	37.80	1:22.77						47.16			44.73					
112010GirlsRAC@MAC Nov-20-10	x38.01				x42.18			x46.28								
LMAC Girls vs MAC Nov-13-10	x38.45				x44.33											
Perkiomen Valley Fall Fest 2010 Nov-07-10	39.70							46.66			44.93			1:34.74		
MAC Mock Meet Oct-23-10	38.64	1:26.07			44.59			47.78			45.55			1:35.71		
Furtek, Sarah	50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
MAC @ DCAA girls 01 15 2011 Jan-15-11							1:14.69				1:22.82					
Girls NAAC @ MAC Dec-11-10							1:12.68									
112010GirlsRAC@MAC Nov-20-10	x30.90						1:13.88									
MAC Mock Meet Oct-23-10	31.91	1:08.74					1:15.40		1:31.87		1:21.02		2:48.02			

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Groff, Amanda	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISONAL CHAMPS Jan-29-11	33.92				39.47						36.79					
Last Chance Meet 2010 Jan-22-11	32.71				37.63						37.87			1:25.60		
MAC @ DCAA girls 01 15 2011 Jan-15-11	34.76				39.29	1:28.22										
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11	34.44				37.85											3:17.33
CR Hawaiian Holiday Invitational Jan-02-11	33.20				40.30			47.20			38.33					
18 Dec 2010 Girls UMAC @ MAC Dec-18-10					39.47						39.71					
Holiday Classic 2010 Dec-12-10	33.80				37.97						39.19					
Girls NAAC @ MAC Dec-11-10	x34.37															
MAC at PVAC girls Dec-04-10					x38.68						40.11					
112010GirlsRAC@MAC Nov-20-10	x35.21										40.68					
LMAC Girls vs MAC Nov-13-10	36.47	1:22.80										1:33.66				
Perkiomen Valley Fall Fest 2010 Nov-07-10	34.69				39.48						39.83			1:29.07		
MAC Mock Meet Oct-23-10	37.05	1:24.83			40.85			48.68			42.13			1:33.30		
Groff, Kirsten	50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
SAL Girls Championship 2011 Feb-06-11		1:00.21														
SAL WESTERN DIVISONAL CHAMPS Jan-29-11	28.47						1:15.70									
Last Chance Meet 2010 Jan-22-11	27.96	59.29					1:14.16						2:38.12			
MAC @ DCAA girls 01 15 2011 Jan-15-11	28.65	1:02.06														
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11	28.12	1:00.31														
CR Hawaiian Holiday Invitational Jan-02-11	28.49	1:00.80					1:17.53		1:25.76							
18 Dec 2010 Girls UMAC @ MAC Dec-18-10	28.99	1:01.89														
Holiday Classic 2010 Dec-12-10	28.96	1:01.77					1:17.62									
Girls NAAC @ MAC Dec-11-10	28.69	1:01.33											2:41.25			
MAC at PVAC girls Dec-04-10	28.35	1:02.25														
112010GirlsRAC@MAC Nov-20-10		1:04.25							1:30.65							
LMAC Girls vs MAC Nov-13-10		1:05.87							1:31.46							
Perkiomen Valley Fall Fest 2010 Nov-07-10	29.44	1:05.33							1:30.71							
MAC Mock Meet Oct-23-10	30.27	1:04.87					1:23.39		1:31.73		1:24.64		2:50.99			

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Hazlett, Aubrey	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISONAL CHAMPS Jan-29-11	31.12				36.31											1:17.74
MAC @ DCAA girls 01 15 2011 Jan-15-11	32.34				36.76											1:20.28
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11	31.81	1:11.64			36.36											
18 Dec 2010 Girls UMAC @ MAC Dec-18-10					36.84											1:19.70
Girls NAAC @ MAC Dec-11-10	33.08				35.71											1:19.71
MAC at PVAC girls Dec-04-10					37.11											1:20.70
112010GirlsRAC@MAC Nov-20-10					35.34											1:19.72
LMAC Girls vs MAC Nov-13-10					36.73											1:19.57
Hedrick, Elizabeth	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISONAL CHAMPS Jan-29-11	35.77							43.54			38.74					
MAC @ DCAA girls 01 15 2011 Jan-15-11								45.16								
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11									1:41.85							
18 Dec 2010 Girls UMAC @ MAC Dec-18-10	x35.35							44.93								
Girls NAAC @ MAC Dec-11-10								46.61	1:43.50							
112010GirlsRAC@MAC Nov-20-10								43.94							x1:28.29	
LMAC Girls vs MAC Nov-13-10	36.93							45.29								
MAC Mock Meet Oct-23-10	38.25	1:20.11			44.80			46.54			49.11				1:43.63	
Hsu, Karen	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISONAL CHAMPS Jan-29-11	45.13				47.50			54.78								
MAC @ DCAA girls 01 15 2011 Jan-15-11	x49.75				x48.88			x56.95								
18 Dec 2010 Girls UMAC @ MAC Dec-18-10	x52.10				x49.45											
Girls NAAC @ MAC Dec-11-10	x51.27							x1:00.09			x57.87					
MAC at PVAC girls Dec-04-10	x51.48							x1:02.77								
NAAC HARVEST MEET 2010 Nov-27-10	49.63				53.35			1:04.89			1:09.57					
112010GirlsRAC@MAC Nov-20-10	x52.86				x51.28											
LMAC Girls vs MAC Nov-13-10											x1:01.60					
Perkiomen Valley Fall Fest 2010 Nov-07-10	52.35				53.72			1:02.59								
MAC Mock Meet Oct-23-10	51.95				55.84						1:07.67					

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Kaliner, Amanda		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
MAC @ DCAA girls 01 15 2011	Jan-15-11	x37.54				x43.17											
18 Dec 2010 Girls UMAC @ MAC	Dec-18-10	x39.16							x49.26								
Girls NAAC @ MAC	Dec-11-10	37.86							x49.20								
MAC at PVAC girls	Dec-04-10	x37.17							x49.75								
112010GirlsRAC@MAC	Nov-20-10	x57.56															
LMAC Girls vs MAC	Nov-13-10					40.19	1:35.76										
MAC Mock Meet	Oct-23-10	38.87	1:29.53			43.40			51.91			49.17				1:42.42	
Kaliner, Megan		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
MAC @ DCAA girls 01 15 2011	Jan-15-11					x1:00.01			x59.78			x1:00.22					
18 Dec 2010 Girls UMAC @ MAC	Dec-18-10	x48.95							x59.96								
Girls NAAC @ MAC	Dec-11-10	x47.23										x57.21				x2:01.85	
MAC at PVAC girls	Dec-04-10								x59.40								
112010GirlsRAC@MAC	Nov-20-10	x51.38							x1:03.06								
LMAC Girls vs MAC	Nov-13-10	x53.20							x1:02.62								
MAC Mock Meet	Oct-23-10	53.81	1:59.46			1:03.53			1:04.71			1:03.12				2:12.09	
Kang, Grace		25 Free	50 Free	100 Free	200 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 Fly	100 IM	200 IM	
SAL WESTERN DIVISONAL CHAMPS	Jan-29-11	19.50				26.31			31.88								
MAC @ DCAA girls 01 15 2011	Jan-15-11	18.29				23.49						25.71					
18 Dec 2010 Girls UMAC @ MAC	Dec-18-10	20.06										24.65					
Girls NAAC @ MAC	Dec-11-10	19.33				23.43						25.73					
112010GirlsRAC@MAC	Nov-20-10								31.34			29.38					
LMAC Girls vs MAC	Nov-13-10	19.00										27.53					
MAC Mock Meet	Oct-23-10	19.12	49.19			25.42			34.77			32.46					

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Keenan, Juliana	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISONAL CHAMPS Jan-29-11	37.82				42.22									1:43.89		
MAC @ DCAA girls 01 15 2011 Jan-15-11					43.55											
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11	41.12	1:33.06			42.41											
18 Dec 2010 Girls UMAC @ MAC Dec-18-10	41.50				43.41											
Girls NAAC @ MAC Dec-11-10	39.43				43.40											
MAC at PVAC girls Dec-04-10	39.94				44.21											
112010GirlsRAC@MAC Nov-20-10	41.57				45.79											
LMAC Girls vs MAC Nov-13-10	41.00				44.23											
Konkoly, Abby	50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
SAL WESTERN DIVISONAL CHAMPS Jan-29-11	30.87	1:06.87							1:23.86							
Last Chance Meet 2010 Jan-22-11	31.09	1:08.16							1:25.99				2:54.15			
MAC @ DCAA girls 01 15 2011 Jan-15-11	31.28		2:31.73						1:25.48							
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11		1:08.40	2:31.65						1:24.03							
CR Hawaiian Holiday Invitational Jan-02-11	31.75	1:08.49							1:26.65							
18 Dec 2010 Girls UMAC @ MAC Dec-18-10		1:07.59							1:24.80							
Girls NAAC @ MAC Dec-11-10		1:09.12							1:25.08				2:54.10			
MAC at PVAC girls Dec-04-10	32.24		2:33.40						1:26.82							
112010GirlsRAC@MAC Nov-20-10			2:33.43						1:27.32							
LMAC Girls vs MAC Nov-13-10		1:13.76							1:28.16							
Perkiomen Valley Fall Fest 2010 Nov-07-10	33.26	1:11.70							1:28.90				2:56.84			
MAC Mock Meet Oct-23-10	32.23	1:12.52					1:28.55		1:28.28		1:28.75		2:58.68			
Kramer, Ashley	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
MAC @ DCAA girls 01 15 2011 Jan-15-11	x46.12				x53.84			x1:02.93								
18 Dec 2010 Girls UMAC @ MAC Dec-18-10	x45.25				x53.47											
Girls NAAC @ MAC Dec-11-10	x47.49							x1:01.12						x2:02.24		
MAC at PVAC girls Dec-04-10					x53.71			x1:05.61						x2:06.67		
112010GirlsRAC@MAC Nov-20-10	x46.93				x59.14											
LMAC Girls vs MAC Nov-13-10	x50.51				x55.80											
MAC Mock Meet Oct-23-10	54.36	2:00.45			59.82			1:10.01			1:21.31					

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Lebold, Sarah		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL Girls Championship 2011	Feb-06-11					31.80											
SAL WESTERN DIVISIONAL CHAMPS	Jan-29-11		1:03.15												1:12.10		
Last Chance Meet 2010	Jan-22-11	28.99	1:03.27			32.75									1:12.32		
Pennsbury Splash 2011	Jan-16-11	29.29	1:02.99												1:12.75		
MAC @ DCAA girls 01 15 2011	Jan-15-11					32.05									1:13.62		
SOUD vs MAC Girls Dual 01-08-2011	Jan-08-11					32.61	1:11.18								1:14.32		
CR Hawaiian Holiday Invitational	Jan-02-11	29.61				33.08	1:09.73									2:33.84	
18 Dec 2010 Girls UMAC @ MAC	Dec-18-10					33.01									1:14.22		
Girls NAAC @ MAC	Dec-11-10					32.42									1:14.15		
MAC at PVAC girls	Dec-04-10		1:05.14			32.66											
NAAC HARVEST MEET 2010	Nov-27-10	31.33	1:07.23			33.34									1:15.32		
112010GirlsRAC@MAC	Nov-20-10	30.64				33.38											
LMAC Girls vs MAC	Nov-13-10		1:05.80			33.18									1:16.71		
MAC Mock Meet	Oct-23-10	30.80	1:06.17			34.84			40.19			35.34			1:18.87		
Lembck, Caroline		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SOUD vs MAC Girls Dual 01-08-2011	Jan-08-11		x1:23.72			x42.68											
18 Dec 2010 Girls UMAC @ MAC	Dec-18-10	x35.64							x44.64								
Girls NAAC @ MAC	Dec-11-10	x36.33							x45.03								
MAC at PVAC girls	Dec-04-10	x36.48							x44.57								
LMAC Girls vs MAC	Nov-13-10	44.56							46.05								
MAC Mock Meet	Oct-23-10	39.12	1:23.46			45.82			47.13			51.46					

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Li, Rikki	50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
MAC @ DCAA girls 01 15 2011 Jan-15-11	29.77	1:05.58					1:10.23									
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11	28.72	1:04.96					1:09.62									
Girls NAAC @ MAC Dec-11-10							1:10.99									
112010GirlsRAC@MAC Nov-20-10		1:06.24					1:10.72									
Lucente, Sydney	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
Girls NAAC @ MAC Dec-11-10	x1:02.30															
MAC at PVAC girls Dec-04-10				1:03.12												
MAC Mock Meet Oct-23-10	1:03.44			1:13.54												
Lynn, Amanda	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISIONAL CHAMPS Jan-29-11	47.09			56.02											2:07.22	
Last Chance Meet 2010 Jan-22-11	47.07	1:45.62		56.67							1:04.69					
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11	x50.27															
18 Dec 2010 Girls UMAC @ MAC Dec-18-10	x50.94			x57.81												
Girls NAAC @ MAC Dec-11-10	x52.30							x54.72			x1:07.37					
MAC at PVAC girls Dec-04-10	x53.24			55.51												
112010GirlsRAC@MAC Nov-20-10	x1:00.19							x1:15.50								
LMAC Girls vs MAC Nov-13-10	x56.35															
MAC Mock Meet Oct-23-10	1:01.77	2:03.96						1:20.03			1:15.88				2:29.12	
Malachowski, Julia	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
18 Dec 2010 Girls UMAC @ MAC Dec-18-10	x50.31			x48.06												
Girls NAAC @ MAC Dec-11-10	x48.56							x1:06.12							x2:14.18	
112010GirlsRAC@MAC Nov-20-10	x48.51							x1:09.21								
LMAC Girls vs MAC Nov-13-10	44.21							x1:03.95								
MAC Mock Meet Oct-23-10	49.23	1:45.91									1:21.17					

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Marion, Kelliann	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISIONAL CHAMPS Jan-29-11	42.53	1:33.96									49.62					
MAC @ DCAA girls 01 15 2011 Jan-15-11											51.16					
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11					x48.87						48.55					
18 Dec 2010 Girls UMAC @ MAC Dec-18-10	x42.88										47.25					
Girls NAAC @ MAC Dec-11-10	x42.70										48.23					
MAC at PVAC girls Dec-04-10		x1:35.26			51.40						x48.58					
112010GirlsRAC@MAC Nov-20-10	43.82				x47.36											
LMAC Girls vs MAC Nov-13-10					48.07											
Perkiomen Valley Fall Fest 2010 Nov-07-10	44.75															
Mark, Noel	50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
MAC at PVAC girls Dec-04-10		1:05.42											2:56.45			
112010GirlsRAC@MAC Nov-20-10	29.83						1:20.89									
LMAC Girls vs MAC Nov-13-10	30.03	1:06.21														
MAC Mock Meet Oct-23-10	29.43	1:05.32					1:19.76		1:31.69		1:27.96		2:56.17			
McCann, Caelan	50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
MAC @ DCAA girls 01 15 2011 Jan-15-11											1:11.66					
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11		1:06.82									1:14.13					
18 Dec 2010 Girls UMAC @ MAC Dec-18-10			2:24.48				1:15.59									
Girls NAAC @ MAC Dec-11-10			2:21.96				1:12.89									
MAC at PVAC girls Dec-04-10							1:15.26						2:37.88			

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McGlynn, Grace	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISIONAL CHAMPS Jan-29-11	45.56				51.18			58.70								
Last Chance Meet 2010 Jan-22-11	40.85				48.64			57.30			57.93					
MAC @ DCAA girls 01 15 2011 Jan-15-11	x44.57							x58.41								
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11											x56.63			x1:51.11		
18 Dec 2010 Girls UMAC @ MAC Dec-18-10	x46.30				x53.86											
Girls NAAC @ MAC Dec-11-10	43.10							x58.32								
MAC at PVAC girls Dec-04-10	x44.51													x1:54.07		
112010GirlsRAC@MAC Nov-20-10	x44.99							x58.28								
LMAC Girls vs MAC Nov-13-10	x43.69				x51.53											
MAC Mock Meet Oct-23-10	49.70	1:44.98			54.22			1:05.10			1:01.28					
Montgomery, Kathleen	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISIONAL CHAMPS Jan-29-11	47.58										1:05.65			2:12.32		
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11	x48.55				x56.13											
18 Dec 2010 Girls UMAC @ MAC Dec-18-10	x52.22				x57.03											
MAC at PVAC girls Dec-04-10	x47.90				x59.04											
112010GirlsRAC@MAC Nov-20-10	x52.62															
LMAC Girls vs MAC Nov-13-10								x1:16.34								
MAC Mock Meet Oct-23-10		2:01.85			1:06.42			1:14.82								
Moore, Rikki	50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
MAC at PVAC girls Dec-04-10	31.76	1:10.44									1:25.17					

Seasonal Spreadsheet Report

Convert To: Yards Print: Yards

Re, Bernadette	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISONAL CHAMPS Jan-29-11	42.52							56.07						1:47.16		
Last Chance Meet 2010 Jan-22-11	42.88							54.95						1:52.48		
MAC @ DCAA girls 01 15 2011 Jan-15-11	x44.74							x56.16								
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11								x56.03						x1:51.77		
Girls NAAC @ MAC Dec-11-10	x43.76							x54.73			x52.56					
MAC at PVAC girls Dec-04-10	x46.08				x55.74											
112010GirlsRAC@MAC Nov-20-10	x45.45							x54.80								
LMAC Girls vs MAC Nov-13-10	48.14							x55.65								
MAC Mock Meet Oct-23-10	47.47	1:46.28			59.45			57.95			1:00.83			2:02.39		
Reilly, Jamie	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISONAL CHAMPS Jan-29-11	48.84	1:43.05			53.06											
MAC @ DCAA girls 01 15 2011 Jan-15-11					x54.74											
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11	x48.35				x56.71											
18 Dec 2010 Girls UMAC @ MAC Dec-18-10	x43.78				x54.49											
MAC at PVAC girls Dec-04-10	x45.58															
112010GirlsRAC@MAC Nov-20-10	x45.89				x53.87											
LMAC Girls vs MAC Nov-13-10	x47.22				55.88											
MAC Mock Meet Oct-23-10	47.12	1:42.91			53.48											
Ridgway, Cassidy	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISONAL CHAMPS Jan-29-11	34.48				40.49						40.70					
MAC @ DCAA girls 01 15 2011 Jan-15-11	36.45				x42.07							x1:40.50				
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11	35.40	x1:18.63										1:37.79				
CR Hawaiian Holiday Invitational Jan-02-11	36.41	1:21.41			43.35						45.96					
Holiday Classic 2010 Dec-12-10	35.60	1:20.84									43.58					
Girls NAAC @ MAC Dec-11-10	x34.52				41.31						x42.81					
MAC at PVAC girls Dec-04-10		1:17.66			42.86						x44.04					
112010GirlsRAC@MAC Nov-20-10		1:19.19									46.17					
LMAC Girls vs MAC Nov-13-10		1:16.88										1:45.10				

Seasonal Spreadsheet Report

Convert To: Yards Print: Yards

Rodman, Alexandra	50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
SAL Girls Championship 2011 Feb-06-11		1:06.24	2:05.12													
MAC @ DCAA girls 01 15 2011 Jan-15-11		1:01.16														
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11			2:03.79											2:23.45		
18 Dec 2010 Girls UMAC @ MAC Dec-18-10							1:06.78							2:25.86		
Girls NAAC @ MAC Dec-11-10			2:10.01				1:06.66									
MAC at PVAC girls Dec-04-10		58.15	2:06.09													
112010GirlsRAC@MAC Nov-20-10			2:06.70											2:23.67		
LMAC Girls vs MAC Nov-13-10			2:08.31											2:27.35		
Ruit, Jakila	25 Free	50 Free	100 Free	200 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 Fly	100 IM	200 IM	
SAL WESTERN DIVISONAL CHAMPS Jan-29-11	22.45	54.78						33.47								
MAC @ DCAA girls 01 15 2011 Jan-15-11		52.24			x29.44											
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11	22.80	53.77														
Holiday Classic 2010 Dec-12-10	21.20							33.63				32.03				
Girls NAAC @ MAC Dec-11-10	47.03											31.22				
MAC at PVAC girls Dec-04-10	22.68											32.75				
112010GirlsRAC@MAC Nov-20-10		55.35										32.22				
LMAC Girls vs MAC Nov-13-10	21.83	53.55						35.05								
MAC Mock Meet Oct-23-10	21.94	56.19			30.10			40.34				37.30				
Ruit, Jennla	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISONAL CHAMPS Jan-29-11	41.66							51.79							1:36.83	
MAC @ DCAA girls 01 15 2011 Jan-15-11		1:24.42													1:39.18	
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11	39.88														1:39.70	
Holiday Classic 2010 Dec-12-10	38.54														1:35.99	
Girls NAAC @ MAC Dec-11-10	x39.76							x52.44							1:41.97	
MAC at PVAC girls Dec-04-10		1:31.33													1:44.57	
112010GirlsRAC@MAC Nov-20-10		1:31.78													1:45.90	
LMAC Girls vs MAC Nov-13-10		1:31.99									51.06					
MAC Mock Meet Oct-23-10	41.35	1:33.03			49.46			56.23			54.48				1:51.50	

Seasonal Spreadsheet Report

Convert To: Yards Print: Yards

Ryu, Anna		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
MAC @ DCAA girls 01 15 2011	Jan-15-11	x45.85				x58.77			x55.63								
SOUD vs MAC Girls Dual 01-08-2011	Jan-08-11								x56.31								
18 Dec 2010 Girls UMAC @ MAC	Dec-18-10	x53.53							x59.71								
Girls NAAC @ MAC	Dec-11-10	x50.20							x59.55						x2:10.54		
112010GirlsRAC@MAC	Nov-20-10	x51.01				x1:01.87											
LMAC Girls vs MAC	Nov-13-10	x47.15															
MAC Mock Meet	Oct-23-10	59.61	2:06.30														
Santo, Melissa		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISONAL CHAMPS	Jan-29-11	36.76				44.77									1:41.39		
MAC @ DCAA girls 01 15 2011	Jan-15-11					x47.75						1:47.18					
18 Dec 2010 Girls UMAC @ MAC	Dec-18-10	x38.78				x48.84											
Girls NAAC @ MAC	Dec-11-10	40.82							x59.52			x50.91					
MAC at PVAC girls	Dec-04-10	x41.47				x51.66											
NAAC HARVEST MEET 2010	Nov-27-10	45.48							59.36			54.87					
112010GirlsRAC@MAC	Nov-20-10	x44.30													x1:53.30		
LMAC Girls vs MAC	Nov-13-10	x41.57															
MAC Mock Meet	Oct-23-10	48.66				50.50						1:07.62					
Shea, Alice		25 Free	50 Free	100 Free	200 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 Fly	100 IM	200 IM	
SAL WESTERN DIVISONAL CHAMPS	Jan-29-11		48.03						31.06			24.69					
Last Chance Meet 2010	Jan-22-11	19.10	47.12						30.13			25.47					
MAC @ DCAA girls 01 15 2011	Jan-15-11	21.63										24.83					
SOUD vs MAC Girls Dual 01-08-2011	Jan-08-11	20.49							30.76			27.69					
18 Dec 2010 Girls UMAC @ MAC	Dec-18-10	20.03	49.68									29.16					
Holiday Classic 2010	Dec-12-10	20.24				26.72			31.17								
Girls NAAC @ MAC	Dec-11-10		51.17						33.09			29.42					
112010GirlsRAC@MAC	Nov-20-10		50.85						36.30								
LMAC Girls vs MAC	Nov-13-10		50.81						33.15			31.05					

Seasonal Spreadsheet Report

Convert To: Yards Print: Yards

Shea, Emily		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL Girls Championship 2011	Feb-06-11	28.10															
SAL WESTERN DIVISONAL CHAMPS	Jan-29-11	29.09	1:06.97													1:17.52	
Pennsbury Splash 2011	Jan-16-11	29.07	1:04.03									33.74				1:15.89	
MAC @ DCAA girls 01 15 2011	Jan-15-11	29.99	1:07.20									34.33					
SOUD vs MAC Girls Dual 01-08-2011	Jan-08-11	29.10														1:16.46	
18 Dec 2010 Girls UMAC @ MAC	Dec-18-10	28.73	1:05.35									33.40					
Holiday Classic 2010	Dec-12-10	28.79	1:03.99														
Girls NAAC @ MAC	Dec-11-10	28.93	1:05.63									33.63					
112010GirlsRAC@MAC	Nov-20-10	29.08										34.81					
LMAC Girls vs MAC	Nov-13-10	29.49	1:04.85									35.29					
Perkiomen Valley Fall Fest 2010	Nov-07-10	29.40	1:05.06									34.68				1:18.00	
MAC Mock Meet	Oct-23-10	30.93	1:16.63			36.93			44.70			37.19				1:21.56	
Shin, Jaylyn		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISONAL CHAMPS	Jan-29-11					47.59			54.35							1:59.46	
MAC @ DCAA girls 01 15 2011	Jan-15-11	x44.35				52.12			x54.82								
SOUD vs MAC Girls Dual 01-08-2011	Jan-08-11					49.03			x55.69							x1:55.58	
18 Dec 2010 Girls UMAC @ MAC	Dec-18-10	x45.99				x47.55											
Girls NAAC @ MAC	Dec-11-10	x47.52				50.75			x57.43								
MAC at PVAC girls	Dec-04-10	47.42				x50.22			x55.84								
112010GirlsRAC@MAC	Nov-20-10	x49.04				x53.06											
LMAC Girls vs MAC	Nov-13-10	x47.27															
MAC Mock Meet	Oct-23-10	52.51				51.06			1:03.76			1:12.92					

Seasonal Spreadsheet Report

Convert To: Yards Print: Yards

Simpson, Taylor	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISONAL CHAMPS Jan-29-11	35.50				41.65											1:33.49
MAC @ DCAA girls 01 15 2011 Jan-15-11											44.29					1:34.84
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11					41.41											1:34.49
18 Dec 2010 Girls UMAC @ MAC Dec-18-10	37.27										46.14					1:38.05
Girls NAAC @ MAC Dec-11-10	36.28				40.92						46.78					
MAC at PVAC girls Dec-04-10					43.47											1:35.53
112010GirlsRAC@MAC Nov-20-10	37.91				41.92											1:34.60
LMAC Girls vs MAC Nov-13-10	37.86	1:26.42			43.67											
Perkiomen Valley Fall Fest 2010 Nov-07-10	37.14	1:22.30			45.25											1:38.15
MAC Mock Meet Oct-23-10	38.04	1:23.17						54.07			48.72					1:40.04
Stender, Elizabeth	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
MAC @ DCAA girls 01 15 2011 Jan-15-11					x47.52			x52.34								
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11		x1:29.20						x50.53								
18 Dec 2010 Girls UMAC @ MAC Dec-18-10	x40.15				x46.85											
Girls NAAC @ MAC Dec-11-10	x39.68							x59.66			x51.61					
112010GirlsRAC@MAC Nov-20-10	x41.38							x54.89								
MAC Mock Meet Oct-23-10		1:28.83						1:09.13								
Sykes, Becca	50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
MAC @ DCAA girls 01 15 2011 Jan-15-11			2:18.98				1:13.19									
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11			2:15.84				1:14.33									
18 Dec 2010 Girls UMAC @ MAC Dec-18-10	29.72		2:15.20													
Girls NAAC @ MAC Dec-11-10		1:02.72					1:11.63									
MAC at PVAC girls Dec-04-10	30.13	1:03.20					1:13.96									
112010GirlsRAC@MAC Nov-20-10	29.70	1:04.61														
LMAC Girls vs MAC Nov-13-10		1:06.15					1:14.07									
MAC Mock Meet Oct-23-10	29.85	1:04.73					1:14.89		1:40.70		1:15.70		2:48.61			

Seasonal Spreadsheet Report

Convert To: Yards Print: Yards

Sykes, Emily	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL Girls Championship 2011 Feb-06-11								33.95						1:09.66		
SAL WESTERN DIVISIONAL CHAMPS Jan-29-11											31.29					
MAC @ DCAA girls 01 15 2011 Jan-15-11	30.77										32.76			1:11.49		
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11								35.47			33.25			1:12.73		
18 Dec 2010 Girls UMAC @ MAC Dec-18-10									1:17.20						2:37.74	
Girls NAAC @ MAC Dec-11-10								35.52			32.19			1:11.06		
MAC at PVAC girls Dec-04-10	30.64							34.56						1:11.45		
112010GirlsRAC@MAC Nov-20-10								35.65						1:11.39		
LMAC Girls vs MAC Nov-13-10	30.40							35.53						1:12.59		
MAC Mock Meet Oct-23-10	30.77	1:06.27			34.60			36.61			33.19			1:13.86		
Tierney, Shannon	50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
SAL WESTERN DIVISIONAL CHAMPS Jan-29-11	33.98						1:27.19							3:05.48		
Last Chance Meet 2010 Jan-22-11	32.96						1:29.44		1:41.23					3:15.71		
MAC @ DCAA girls 01 15 2011 Jan-15-11							1:32.87							3:12.56		
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11							1:31.39		1:42.47					3:17.70		
18 Dec 2010 Girls UMAC @ MAC Dec-18-10														3:20.43		
Girls NAAC @ MAC Dec-11-10		1:17.04							1:41.78					3:16.05		
MAC at PVAC girls Dec-04-10	x34.64						1:33.22							3:22.27		
112010GirlsRAC@MAC Nov-20-10	28.89						1:33.81							3:22.36		
LMAC Girls vs MAC Nov-13-10							1:25.77							3:11.97		

Seasonal Spreadsheet Report

Convert To: Yards Print: Yards

Wang, Amanda	25 Free	50 Free	100 Free	200 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 Fly	100 IM	200 IM	
SAL WESTERN DIVISONAL CHAMPS Jan-29-11					29.18			30.34			36.75					
MAC @ DCAA girls 01 15 2011 Jan-15-11	x23.71				16.16			33.31								
18 Dec 2010 Girls UMAC @ MAC Dec-18-10					28.46			33.56								
Girls NAAC @ MAC Dec-11-10								32.66								
MAC at PVAC girls Dec-04-10		58.48						32.73			33.21					
112010GirlsRAC@MAC Nov-20-10	27.49							36.53								
LMAC Girls vs MAC Nov-13-10					30.75			38.14								
MAC Mock Meet Oct-23-10	27.21	1:09.58			28.27			37.19			37.14					
Wang, Cathy	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
MAC @ DCAA girls 01 15 2011 Jan-15-11	50.75							x50.07								
Girls NAAC @ MAC Dec-11-10	x47.91							x50.41								
MAC at PVAC girls Dec-04-10	x48.01															
112010GirlsRAC@MAC Nov-20-10	x47.42							x50.05								
MAC Mock Meet Oct-23-10	53.23							54.11							2:07.53	
Wang, Kristen	50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
SAL Girls Championship 2011 Feb-06-11	27.86															
SAL WESTERN DIVISONAL CHAMPS Jan-29-11	27.83	1:03.36					1:12.18									
MAC @ DCAA girls 01 15 2011 Jan-15-11	29.46						1:12.86									
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11	28.82	1:07.92					1:12.04									
18 Dec 2010 Girls UMAC @ MAC Dec-18-10							1:11.88						2:57.40			
Girls NAAC @ MAC Dec-11-10			2:34.48				1:13.96		1:35.64							
MAC at PVAC girls Dec-04-10	29.52						1:12.83									
112010GirlsRAC@MAC Nov-20-10	30.09						1:11.72									
LMAC Girls vs MAC Nov-13-10	29.93						1:13.85									
MAC Mock Meet Oct-23-10	29.99	1:06.70					1:13.69		1:33.47		1:27.95		2:52.03			

Seasonal Spreadsheet Report

Convert To: Yards Print: Yards

Zang, Victoria	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISONAL CHAMPS Jan-29-11	41.49				50.20						49.69					
MAC @ DCAA girls 01 15 2011 Jan-15-11	39.32															
18 Dec 2010 Girls UMAC @ MAC Dec-18-10	38.50				x47.75											
Girls NAAC @ MAC Dec-11-10	39.13							x1:05.24								
MAC at PVAC girls Dec-04-10	40.45							x1:08.87			51.37					
112010GirlsRAC@MAC Nov-20-10					x51.73						54.13					
LMAC Girls vs MAC Nov-13-10	x43.12										x52.60					
MAC Mock Meet Oct-23-10	45.46	1:39.43						1:05.76			55.72			2:02.47		
Zebrowski, Erica	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL Girls Championship 2011 Feb-06-11					44.36											
SAL WESTERN DIVISONAL CHAMPS Jan-29-11	38.27	1:22.51			44.70											
Last Chance Meet 2010 Jan-22-11	38.49				41.69									1:38.74		
Pennsbury Splash 2011 Jan-16-11	39.32	1:25.69			41.70											
MAC @ DCAA girls 01 15 2011 Jan-15-11	x40.28				43.29											
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11	40.28				42.59											
18 Dec 2010 Girls UMAC @ MAC Dec-18-10		1:27.36			42.44											
Girls NAAC @ MAC Dec-11-10		1:37.08						x1:02.32								
MAC at PVAC girls Dec-04-10	40.53	1:29.41														
NAAC HARVEST MEET 2010 Nov-27-10	39.14				45.61			54.59								
112010GirlsRAC@MAC Nov-20-10	40.16	1:31.37														
LMAC Girls vs MAC Nov-13-10	39.09	1:30.94														
Perkiomen Valley Fall Fest 2010 Nov-07-10	39.99				46.06			56.72						1:49.44		
MAC Mock Meet Oct-23-10	40.65	1:31.03			48.60			57.21			55.13					

Seasonal Spreadsheet Report

Convert To: Yards Print: Yards

Zebrowski, Sydney	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISIONAL CHAMPS Jan-29-11	33.31				37.91						37.21			1:22.24		
Pennsbury Splash 2011 Jan-16-11	32.00				36.66						34.71			1:18.86		
MAC @ DCAA girls 01 15 2011 Jan-15-11		1:10.59									37.43					
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11					36.34						35.84					
18 Dec 2010 Girls UMAC @ MAC Dec-18-10		1:10.37									37.43			1:22.33		
Girls NAAC @ MAC Dec-11-10	32.51	1:10.00			36.48											
MAC at PVAC girls Dec-04-10	36.18										36.97			1:21.99		
NAAC HARVEST MEET 2010 Nov-27-10					38.59						38.95			1:20.67		
112010GirlsRAC@MAC Nov-20-10		1:11.69												1:23.38		
Perkiomen Valley Fall Fest 2010 Nov-07-10	32.41										36.65			1:22.41		
MAC Mock Meet Oct-23-10		1:12.29			41.92			46.07			40.40					
Zhang, Jennifer	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
MAC Mock Meet Oct-23-10	1:09.60				1:18.50											
Zhao, Cheryl	25 Free	50 Free	100 Free	200 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 Fly	100 IM	200 IM	
MAC Mock Meet Oct-23-10								35.23								
Zhuang, Mary	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
Girls NAAC @ MAC Dec-11-10	x42.73							x58.25								
MAC at PVAC girls Dec-04-10		x1:35.10			x56.73											
112010GirlsRAC@MAC Nov-20-10	x43.22							x58.14								
MAC Mock Meet Oct-23-10	50.17	1:49.32			55.39			1:00.63			56.52			2:01.37		

Seasonal Spreadsheet Report

Convert To: Yards Print: Yards

Zhuge, Jennifer	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
SAL WESTERN DIVISIONAL CHAMPS Jan-29-11	33.57							41.01			36.20					
MAC @ DCAA girls 01 15 2011 Jan-15-11								41.99								
SOUD vs MAC Girls Dual 01-08-2011 Jan-08-11		1:15.56						40.86								
18 Dec 2010 Girls UMAC @ MAC Dec-18-10	33.41							41.02								
Girls NAAC @ MAC Dec-11-10	33.74							40.47								
MAC at PVAC girls Dec-04-10		1:15.53						41.70								
112010GirlsRAC@MAC Nov-20-10	x33.27							41.70								
MAC Mock Meet Oct-23-10	34.26	1:16.61				44.71		42.66			39.53			1:28.45		