

Improvement Report
2025 Florida Swimming FLAGS SO
Meet Date: 03/06/2025
Location: Sarasota, FL
Report Date: 03/11/2025
Time Standard: Single Age Motiv QTs

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Bennett, Elizabeth	14	F	13-14 100 Back	P	20		1:04.70Y	A	1:03.02Y	1.68			
Bennett, Elizabeth			13-14 100 Breast	F	14	3.00	1:11.88Y	AA	1:11.88Y	0.00			
Bennett, Elizabeth				P	12		1:12.26Y	AA	1:11.88Y	0.38			
Bennett, Elizabeth			13-14 200 Back	P	25		2:21.68Y	A	2:17.87Y	3.81			
Bennett, Elizabeth			13-14 200 Breast	P	23		2:41.30Y	A	2:41.30Y	0.00			
Bennett, Elizabeth			13-14 200 IM	P	18		2:20.82Y	AA	2:19.07Y	1.75			
Botello, Gabriella	9	F	10 & Under 100 Back	F	7	12.00	1:19.56Y		1:19.56Y	0.00			
Botello, Gabriella			10 & Under 100 IM	F	8	11.00	1:17.62Y		1:17.62Y	0.00			
Botello, Gabriella			10 & Under 200 Free	F	9	9.00	2:28.43Y		2:28.43Y	0.00			
Botello, Gabriella			10 & Under 200 IM	F	5	14.00	2:47.97Y		2:47.97Y	0.00			
Botello, Gabriella			10 & Under 50 Back	F			37.11YL		37.11Y	0.00			
Botello, Gabriella			10 & Under 50 Free	F	8	11.00	29.74Y		29.74Y	0.00			
Botello, Gabriella			10 & Under 500 Free	F	9	9.00	6:33.55Y		6:33.55Y	0.00			
Bushko, Anna	13	F	13-14 1000 Free	F	27		11:32.45Y	AA	11:18.39Y	14.06			
Bushko, Anna			13-14 1650 Free	F	23		19:27.24Y	AA	19:27.24Y	0.00			
Bushko, Anna			13-14 200 Free	P	31		2:10.22Y	A	2:06.39Y	3.83			
Bushko, Anna			13-14 500 Free	P	30		5:40.29Y	AA	5:26.45Y	13.84			
Garnier-Chan, Kallen	13	M	13-14 100 Back	F	3	16.00	56.28Y	AAA	56.28Y	0.00			
Garnier-Chan, Kallen				P	4		57.97Y	AAA	56.28Y	1.69			
Garnier-Chan, Kallen			13-14 1000 Free	F	6	13.00	10:03.11Y	AAAA	10:03.11Y	0.00			
Garnier-Chan, Kallen			13-14 1650 Free	F	3	16.00	16:29.63Y	AAAA	16:29.63Y	0.00			
Garnier-Chan, Kallen			13-14 200 Back	F	4	15.00	2:02.27Y	AAA	2:02.21Y	0.06			

Garnier-Chan, Kallen				P	2		2:02.21Y	AAA	2:02.21Y	0.00
Garnier-Chan, Kallen			13-14 200 Free	F	9	9.00	1:47.31Y	AAAA	1:47.31Y	0.00
Garnier-Chan, Kallen				P	11		1:51.57Y	AAAA	1:47.31Y	4.26
Garnier-Chan, Kallen			13-14 50 Back	F			26.57YL		26.57Y	0.00
Garnier-Chan, Kallen			13-14 50 Free	F			23.42YL	AAA	23.42Y	0.00
Garnier-Chan, Kallen			13-14 500 Free	F	4	15.00	4:47.73Y	AAAA	4:47.73Y	0.00
Garnier-Chan, Kallen				P	2		4:47.80Y	AAAA	4:47.73Y	0.07
Hanoman, Karunesh	10	M	10 & Under 100 Back	F	15	2.00	1:24.33Y	BB	1:24.33Y	0.00
Hanoman, Karunesh			10 & Under 100 Fly	F	12	5.00	1:23.73Y	A	1:23.73Y	0.00
Hanoman, Karunesh			10 & Under 100 Free	F	26		1:11.92Y	BB	1:11.92Y	0.00
Hanoman, Karunesh			10 & Under 50 Fly	F	23		36.57Y	BB	36.57Y	0.00
Hanoman, Karunesh			10 & Under 50 Free	F			32.83YL	BB	32.83Y	0.00
Jaquins, Alexis	13	F	13-14 100 Back	P	25		1:06.64Y	A	1:05.20Y	1.44
Jaquins, Alexis			13-14 50 Back	P	22		30.88Y		30.88Y	0.00
Kirby, Sarah	14	F	13-14 100 Back	F	15	2.00	1:02.41Y	AA	1:02.41Y	0.00
Kirby, Sarah				P	14		1:03.22Y	AA	1:02.41Y	0.81
Kirby, Sarah			13-14 100 Free	F	10	7.00	54.51Y	AAA	54.51Y	0.00
Kirby, Sarah				P	9		55.09Y	AAA	54.51Y	0.58
Kirby, Sarah			13-14 200 Back	P	23		2:20.80Y	A	2:14.65Y	6.15
Kirby, Sarah			13-14 200 Free	F	11	6.00	1:56.83Y	AAA	1:56.83Y	0.00
Kirby, Sarah				P	11		1:59.83Y	AAA	1:56.83Y	3.00
Kirby, Sarah			13-14 50 Back	F			29.11YL		29.11Y	0.00
Kirby, Sarah			13-14 50 Free	F	10	7.00	25.53Y	AAA	25.20Y	0.33
Kirby, Sarah				P	9		25.60Y	AAA	25.20Y	0.40
Kirby, Sarah			13-14 500 Free	F	9	9.00	5:10.22Y	AAA	5:10.22Y	0.00
Kirby, Sarah				P	9		5:15.01Y	AAA	5:10.22Y	4.79
LaFleur, Hadley	10	F	10 & Under 100 Back	F	12	5.00	1:22.13Y	A	1:22.13Y	0.00
LaFleur, Hadley			10 & Under 100 Breast	F	13	4.00	1:31.15Y	A	1:31.15Y	0.00
LaFleur, Hadley			10 & Under 100 Free	F	10	7.00	1:09.75Y	A	1:08.95Y	0.80

LaFleur, Hadley			10 & Under 200 Free	F	7	12.00	2:27.94Y	AA	2:26.52Y	1.42
LaFleur, Hadley			10 & Under 50 Breast	F	13	3.00	42.00Y	A	42.00Y	0.00
LaFleur, Hadley			10 & Under 500 Free	F	6	13.00	6:19.42Y	AA	6:19.19Y	0.23
Maus, Journey	9	F	10 & Under 100 Back	F	15	2.00	1:23.09Y		1:23.09Y	0.00
Maus, Journey			10 & Under 100 Breast	F	8	11.00	1:29.68Y		1:29.68Y	0.00
Maus, Journey			10 & Under 100 IM	F	31		1:26.26Y		1:24.21Y	2.05
Maus, Journey			10 & Under 50 Breast	F	7	12.00	40.98Y		40.98Y	0.00
Maus, Jude	12	M	11-12 100 Back	F	3	16.00	1:08.76Y	A	1:08.76Y	0.00
Maus, Jude				P	2		1:09.19Y	A	1:08.76Y	0.43
Maus, Jude			11-12 100 IM	P	18		1:14.82Y	BB	1:14.58Y	0.24
Maus, Jude			11-12 200 Back	F	4	15.00	2:24.82Y	A	2:24.82Y	0.00
Maus, Jude			11-12 50 Back	F	6	13.00	31.43Y	A	31.43Y	0.00
Maus, Jude				P	8		32.58Y	A	31.43Y	1.15
Mayo, James	9	M	10 & Under 100 Breast	F	24		1:53.54Y		1:36.39Y	17.15
Mayo, James			10 & Under 50 Breast	F	13	3.00	46.99Y		44.03Y	2.96
Mayo, James			10 & Under 50 Fly	F	32		39.97Y		38.83Y	1.14
Mondragon, Grayson	11	M	11-12 100 Back	F	5	14.00	1:09.54Y	AA	1:09.54Y	0.00
Mondragon, Grayson				P	5		1:10.34Y	AA	1:09.54Y	0.80
Mondragon, Grayson			11-12 100 Fly	F	4	15.00	1:05.78Y	AAA	1:05.60Y	0.18
Mondragon, Grayson				P	4		1:05.99Y	AAA	1:05.60Y	0.39
Mondragon, Grayson			11-12 1000 Free	F	7	12.00	11:26.08Y	AAAA	11:26.08Y	0.00
Mondragon, Grayson			11-12 200 Fly	F	3		2:26.40Y	AAA	2:26.40Y	0.00
Mondragon, Grayson			11-12 50 Fly	F	13	4.00	29.82Y	AAA	29.82Y	0.00
Mondragon, Grayson				P	13		30.48Y	AAA	29.82Y	0.66
Mondragon, Grayson			11-12 500 Free	F	8	11.00	5:30.78Y	AAAA	5:30.78Y	0.00
Ruiz, Elliana	13	F	13-14 1000 Free	F	28		11:34.54Y	AA	11:25.26Y	9.28
Ruiz, Elliana			13-14 1650 Free	F	18		18:41.26Y	AAA	18:40.20Y	1.06
Ruiz, Elliana			13-14 200 Fly	P	22		2:29.51Y	A	2:29.51Y	0.00

Ruiz, Elliana			13-14 200 Free	P	30		2:09.05Y	AA	2:09.05Y	0.00
Ruiz, Jonathan	14	M	13-14 1000 Free	F	10	7.00	10:21.11Y	AAA	10:05.25Y	15.86
Ruiz, Jonathan			13-14 1650 Free	F	8	11.00	17:11.28Y	AAA	16:49.53Y	21.75
Ruiz, Jonathan			13-14 200 Breast	F	12	5.00	2:24.13Y	A	2:24.13Y	0.00
Ruiz, Jonathan				P	11		2:26.24Y	A	2:24.13Y	2.11
Ruiz, Jonathan			13-14 200 IM	F	12	5.00	2:09.15Y	AA	2:08.92Y	0.23
Ruiz, Jonathan				P	11		2:09.50Y	AA	2:08.92Y	0.58
Ruiz, Jonathan			13-14 400 IM	F	8	11.00	4:29.54Y	AA	4:28.56Y	0.98
Ruiz, Jonathan				P	6		4:28.76Y	AA	4:28.56Y	0.20
Ruiz, Jonathan			13-14 500 Free	F	8	11.00	4:57.12Y	AAA	4:55.23Y	1.89
Ruiz, Jonathan				P	7		4:55.23Y	AAA	4:55.23Y	0.00
Rutherford, Mackenna	13	F	13-14 1000 Free	F	23		11:15.69Y	AAA	11:15.69Y	0.00
Rutherford, Mackenna			13-14 1650 Free	F	20		18:50.01Y	AAA	18:38.59Y	11.42
Rutherford, Mackenna			13-14 200 Back	P	21		2:18.07Y	AA	2:17.56Y	0.51
Rutherford, Mackenna			13-14 200 Free	F			2:03.15YL	AAA	2:03.15Y	0.00
Rutherford, Mackenna			13-14 500 Free	P	24		5:26.32Y	AAA	5:26.32Y	0.00
Sanderson, Amelia	11	F	11-12 100 Fly	P	26		1:14.41Y	A	1:14.41Y	0.00
Sanderson, Amelia			11-12 1000 Free	F	7	12.00	12:17.76Y	AAA	12:06.15Y	11.61
Sanderson, Amelia			11-12 200 Free	P	19		2:18.86Y	AA	2:18.21Y	0.65
Sanderson, Isabella	14	F	13-14 100 Free	F			1:01.27YL	BB	58.85Y	2.42
Sanderson, Isabella			13-14 1000 Free	F	24		11:16.07Y	AA	11:03.51Y	12.56
Sanderson, Isabella			13-14 1650 Free	F	13	4.00	18:22.02Y	AAA	18:19.40Y	2.62
Sanderson, Isabella			13-14 200 Fly	P	20		2:25.60Y	A	2:21.81Y	3.79
Sanderson, Isabella			13-14 500 Free	P	25		5:26.83Y	AA	5:26.83Y	0.00
Seluk, Karter	14	F	13-14 100 Fly	F	14	3.00	1:00.97Y	AA	59.96Y	1.01
Seluk, Karter				P	12		1:00.87Y	AA	59.96Y	0.91
Seluk, Karter			13-14 1000 Free	F	3	16.00	10:30.63Y	AAAA	10:30.63Y	0.00

Seluk, Karter			13-14 1650 Free	F	5	14.00	17:39.57Y	AAAA	17:35.92Y	3.65
Seluk, Karter			13-14 200 Fly	F	8	11.00	2:13.95Y	AAA	2:10.52Y	3.43
Seluk, Karter				P	5		2:12.42Y	AAA	2:10.52Y	1.90
Seluk, Karter			13-14 400 IM	F	10	7.00	4:38.65Y	AAA	4:38.65Y	0.00
Seluk, Karter				P	9		4:44.99Y	AAA	4:38.65Y	6.34
Seluk, Karter			13-14 500 Free	F	3	16.00	5:07.32Y	AAAA	5:06.14Y	1.18
Seluk, Karter				P	4		5:09.24Y	AAAA	5:06.14Y	3.10
Thomas, Mia	10	F	10 & Under 100 Back	F	8	11.00	1:20.32Y	A	1:20.07Y	0.25
Thomas, Mia			10 & Under 100 Fly	F	4	15.00	1:18.64Y	AA	1:18.64Y	0.00
Thomas, Mia			10 & Under 100 Free	F	2	17.00	1:03.96Y	AAA	1:03.96Y	0.00
Thomas, Mia			10 & Under 200 Free	F	5	14.00	2:24.24Y	AA	2:24.24Y	0.00
Thomas, Mia			10 & Under 50 Free	F	4	15.00	29.42Y	AAA	29.42Y	0.00
Thomas, Mia			10 & Under 500 Free	F	11	6.00	6:45.23Y	A	6:23.47Y	21.76
Tibbetts, Caroline	12	F	11-12 100 Free	P	30		1:03.25Y	A	1:01.40Y	1.85
Tibbetts, Caroline			11-12 50 Breast	P	23		40.81Y	BB	39.21Y	1.60
Tibbetts, Caroline			11-12 50 Free	P	34		28.79Y	A	28.17Y	0.62
Wentz, Thomas	10	M	10 & Under 50 Back	F			43.25YL	B	43.25Y	0.00