

Improvement Report
2023 STAR January Friday Night
Meet Date: 01/20/2023
Location: Greensboro, NC
Report Date: 03/08/2023
Time Standard: 21-24 Nat AG Motifs

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Acome, Connor	10	M	Open 100 IM	F	9		1:20.92Y	BBMin	1:21.55Y	-0.63			
Acome, Connor			Open 50 Back	F	18		37.81Y	BBMin	35.95Y	1.86			
Acome, Connor			Open 50 Fly	F	18		36.62Y	BBMin	36.46Y	0.16			
Acome, Connor			Open 50 Free	F	47		31.15Y	BBMin	30.62Y	0.53			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Chao, Penelope	9	F	Open 100 Breast	F	12		1:29.18Y	AMin	1:26.82Y	2.36			
Chao, Penelope			Open 200 Free	F	5		2:29.23Y	AMin	2:26.87Y	2.36			
Chao, Penelope			Open 200 IM	F	10		2:49.96Y	AMin	2:44.02Y	5.94			
Chao, Penelope			Open 50 Breast	F	10		40.87Y	AMin	39.79Y	1.08			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
DeShong, Adelyn	9	F	Open 50 Back	F	59		56.53Y		57.13Y	-0.60			
DeShong, Adelyn			Open 50 Breast	F	41		52.83Y	BMin	54.68Y	-1.85			
DeShong, Adelyn			Open 50 Fly	F	47		1:10.88Y		1:12.09Y	-1.21			
DeShong, Adelyn			Open 50 Free	F	103		43.84Y		46.39Y	-2.55			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
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Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Farrell, Ava	10	F	Open 50 Back	F	49		52.23Y						
Farrell, Ava			Open 50 Breast	F	54		1:00.87Y		1:01.14Y	-0.27			
Farrell, Ava			Open 50 Fly	F	43		1:00.52Y		1:02.87Y	-2.35			
Farrell, Ava			Open 50 Free	F	98		43.06Y		38.61Y	4.45			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Ferguson, Ryan	14	M	Open 100 Breast	F	17		1:24.85Y		1:23.08Y	1.77			
Ferguson, Ryan			Open 100 Free	F	24		1:08.00Y		1:06.91Y	1.09			
Ferguson, Ryan			Open 50 Breast	F	8		37.85Y						

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Frank, Jack	17	M	Open 100 Back	F	5		58.52Y	BBMin	56.31Y	2.21			
Frank, Jack			Open 100 Free	F	1		50.33Y	AAMin	48.87Y	1.46			
Frank, Jack			Open 50 Free	F	5		23.88Y	AMin	23.04Y	0.84			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Gerend, Asa	17	M	Open 100 Back	F	1		53.31Y	AAMin	53.19Y	0.12			
Gerend, Asa			Open 50 Back	F	1		25.20Y		24.97Y	0.23			
Gerend, Asa			Open 50 Free	F	1		22.14Y	AAMin	21.66Y	0.48			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Gerend, Greta	13	F	Open 100 Free	F	17		1:04.15Y	BBMin	1:04.69Y	-0.54			
Gerend, Greta			Open 50 Fly	F	5		31.90Y		34.41Y	-2.51			
Gerend, Greta			Open 50 Free	F	22		28.69Y	BBMin	28.52Y	0.17			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best Cut Time	Standard
Gerend, John	15	M	Open 100 Fly	F	10		1:08.35Y		1:07.45Y	0.90		
Gerend, John			Open 100 Free	F	10		56.70Y	BBMin	57.96Y	-1.26		
Gerend, John			Open 50 Free	F	14		25.43Y	BBMin	25.41Y	0.02		

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Gerend, Samuel	11	M	Open 100 Free	F	31		1:12.23Y		1:10.23Y	2.00			
Gerend, Samuel			Open 50 Fly	F	20		37.32Y		37.60Y	-0.28			
Gerend, Samuel			Open 50 Free	F	49		31.30Y	BMin	31.46Y	-0.16			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Grau, Taylor	14	F	Open 50 Back	F	27		43.69Y		49.34Y	-5.65			
Grau, Taylor			Open 50 Breast	F	37		51.23Y		1:02.49Y	-11.26			
Grau, Taylor			Open 50 Fly	F	28		43.90Y		50.62Y	-6.72			
Grau, Taylor			Open 50 Free	F	63		35.94Y		35.46Y	0.48			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Gray, William	17	M	Open 200 Free	F	1		1:48.68Y	AAMin	1:44.48Y	4.20			
Gray, William			Open 50 Back	F	2		26.98Y		25.32Y	1.66			
Gray, William			Open 50 Fly	F	1		22.93Y		22.66Y	0.27			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Heery, Alice	10	F	Open 100 IM	F	39		1:59.20Y						
Heery, Alice			Open 50 Free	F	106		45.76Y		46.27Y	-0.51			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Heery, Lucy	13	F	Open 100 Breast	F	16		1:33.71Y		1:31.40Y	2.31			
Heery, Lucy			Open 100 Free	F	39		1:19.77Y		1:15.49Y	4.28			
Heery, Lucy			Open 100 IM	F	19		1:25.89Y		1:30.06Y	-4.17			
Heery, Lucy			Open 50 Breast	F	13		42.09Y		44.17Y	-2.08			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Helton, Philip	13	M	Open 100 Breast	F	16		1:21.66Y		1:19.71Y	1.95			
Helton, Philip			Open 50 Breast	F	7		36.80Y		41.62Y	-4.82			
Helton, Philip			Open 50 Free	F	35		28.71Y	BMin	28.66Y	0.05			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Hoffman, Lincoln	14	M	Open 50 Back	F	10		33.98Y						
Hoffman, Lincoln			Open 50 Breast	F	12		39.73Y						
Hoffman, Lincoln			Open 50 Fly	F	12		33.06Y						
Hoffman, Lincoln			Open 50 Free	F	33		28.38Y	BMin	30.03Y	-1.65			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Husketh, Sabrina	17	F	Open 100 Fly	F	5		1:07.65Y	BBMin	1:00.38Y	7.27			
Husketh, Sabrina			Open 100 Free	F	23		1:06.23Y	BMin	58.67Y	7.56			
Husketh, Sabrina			Open 50 Fly	F	2		30.65Y		29.83Y	0.82			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Johnson, Ayden	14	M	Open 100 Back	F	11		1:05.27Y	BBMin	1:04.30Y	0.97			
Johnson, Ayden			Open 100 Free	F	15		59.21Y	BBMin	52.60Y	6.61			
Johnson, Ayden			Open 50 Back	F	4		29.33Y		29.68Y	-0.35			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Kim, Joshua	15	M	Open 50 Back	F	5		30.61Y		31.43Y	-0.82			
Kim, Joshua			Open 50 Fly	F	6		28.20Y		32.23Y	-4.03			
Kim, Joshua			Open 50 Free	F	15		25.46Y	AMin	24.58Y	0.88			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Lee, Benjamin	14	M	Open 100 Back	F	6		59.54Y	AMin	59.86Y	-0.32			
Lee, Benjamin			Open 100 IM	F	1		58.62Y		1:02.35Y	-3.73			
Lee, Benjamin			Open 50 Fly	F	2		24.72Y		26.34Y	-1.62			

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Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Lee, Joel	12	M	Open 100 IM	F	2		1:06.09Y	AAMin	1:05.69Y	0.40			
Lee, Joel			Open 50 Fly	F	5		27.95Y	AAAMin	27.95Y	0.00			
Lee, Joel			Open 50 Free	F	16		25.64Y	AAMin	25.31Y	0.33			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Lines, Josephine	16	F	Open 100 Back	F	12		1:13.54Y	BMin	1:07.58Y	5.96			
Lines, Josephine			Open 100 IM	F	5		1:15.33Y		1:11.78Y	3.55			
Lines, Josephine			Open 50 Fly	F	9		33.54Y		34.60Y	-1.06			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Lowe, Kai	10	M	Open 50 Back	F	34		46.76Y	BMin	45.31Y	1.45			
Lowe, Kai			Open 50 Breast	F	35		1:03.54Y		1:02.04Y	1.50			
Lowe, Kai			Open 50 Fly	F	31		1:00.74Y		59.65Y	1.09			
Lowe, Kai			Open 50 Free	F	74		39.87Y		40.18Y	-0.31			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Marley, Jordan	18	F	Open 100 IM	F	1		1:07.74Y		1:05.19Y	2.55			
Marley, Jordan			Open 50 Fly	F	1		28.57Y		27.45Y	1.12			
Marley, Jordan			Open 50 Free	F	5		26.64Y	AMin	25.21Y	1.43			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Mason, Reed	11	F	Open 50 Back	F	52		53.79Y		54.01Y	-0.22			
Mason, Reed			Open 50 Breast	F	56		1:03.86Y		59.47Y	4.39			
Mason, Reed			Open 50 Fly	F	48		1:12.05Y		1:06.51Y	5.54			
Mason, Reed			Open 50 Free	F	104		44.25Y		46.44Y	-2.19			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Mehas, Mayze	10	F	Open 100 IM	F	36		1:50.49Y		1:45.04Y	5.45			
Mehas, Mayze			Open 50 Back	F	44		51.25Y		51.00Y	0.25			
Mehas, Mayze			Open 50 Breast	F	42		53.24Y		52.82Y	0.42			
Mehas, Mayze			Open 50 Free	F	99		43.23Y		43.27Y	-0.04			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Moorman, Carter	11	M	Open 100 Breast	F	19		1:30.36Y	BMin	1:28.45Y	1.91			
Moorman, Carter			Open 100 IM	F	8		1:20.59Y	BMin	1:17.33Y	3.26			
Moorman, Carter			Open 50 Back	F	15		36.19Y	BMin	35.82Y	0.37			
Moorman, Carter			Open 50 Breast	F	11		39.62Y	BMin	40.04Y	-0.42			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Motteler, Abigail	16	F	Open 50 Fly	F	22		40.42Y		33.30Y	7.12			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Nebeling, Juliette	13	F	Open 100 Back	F	30		1:32.30Y		1:30.26Y	2.04			
Nebeling, Juliette			Open 100 Free	F	41		1:22.40Y		1:18.32Y	4.08			
Nebeling, Juliette			Open 50 Back	F	16		40.02Y						
Nebeling, Juliette			Open 50 Free	F	57		35.03Y		33.50Y	1.53			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Perry, Brynn	11	F	Open 100 Breast	F	25		1:44.56Y		1:46.86Y	-2.30			
Perry, Brynn			Open 100 IM	F	31		1:37.16Y		1:38.28Y	-1.12			
Perry, Brynn			Open 50 Back	F	29		44.86Y		43.06Y	1.80			
Perry, Brynn			Open 50 Breast	F	20		46.06Y		48.75Y	-2.69			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
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Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Pritchard, Benjamin	17	M	Open 100 Breast	F	3		1:08.41Y	BBMin	1:06.17Y	2.24			
Pritchard, Benjamin			Open 100 Fly	F	1		56.95Y	BBMin	55.01Y	1.94			
Pritchard, Benjamin			Open 50 Fly	F	4		25.93Y		25.20Y	0.73			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Ritchey, Jocelyn	12	F	Open 100 Back	F	13		1:14.05Y	BBMin	1:12.06Y	1.99			
Ritchey, Jocelyn			Open 100 Fly	F	18		1:19.10Y	BMin	1:17.85Y	1.25			
Ritchey, Jocelyn			Open 50 Back	F	6		35.01Y	BBMin	34.32Y	0.69			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Ritchey, Scarlett	10	F	Open 100 Breast	F	18		1:34.33Y	BBMin	1:32.48Y	1.85			
Ritchey, Scarlett			Open 100 IM	F	24		1:29.32Y	BBMin	1:25.52Y	3.80			
Ritchey, Scarlett			Open 50 Back	F	17		40.21Y	BBMin	35.83Y	4.38			
Ritchey, Scarlett			Open 50 Breast	F	16		44.83Y	BBMin	42.07Y	2.76			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Rosa III, Sergio	17	M	Open 50 Back	F	20		38.28Y						
Rosa III, Sergio			Open 50 Breast	F	6		36.79Y						
Rosa III, Sergio			Open 50 Fly	F	7		29.68Y						
Rosa III, Sergio			Open 50 Free	F	27		27.57Y	BMin	25.89Y	1.68			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Rutherford, Elizabeth	11	F	Open 100 IM	F	26		1:31.21Y	BBMin	1:32.12Y	-0.91			
Rutherford, Elizabeth			Open 50 Breast	F	21		46.23Y	BBMin	46.55Y	-0.32			
Rutherford, Elizabeth			Open 50 Free	F	69		36.78Y	BMin	36.99Y	-0.21			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Rutherford, Mercer	13	F	Open 100 Breast	F	11		1:28.48Y		1:29.96Y	-1.48			
Rutherford, Mercer			Open 100 Free	F	35		1:12.17Y		1:16.43Y	-4.26			
Rutherford, Mercer			Open 100 IM	F	14		1:21.35Y		1:25.89Y	-4.54			
Rutherford, Mercer			Open 50 Breast	F	9		40.78Y		41.71Y	-0.93			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Schaper, Caroline	12	F	Open 100 Back	F	2		1:08.16Y	AMin	1:09.69Y	-1.53			
Schaper, Caroline			Open 50 Free	F	15		27.91Y	AMin	27.17Y	0.74			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Schonwalder, Olivia	15	F	Open 100 Free	F	21		1:05.68Y	BMin	1:02.45Y	3.23			
Schonwalder, Olivia			Open 50 Fly	F	6		32.15Y		35.70Y	-3.55			
Schonwalder, Olivia			Open 50 Free	F	31		29.63Y	BMin	28.40Y	1.23			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Schonwalder, Otto	17	M	Open 50 Back	F	3		28.58Y		29.99Y	-1.41			
Schonwalder, Otto			Open 50 Breast	F	1		29.78Y		32.52Y	-2.74			
Schonwalder, Otto			Open 50 Fly	F	3		25.80Y		24.84Y	0.96			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Seawell, Christopher	13	M	Open 100 Back	F	13		1:06.96Y	BMin	1:06.08Y	0.88			
Seawell, Christopher			Open 50 Back	F	6		31.39Y		31.75Y	-0.36			
Seawell, Christopher			Open 50 Free	F	23		27.04Y	BBMin	26.31Y	0.73			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Smith, Anthony	10	M	Open 100 Fly	F	17		1:24.95Y	BBMin	1:27.86Y	-2.91			
Smith, Anthony			Open 200 Fly	F	1		3:17.71Y		3:16.09Y	1.62			
Smith, Anthony			Open 200 IM	F	11		2:53.59Y	BBMin	2:56.26Y	-2.67			
Smith, Anthony			Open 50 Fly	F	17		36.19Y	BBMin	35.87Y	0.32			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Spreitzer, Aubree	15	F	Open 100 Fly	F	7		1:08.93Y	BBMin	1:05.70Y	3.23			
Spreitzer, Aubree			Open 100 IM	F	3		1:11.77Y		1:13.73Y	-1.96			
Spreitzer, Aubree			Open 50 Free	F	12		27.78Y	BBMin	25.86Y	1.92			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Starin, Josh	14	M	Open 50 Back	F	24		41.80Y						
Starin, Josh			Open 50 Breast	F	5		35.96Y						
Starin, Josh			Open 50 Fly	F	19		37.13Y						
Starin, Josh			Open 50 Free	F	42		29.77Y	BMin	28.85Y	0.92			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Sung, Sarah	9	F	Open 100 Fly	F	21		1:36.71Y	BMin	1:35.47Y	1.24			
Sung, Sarah			Open 200 IM	F	12		3:22.55Y	BMin	3:16.55Y	6.00			
Sung, Sarah			Open 50 Breast	F	34		49.55Y	BMin	50.23Y	-0.68			
Sung, Sarah			Open 50 Fly	F	24		42.14Y	BMin	41.95Y	0.19			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best Cut	Time Standard
Thomas, Carter	10	M	Open 100 Free	F	43		1:32.17Y		1:30.06Y	2.11		
Thomas, Carter			Open 100 IM	F	20		1:45.10Y		1:49.13Y	-4.03		
Thomas, Carter			Open 50 Breast	F	24		52.70Y		51.97Y	0.73		
Thomas, Carter			Open 50 Free	F	72		39.48Y		39.19Y	0.29		

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Vanasek, Madelyn	12	F	Open 100 Back	F	11		1:13.42Y	BBMin	1:09.60Y	3.82			
Vanasek, Madelyn			Open 100 Fly	F	16		1:15.55Y	BBMin	1:10.06Y	5.49			
Vanasek, Madelyn			Open 50 Back	F	3		33.00Y	BBMin	31.33Y	1.67			

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Standard	Base Line	Improvement	New Best	Cut Time	Standard
Wilcox, Sarah	11	F	Open 100 Free	F	25		1:07.00Y	BBMin	1:06.40Y	0.60			
Wilcox, Sarah			Open 50 Fly	F	19		36.99Y		36.07Y	0.92			
Wilcox, Sarah			Open 50 Free	F	33		30.22Y	BBMin	29.91Y	0.31			