

Gold Group
Results of timed 500 free
3/17/09

17-Mar-09			12-Feb-09		23-Jan-09	
	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1. Emma	6:12	1:14.4	6:25	1:17.0	6:34	1:18.8
2. Samantha	6:16	1:15.2	6:38	1:19.6	6:46	1:21.2
3. Polina	6:40	1:20.0	6:45	1:21.0		
4. Maria			6:52	1:22.4	6:49	1:21.8
5. Courtney	6:58	1:23.6				
6. Cory			6:59	1:23.8	7:05	1:25.0
7. Alex	7:01	1:24.2			7:00	1:24.0
8. Madelaine	7:12	1:26.4			7:38	1:31.6
9. Kendra			7:24	1:28.8	7:39	1:31.8
10. Sophia	7:27	1:29.4	7:47	1:33.4		
11. Nathaniel	7:34	1:30.8			7:40	1:32.0
12. Lauren	7:47	1:33.4				
13. Abi			8:18	1:39.6	7:39	1:31.8