

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:40.28		
100 BK SCY		01:17.18	
200 BK SCY		02:46.70	
50 BR SCY	00:46.21		
100 BR SCY	01:44.18		
50 FL SCY	00:50.32		
50 FR SCY	00:34.11	00:30.11	4.00
100 FR SCY	01:19.90	01:06.10	13.80
200 FR SCY	02:42.59	02:25.62	16.97

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:43.87	00:39.67	4.20
100 BK SCY		01:26.95	
50 BR SCY	00:48.18	00:46.39	1.79
50 FL SCY	00:52.88	00:45.97	6.91
50 FR SCY	00:42.91	00:36.27	6.64

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:46.40		
100 BK LCM	01:37.54		
50 BR LCM	00:52.50		
50 FL LCM	00:57.52		
50 FR LCM	00:45.83		

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:41.65	00:35.76	5.89
100 BK SCY	01:39.98	01:15.92	24.06
50 BR SCY	00:44.60	00:38.30	6.30
100 BR SCY	01:38.70	01:20.51	18.19
50 FL SCY	00:41.60	00:32.33	9.27
100 FL SCY		01:18.68	
50 FR SCY	00:36.62	00:29.45	7.17
100 FR SCY	01:24.93	01:05.90	19.03
500 FR SCY		07:05.10	
100 IM SCY	01:29.12	01:12.65	16.47
200 IM SCY		02:46.06	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:42.33	00:39.08	3.25
100 BK LCM	01:29.57		
50 BR LCM	00:46.90	00:40.93	5.97
100 BR LCM	01:43.19	01:30.53	12.66
200 BR LCM		03:12.23	
50 FL LCM	00:41.55	00:34.64	6.91
100 FL LCM	01:40.45	01:21.80	18.65
50 FR LCM	00:36.74	00:32.13	4.61
100 FR LCM	01:24.19	01:10.13	14.06
200 FR LCM		02:35.32	
200 IM LCM	03:23.70	02:55.84	27.86

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:50.61	
50 FR SCY		00:43.14	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:50.67	
100 BK LCM		01:45.55	
50 BR LCM		01:09.36	
50 FR LCM		00:44.62	
100 FR LCM		01:43.72	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:52.54	00:44.80	7.74
50 BR SCY	00:59.45	00:50.06	9.39
100 BR SCY		01:48.31	
50 FL SCY	00:53.83	00:48.17	5.66
100 FL SCY		01:49.18	
50 FR SCY	00:42.29	00:38.55	3.74
100 FR SCY	01:35.94	01:33.59	2.35
100 IM SCY	01:57.16	01:36.74	20.42

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BR LCM		00:56.31	
50 FR LCM		00:43.45	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	01:03.57	00:54.64	8.93
50 BR SCY		00:53.13	
50 FL SCY		00:58.50	
50 FR SCY	00:55.22	00:41.64	13.58
100 FR SCY	02:00.87	01:38.45	22.42
100 IM SCY	02:03.73	01:44.32	19.41

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 FR LCM		00:50.02	

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:52.64	
100 BK LCM		01:55.05	
50 BR LCM		00:59.82	
50 FL LCM		01:04.26	
50 FR LCM		00:48.46	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:29.17	00:28.71	0.46
100 BK SCY	01:02.95	01:01.04	1.91
200 BK SCY	02:16.12	02:10.85	5.27
50 BR SCY			
100 BR SCY	01:13.93	01:15.60	-1.67
200 BR SCY	02:39.57	02:46.45	-6.88
50 FL SCY	00:28.21		
100 FL SCY	01:00.05	00:59.92	0.13
200 FL SCY	02:25.92	02:22.49	3.43
50 FR SCY	00:25.28	00:25.22	0.06
100 FR SCY	00:56.23	00:55.18	1.05
200 FR SCY	02:02.29	02:03.73	-1.44
500 FR SCY	05:49.93	05:37.85	12.08
1000 FR SCY			
100 IM SCY	01:04.53		
200 IM SCY	02:18.84	02:19.37	-0.53
400 IM SCY	04:55.57		

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM			
100 BK LCM	01:11.23	01:10.32	0.91
200 BK LCM	02:36.23	02:37.42	-1.19
50 BR LCM			
100 BR LCM	01:26.02		
200 BR LCM			
50 FL LCM			
100 FL LCM	01:08.83	01:08.68	0.15

200 FL LCM	02:39.27		
50 FR LCM	00:29.00	00:28.89	0.11
100 FR LCM	01:05.02	01:04.00	1.02
200 FR LCM	02:28.97	02:20.56	8.41
400 FR LCM	05:12.03	05:13.56	-1.53
800 FR LCM			
200 IM LCM	02:39.46	02:40.51	-1.05
400 IM LCM			

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:32.32	00:30.98	1.34
100 BK SCY	01:07.45	01:06.84	0.61
200 BK SCY		02:19.92	
50 BR SCY	00:33.79	00:32.68	1.11
100 BR SCY	01:13.62	01:12.29	1.33
200 BR SCY	02:42.38	02:45.05	-2.67
50 FL SCY	00:30.11	00:29.01	1.10
100 FL SCY	01:08.47	01:10.61	-2.14
200 FL SCY	02:51.83		
50 FR SCY	00:28.36	00:27.76	0.60
100 FR SCY	01:00.09	00:59.23	0.86
200 FR SCY	02:11.50	02:10.35	1.15
500 FR SCY	05:46.55	05:42.32	4.23
1000 FR SCY			
100 IM SCY	01:04.92	01:03.80	1.12
200 IM SCY	02:23.66	02:20.28	3.38
400 IM SCY	05:15.17	05:08.71	6.46

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:37.50		
100 BK LCM	01:18.34	01:16.41	1.93
200 BK LCM	02:49.94	02:43.56	6.38
50 BR LCM	00:39.04		
100 BR LCM	01:27.08	01:28.09	-1.01
200 BR LCM	03:14.22	03:22.01	-7.79
50 FL LCM	00:35.25		
200 FL LCM	03:14.99		

Chong, Crystal

Pacific Dragons Swim Team

50 FR LCM	00:32.56	00:31.08	1.48
100 FR LCM	01:09.80	01:08.18	1.62
200 FR LCM	02:26.90	02:24.35	2.55
400 FR LCM	05:18.21	05:10.93	7.28
800 FR LCM	10:35.39		
200 IM LCM	02:45.86	02:42.45	3.41
400 IM LCM	06:04.45		

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:50.64	
100 BK LCM		01:45.04	
100 BR LCM		01:57.74	
50 FL LCM		00:46.31	
100 FL LCM		01:42.38	
50 FR LCM		00:39.38	

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:40.33	00:34.55	5.78
100 BK SCY	01:22.58	01:13.03	9.55
50 BR SCY	00:44.31	00:39.32	4.99
100 BR SCY	01:31.17	01:22.26	8.91
200 BR SCY		03:01.53	
50 FL SCY	00:44.94	00:37.86	7.08
100 FL SCY	01:47.07		
50 FR SCY	00:36.28	00:32.85	3.43
100 FR SCY	01:18.78		
100 IM SCY	01:23.90	01:15.68	8.22
200 IM SCY		02:49.34	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:43.27	00:38.55	4.72
100 BK LCM	01:33.68	01:21.97	11.71
200 BK LCM		03:01.04	
50 BR LCM	00:47.20	00:43.85	3.35
100 BR LCM	01:41.86	01:36.52	5.34
200 BR LCM		03:23.54	
50 FL LCM	00:45.58		
100 FL LCM	01:55.14		
50 FR LCM	00:39.70	00:36.83	2.87
100 FR LCM	01:32.07		
200 IM LCM	03:34.82		

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:47.33	
50 FR SCY		00:42.90	
100 IM SCY		01:39.43	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:47.41	
100 BK LCM		01:49.65	
50 BR LCM		00:57.45	
100 BR LCM		01:59.43	
50 FL LCM		00:48.47	
100 FL LCM		01:58.98	
50 FR LCM		00:44.30	
100 FR LCM		01:37.30	

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:42.73	00:36.43	6.30
100 BK SCY			
50 BR SCY	00:39.91	00:37.52	2.39
100 BR SCY	01:30.36	01:17.71	12.65
200 BR SCY	03:14.26	02:46.44	27.82
50 FL SCY	00:35.69	00:31.43	4.26
100 FL SCY	01:32.36	01:12.28	20.08
50 FR SCY	00:29.00	00:26.24	2.76
100 FR SCY	01:06.13	00:57.80	8.33
200 FR SCY	02:33.38	02:05.60	27.78
500 FR SCY		05:52.51	
100 IM SCY	01:21.12	01:10.52	10.60
200 IM SCY	02:55.84	02:27.18	28.66

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:42.39		
50 BR LCM	00:44.79		
100 BR LCM	01:38.05	01:31.82	6.23
200 BR LCM	03:34.25	03:16.11	18.14
50 FL LCM	00:36.53		
100 FL LCM	01:26.20	01:19.08	7.12
200 FL LCM		03:23.12	
50 FR LCM	00:30.07	00:29.00	1.07
100 FR LCM	01:09.47	01:03.77	5.70
200 FR LCM	02:49.62	02:23.48	26.14
200 IM LCM	03:14.82	02:49.11	25.71

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:34.97	00:32.60	2.37
100 BK SCY	01:14.98	01:10.25	4.73
200 BK SCY		02:38.24	
50 BR SCY	00:40.70	00:38.50	2.20
100 BR SCY	01:27.89	01:22.04	5.85
200 BR SCY		02:55.72	
50 FL SCY	00:37.51	00:34.11	3.40
50 FR SCY	00:33.41	00:31.30	2.11
100 FR SCY	01:13.09		
100 IM SCY	01:17.84	01:14.28	3.56
200 IM SCY		02:43.80	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:37.60	00:36.39	1.21
100 BK LCM	01:20.68	01:18.31	2.37
200 BK LCM		02:50.49	
50 BR LCM	00:45.02	00:42.76	2.26
100 BR LCM	01:37.25	01:31.68	5.57
200 BR LCM		03:18.79	
50 FL LCM	00:40.24	00:38.44	1.80
100 FL LCM		01:30.75	
50 FR LCM	00:36.32	00:34.49	1.83
100 FR LCM	01:22.76		
200 IM LCM	03:02.86	02:58.99	3.87

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:38.89	00:36.26	2.63
100 BK SCY	01:24.90	01:18.95	5.95
200 BK SCY		02:49.50	
50 BR SCY	00:44.23	00:39.41	4.82
100 BR SCY	01:39.85	01:31.76	8.09
200 BR SCY		03:03.51	
50 FL SCY	00:40.69	00:34.32	6.37
100 FL SCY	01:33.33		
50 FR SCY	00:34.13	00:32.37	1.76
100 FR SCY	01:16.93	01:12.72	4.21
200 FR SCY	02:48.20		
500 FR SCY	07:43.53		
100 IM SCY	01:24.35	01:17.84	6.51
200 IM SCY	03:08.38		

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:42.78	00:40.18	2.60
100 BK LCM	01:36.44	01:27.92	8.52
200 BK LCM		03:11.89	
50 BR LCM	00:50.36	00:43.60	6.76
100 BR LCM	01:47.16	01:37.90	9.26
200 BR LCM		03:31.78	
50 FL LCM		00:37.82	
100 FL LCM		01:28.82	
50 FR LCM	00:38.85	00:35.02	3.83
100 FR LCM	01:25.29	01:20.08	5.21
200 FR LCM	03:13.30		

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:55.13	00:43.74	11.39
100 BK SCY		01:30.80	
50 BR SCY	00:46.42	00:43.73	2.69
100 BR SCY	01:44.88	01:34.51	10.37
50 FL SCY		00:44.61	
50 FR SCY	00:44.52	00:36.35	8.17
100 FR SCY		01:24.01	
200 IM SCY		03:17.65	

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:40.96	
100 BK SCY		01:28.59	
50 BR SCY		00:45.77	
100 BR SCY		01:39.09	
50 FR SCY		00:36.70	
100 FR SCY		01:23.38	
100 IM SCY		01:30.96	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:49.28		
100 BK LCM		01:40.65	
50 BR LCM	00:54.22		
100 BR LCM		01:58.57	
50 FR LCM	00:54.38		
100 FR LCM		01:37.86	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:54.05	
100 BK SCY		01:43.27	
50 BR SCY		00:50.18	
100 BR SCY		01:49.82	
50 FR SCY	00:49.00	00:43.91	5.09
100 FR SCY	01:45.76		
100 IM SCY	01:56.26		

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:50.89		
50 BR LCM	00:55.33		
50 FL LCM	01:12.64		
50 FR LCM	00:48.46		

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:51.59	00:40.84	10.75
50 BR SCY		00:50.83	
50 FL SCY		00:40.84	
50 FR SCY	00:43.04	00:35.54	7.50
100 IM SCY	01:46.07	01:32.39	13.68

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:59.03	00:44.99	14.04
100 BK LCM	01:47.19		
100 BR LCM	02:13.78		
50 FL LCM		00:48.41	
50 FR LCM	00:43.73	00:39.05	4.68
100 FR LCM	01:36.96	01:32.07	4.89

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:31.52	
100 BK SCY	01:07.35		
200 BK SCY	02:26.29		
50 BR SCY		00:34.30	
100 BR SCY	01:16.32		
200 BR SCY	02:43.95	02:52.34	-8.39
50 FL SCY			
100 FL SCY	01:08.68		
50 FR SCY	00:27.34		
100 FR SCY	00:59.76		
200 FR SCY	02:09.73		
100 IM SCY			
200 IM SCY	02:25.24		
400 IM SCY		05:27.67	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM			
100 BK LCM	01:14.61	01:16.80	-2.19
200 BK LCM	02:43.18	02:44.11	-0.93
50 BR LCM			
100 BR LCM	01:27.53	01:25.80	1.73
200 BR LCM	03:13.29	03:06.36	6.93
50 FL LCM			
100 FL LCM	01:15.91	01:14.75	1.16
50 FR LCM	00:29.98	00:29.32	0.66
100 FR LCM	01:06.22	01:05.40	0.82
200 FR LCM	02:28.14	02:26.86	1.28

Huang, Christopher

Pacific Dragons Swim Team

200 IM LCM	02:44.46	02:45.39	-0.93
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400 IM LCM	05:58.64		
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Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:37.63	00:37.02	0.61
100 BK SCY	01:21.75	01:19.45	2.30
50 BR SCY	00:39.95	00:37.21	2.74
100 BR SCY	01:32.60	01:18.35	14.25
200 BR SCY		02:54.77	
50 FL SCY	00:42.15	00:38.18	3.97
100 FL SCY		01:25.43	
50 FR SCY	00:33.70	00:32.28	1.42
100 FR SCY	01:12.53	01:11.50	1.03
100 IM SCY	01:20.50		
200 IM SCY	02:55.92	02:44.82	11.10

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:42.88	00:40.74	2.14
100 BK LCM	01:31.23	01:29.52	1.71
200 BK LCM		03:15.20	
50 BR LCM	00:43.91	00:43.51	0.40
100 BR LCM	01:37.06	01:30.56	6.50
200 BR LCM		03:14.16	
50 FL LCM	00:43.98	00:42.46	1.52
100 FL LCM			
50 FR LCM	00:36.59	00:35.73	0.86
100 FR LCM	01:22.44	01:17.42	5.02
200 FR LCM	03:02.89		
200 IM LCM	03:16.34	03:04.73	11.61

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY			
100 BK SCY	01:01.69	01:00.93	0.76
200 BK SCY	02:13.05	02:14.40	-1.35
50 BR SCY			
100 BR SCY	01:08.05	01:07.83	0.22
200 BR SCY	02:26.93	02:28.46	-1.53
50 FL SCY		00:28.26	
100 FL SCY	00:59.98	00:59.86	0.12
200 FL SCY	02:10.30	02:11.52	-1.22
50 FR SCY	00:25.77	00:25.61	0.16
100 FR SCY	00:56.28	00:55.92	0.36
200 FR SCY	01:59.03	01:59.98	-0.95
500 FR SCY	05:32.24	05:25.20	7.04
1650 FR SCY			
100 IM SCY			
200 IM SCY	02:09.66	02:09.91	-0.25
400 IM SCY	04:41.36	04:49.77	-8.41

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM			
100 BK LCM	01:11.72	01:12.68	-0.96
200 BK LCM	02:38.55		
50 BR LCM	00:37.30	00:39.17	-1.87
100 BR LCM	01:20.52	01:21.08	-0.56
200 BR LCM	02:50.88	02:56.66	-5.78
50 FL LCM			
100 FL LCM	01:07.30	01:10.28	-2.98

Huo, Jenny W

Pacific Dragons Swim Team

200 FL LCM	02:30.03	02:36.66	-6.63
50 FR LCM	00:29.42		
100 FR LCM	01:03.32	01:05.12	-1.80
200 FR LCM	02:17.73	02:21.18	-3.45
400 FR LCM	04:56.36		
800 FR LCM			
1500 FR LCM			
200 IM LCM	02:30.47	02:35.27	-4.80
400 IM LCM	05:22.73	05:38.37	-15.64

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:37.04	00:34.38	2.66
100 BK SCY	01:20.85	01:12.16	8.69
50 BR SCY	00:44.80	00:40.59	4.21
100 BR SCY	01:35.81	01:30.57	5.24
50 FL SCY	00:37.96	00:33.12	4.84
100 FL SCY	01:31.07	01:13.58	17.49
50 FR SCY	00:32.58	00:31.19	1.39
100 FR SCY	01:15.34	01:10.14	5.20
200 FR SCY		02:30.30	
100 IM SCY	01:23.20	01:13.96	9.24
200 IM SCY	02:58.49	02:39.31	19.18

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:40.80	00:37.01	3.79
100 BK LCM	01:26.10	01:19.08	7.02
50 BR LCM	00:46.45	00:44.43	2.02
100 BR LCM	01:42.34	01:34.60	7.74
50 FL LCM	00:38.76	00:35.12	3.64
100 FL LCM	01:36.36	01:17.26	19.10
50 FR LCM	00:36.40	00:33.71	2.69
100 FR LCM	01:22.29	01:12.86	9.43
200 FR LCM		02:40.12	
200 IM LCM	03:07.85	02:49.21	18.64

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:33.62	00:33.58	0.04
100 BK SCY	01:14.01		
50 BR SCY	00:36.67	00:34.54	2.13
100 BR SCY	01:17.90	01:15.34	2.56
200 BR SCY	02:47.84	02:38.85	8.99
50 FL SCY	00:31.51	00:29.30	2.21
100 FL SCY	01:07.29	01:03.32	3.97
200 FL SCY	02:31.08	02:19.91	11.17
50 FR SCY	00:29.70	00:28.10	1.60
100 FR SCY	01:04.33	01:00.61	3.72
200 FR SCY	02:23.76	02:06.55	17.21
500 FR SCY	05:54.26	05:38.67	15.59
1000 FR SCY			
100 IM SCY	01:10.67	01:06.98	3.69
200 IM SCY	02:29.38	02:20.30	9.08
400 IM SCY		04:55.54	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:38.35	00:37.68	0.67
100 BK LCM	01:24.56	01:20.36	4.20
50 BR LCM	00:42.48	00:40.01	2.47
100 BR LCM	01:28.45	01:25.75	2.70
200 BR LCM	03:07.23	03:00.73	6.50
50 FL LCM	00:34.23	00:32.32	1.91
100 FL LCM	01:14.39	01:09.36	5.03
200 FL LCM	02:49.04	02:36.05	12.99
50 FR LCM	00:33.02	00:31.33	1.69

Jin, Rachel

Pacific Dragons Swim Team

100 FR LCM	01:09.28	01:06.22	3.06
200 FR LCM	02:27.48	02:24.11	3.37
400 FR LCM	05:03.26	04:58.66	4.60
800 FR LCM	10:25.10	10:22.09	3.01
200 IM LCM	02:40.43	02:38.03	2.40
400 IM LCM	05:44.19	05:25.40	18.79

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:51.55	00:42.06	9.49
100 BK SCY	01:49.53	01:39.97	9.56
50 BR SCY	00:53.95	00:41.80	12.15
100 BR SCY	01:58.94	01:35.80	23.14
200 BR SCY		03:30.35	
50 FL SCY		00:44.11	
50 FR SCY	00:49.10	00:38.73	10.37
100 FR SCY		01:29.42	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:44.96	
50 BR LCM	00:53.18	00:46.37	6.81
200 BR LCM		03:46.20	
50 FR LCM		00:39.00	

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:44.71	00:40.07	4.64
100 BK SCY	01:34.06	01:22.42	11.64
200 BK SCY	03:35.51		
50 BR SCY	00:46.61	00:40.96	5.65
100 BR SCY	01:41.58	01:24.17	17.41
200 BR SCY	03:44.93		
50 FL SCY	00:43.69	00:40.47	3.22
50 FR SCY	00:38.72	00:32.65	6.07
100 FR SCY	01:23.52	01:10.13	13.39
200 FR SCY	02:59.95		
100 IM SCY	01:32.03	01:23.26	8.77
200 IM SCY		02:51.15	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
100 BK LCM		01:35.83	
50 BR LCM		00:43.22	
100 BR LCM		01:36.06	
200 BR LCM		03:23.65	
100 FR LCM		01:35.51	
400 FR LCM		06:19.29	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:37.82	00:33.91	3.91
100 BK SCY	01:22.66	01:09.28	13.38
200 BK SCY	03:03.39		
50 BR SCY	00:42.44	00:35.91	6.53
100 BR SCY	01:32.18	01:17.52	14.66
200 BR SCY	03:29.29	02:57.44	31.85
50 FL SCY	00:36.26	00:31.41	4.85
100 FL SCY	01:17.48	01:09.29	8.19
50 FR SCY	00:31.40	00:26.41	4.99
100 FR SCY	01:11.82	00:58.62	13.20
200 FR SCY	02:43.07		
100 IM SCY	01:20.21	01:08.28	11.93
200 IM SCY		02:24.10	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
100 BK LCM		01:23.27	
200 BR LCM		03:14.63	
50 FR LCM		00:29.15	
100 FR LCM		01:06.08	
200 IM LCM		02:47.28	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:37.21	00:31.18	6.03
100 BK SCY		01:09.30	
50 BR SCY	00:40.55	00:34.09	6.46
100 BR SCY	01:31.64	01:14.76	16.88
200 BR SCY	03:09.05	02:42.96	26.09
50 FL SCY	00:33.85	00:27.75	6.10
100 FL SCY	01:18.79	01:03.89	14.90
200 FL SCY	02:54.41	02:19.16	35.25
50 FR SCY	00:29.90	00:25.66	4.24
100 FR SCY	01:08.69	00:56.46	12.23
200 FR SCY	02:23.94	02:07.14	16.80
100 IM SCY	01:16.26	01:06.59	9.67
200 IM SCY	02:44.97	02:19.42	25.55

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
200 BR LCM		03:06.76	
200 FL LCM		02:47.62	
50 FR LCM		00:29.13	
100 FR LCM		01:04.91	
200 IM LCM		02:41.04	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:46.15	
50 BR SCY		00:50.13	
50 FR SCY		00:37.83	
100 FR SCY		01:25.54	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BR LCM		00:48.70	
50 FR LCM		00:39.76	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BR SCY		00:50.41	
100 BR SCY		01:44.04	
50 FR SCY		00:44.78	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BR LCM		00:47.72	
50 FR LCM		00:43.16	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY			
100 BK SCY	00:59.77	00:58.22	1.55
200 BK SCY	02:08.10	02:07.41	0.69
50 BR SCY			
100 BR SCY	01:12.47	01:06.60	5.87
200 BR SCY	02:37.81		
50 FL SCY			
100 FL SCY	01:09.26		
50 FR SCY	00:24.51	00:23.97	0.54
100 FR SCY	00:53.14	00:53.25	-0.11
200 FR SCY	01:56.71	01:58.36	-1.65
500 FR SCY	05:28.05		
1000 FR SCY			
100 IM SCY			
200 IM SCY	02:13.07	02:11.12	1.95
400 IM SCY	04:53.43	04:47.38	6.05

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM			
100 BK LCM	01:08.54	01:07.76	0.78
200 BK LCM	02:27.16	02:26.55	0.61
100 BR LCM	01:21.58	01:20.27	1.31
50 FR LCM	00:27.97		
100 FR LCM	01:01.60	01:01.45	0.15
200 FR LCM	02:17.59	02:25.17	-7.58
800 FR LCM		10:22.97	
1500 FR LCM	19:41.24		

Lee, Grant H

Pacific Dragons Swim Team

200 IM LCM

02:28.34

02:28.78

-0.44

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:48.27	
50 BR SCY		00:56.55	
50 FL SCY		00:48.34	
50 FR SCY	00:52.46	00:42.38	10.08
100 IM SCY		01:43.31	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:57.16	
50 FL LCM	01:01.18	00:50.96	10.22
50 FR LCM	00:52.46	00:46.49	5.97

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:34.43		
100 BK SCY	01:15.50	01:11.91	3.59
200 BK SCY		02:42.08	
50 BR SCY	00:40.93		
100 BR SCY	01:29.36	01:22.05	7.31
200 BR SCY		03:01.49	
50 FL SCY	00:31.96		
100 FL SCY	01:12.96	01:11.11	1.85
50 FR SCY	00:29.48	00:28.92	0.56
100 FR SCY	01:06.51	01:03.72	2.79
200 FR SCY	02:31.13	02:29.53	1.60
500 FR SCY		06:54.65	
100 IM SCY	01:15.56		
200 IM SCY	02:44.94	02:43.24	1.70

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:37.76	00:37.42	0.34
100 BK LCM	01:21.45	01:23.82	-2.37
200 BK LCM	03:07.32	03:03.73	3.59
50 BR LCM	00:44.96		
100 BR LCM	01:41.60	01:33.46	8.14
200 BR LCM		03:25.41	
50 FL LCM	00:34.65		
100 FL LCM	01:24.90	01:22.52	2.38
50 FR LCM	00:32.29	00:32.84	-0.55
100 FR LCM	01:12.58	01:12.78	-0.20
200 FR LCM	02:51.01	02:51.28	-0.27

Li, Allison

Pacific Dragons Swim Team

400 FR LCM

06:03.01

200 IM LCM

03:05.41

03:03.55

1.86

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:32.27	00:29.76	2.51
100 BK SCY	01:07.96	01:05.31	2.65
200 BK SCY	02:27.55	02:23.16	4.39
50 BR SCY	00:33.59	00:33.46	0.13
100 BR SCY	01:11.68	01:13.32	-1.64
200 BR SCY	02:35.09	02:33.03	2.06
50 FL SCY	00:28.38	00:27.02	1.36
100 FL SCY	01:01.20	00:59.64	1.56
200 FL SCY	02:26.38	02:14.47	11.91
50 FR SCY	00:27.51	00:26.93	0.58
100 FR SCY	00:58.30	00:57.80	0.50
200 FR SCY	02:05.72	02:04.66	1.06
500 FR SCY	05:38.34	05:32.11	6.23
1000 FR SCY			
100 IM SCY	01:04.68	01:02.61	2.07
200 IM SCY	02:16.77	02:14.45	2.32
400 IM SCY	04:54.49	04:49.00	5.49

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:34.76	
100 BK LCM	01:19.09	01:14.79	4.30
200 BK LCM	02:42.34		
50 BR LCM	00:39.16	00:38.03	1.13
100 BR LCM	01:22.46	01:25.49	-3.03
200 BR LCM	02:58.81	02:57.81	1.00
50 FL LCM	00:31.19	00:30.09	1.10
100 FL LCM	01:06.75	01:05.87	0.88

Li, Delora

Pacific Dragons Swim Team

200 FL LCM	02:33.61	02:38.58	-4.97
50 FR LCM	00:31.01	00:29.31	1.70
100 FR LCM	01:06.50	01:02.19	4.31
200 FR LCM	02:21.56	02:18.27	3.29
400 FR LCM	04:49.83	04:53.37	-3.54
800 FR LCM	09:56.51	10:18.97	-22.46
200 IM LCM	02:34.71	02:32.51	2.20
400 IM LCM	05:29.05	05:27.99	1.06

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BR LCM		01:21.13	
50 FR LCM		01:05.53	
100 FR LCM		02:29.30	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:37.72	00:36.55	1.17
100 BK SCY	01:22.06	01:16.35	5.71
200 BK SCY		02:44.40	
50 BR SCY	00:45.33	00:40.22	5.11
100 BR SCY	01:37.39	01:26.31	11.08
200 BR SCY		03:05.52	
50 FL SCY	00:34.05	00:32.33	1.72
100 FL SCY	01:16.09	01:09.49	6.60
200 FL SCY		02:38.15	
50 FR SCY	00:31.62	00:30.47	1.15
100 FR SCY	01:11.33	01:04.29	7.04
200 FR SCY	02:33.61	02:20.79	12.82
500 FR SCY		06:12.21	
1000 FR SCY		13:11.18	
1650 FR SCY		21:36.79	
100 IM SCY	01:21.71	01:14.44	7.27
200 IM SCY	02:49.55	02:37.21	12.34
400 IM SCY		05:44.38	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:41.80	00:39.03	2.77
100 BK LCM	01:31.96	01:24.71	7.25
200 BK LCM	03:09.40	03:00.95	8.45
50 BR LCM	00:47.52	00:44.54	2.98
100 BR LCM	01:44.52	01:35.26	9.26
200 BR LCM	03:44.34	03:21.00	23.34
50 FL LCM	00:38.02	00:36.65	1.37

Li, Jason

Pacific Dragons Swim Team

100 FL LCM	01:24.61	01:18.49	6.12
200 FL LCM		03:13.20	
50 FR LCM	00:36.21	00:33.28	2.93
100 FR LCM	01:18.39	01:10.34	8.05
200 FR LCM	02:49.94	02:35.52	14.42
400 FR LCM		05:29.99	
200 IM LCM	03:08.62	02:55.27	13.35

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY			
100 BK SCY	00:57.73	00:56.84	0.89
200 BK SCY	02:05.85	02:05.28	0.57
50 BR SCY	00:29.88		
100 BR SCY	01:01.46	00:59.05	2.41
200 BR SCY	02:11.33	02:05.98	5.35
50 FL SCY			
100 FL SCY	00:56.08	00:53.06	3.02
200 FL SCY	02:02.04	01:57.80	4.24
50 FR SCY	00:24.05	00:24.04	0.01
100 FR SCY	00:51.74	00:51.40	0.34
200 FR SCY	01:51.58	01:49.78	1.80
500 FR SCY	05:02.38	05:01.40	0.98
1000 FR SCY			
1650 FR SCY			
100 IM SCY			
200 IM SCY	02:01.21	01:58.45	2.76
400 IM SCY	04:21.16	04:15.93	5.23

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM			
100 BK LCM	01:09.85	01:06.32	3.53
200 BK LCM			
50 BR LCM			
100 BR LCM	01:10.19	01:07.57	2.62
200 BR LCM	02:33.83	02:27.00	6.83
50 FL LCM			

Li, Jeffrey Z

Pacific Dragons Swim Team

100 FL LCM	01:03.33	01:01.00	2.33
200 FL LCM	02:20.14	02:13.28	6.86
50 FR LCM	00:27.41	00:26.46	0.95
100 FR LCM	00:58.20	00:56.53	1.67
200 FR LCM	02:05.89	02:02.92	2.97
400 FR LCM	04:28.22	04:24.27	3.95
800 FR LCM		09:23.51	
1500 FR LCM	18:21.58		
200 IM LCM	02:18.69	02:15.52	3.17
400 IM LCM	05:00.60	05:02.63	-2.03

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		01:10.22	
100 BK LCM		02:16.55	
50 FL LCM		01:21.89	
50 FR LCM		01:02.24	
100 FR LCM		02:04.43	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:40.79	
100 BK SCY		01:28.55	
50 BR SCY		00:44.70	
100 BR SCY		01:37.93	
50 FL SCY		00:37.45	
100 FL SCY		01:28.11	
50 FR SCY	00:42.53	00:36.91	5.62
100 FR SCY	01:34.41	01:22.29	12.12
100 IM SCY	01:40.66	01:27.20	13.46

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:50.54	00:44.50	6.04
100 BK LCM	01:56.20	01:34.00	22.20
50 BR LCM	00:57.32	00:51.47	5.85
50 FL LCM	00:50.09	00:40.18	9.91
100 FL LCM		01:33.37	
50 FR LCM	00:44.82	00:38.85	5.97
100 FR LCM	01:44.49	01:29.42	15.07

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:46.57	00:42.52	4.05
100 BK SCY		01:34.81	
50 BR SCY	00:54.28	00:47.81	6.47
50 FL SCY		00:47.16	
50 FR SCY		00:39.39	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:44.93	
50 BR LCM		00:50.70	
50 FL LCM		00:51.09	
200 IM LCM		03:35.38	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:37.86	00:36.26	1.60
100 BK SCY	01:20.20	01:15.11	5.09
200 BK SCY	02:52.30	02:45.41	6.89
50 BR SCY	00:44.89	00:41.31	3.58
100 BR SCY	01:34.19	01:28.28	5.91
200 BR SCY		03:12.12	
50 FL SCY	00:37.27	00:34.70	2.57
100 FL SCY	01:20.90	01:15.57	5.33
200 FL SCY		03:02.00	
50 FR SCY	00:34.00	00:32.30	1.70
100 FR SCY	01:15.45	01:10.83	4.62
200 FR SCY	02:43.85		
100 IM SCY	01:22.78	01:16.86	5.92
200 IM SCY	02:50.96	02:47.56	3.40

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:42.51	00:38.78	3.73
100 BK LCM	01:30.41	01:22.62	7.79
200 BK LCM	03:17.80	02:57.96	19.84
50 BR LCM	00:50.06	00:44.98	5.08
100 BR LCM		01:37.70	
50 FL LCM	00:41.01	00:38.65	2.36
100 FL LCM	01:30.64	01:28.01	2.63
200 FL LCM		03:29.92	
50 FR LCM	00:37.80	00:35.36	2.44
100 FR LCM			
200 IM LCM	03:14.12	02:56.76	17.36

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:40.52	00:41.50	-0.98
100 BK SCY	01:30.55	01:35.35	-4.80
50 BR SCY	00:46.11	00:44.69	1.42
100 BR SCY	01:43.31	01:40.80	2.51
50 FL SCY	00:39.80	00:38.48	1.32
100 FL SCY	01:37.16	01:36.04	1.12
50 FR SCY	00:37.24	00:34.68	2.56
100 FR SCY			
200 FR SCY	03:13.29		
100 IM SCY	01:32.88		
200 IM SCY	03:30.92	03:14.03	16.89

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:44.80		
100 BK LCM			
50 BR LCM		00:48.24	
100 BR LCM		01:47.49	
50 FL LCM	00:43.80	00:42.73	1.07
100 FL LCM		01:45.34	
50 FR LCM		00:39.54	
100 FR LCM	01:35.77	01:28.38	7.39

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:41.76	00:36.26	5.50
100 BK SCY		01:16.20	
50 BR SCY	00:44.29	00:39.97	4.32
100 BR SCY	01:34.85	01:24.57	10.28
50 FL SCY	00:44.19	00:34.89	9.30
100 FL SCY		01:24.34	
50 FR SCY	00:38.97	00:33.40	5.57
100 FR SCY	01:25.68	01:14.51	11.17
200 FR SCY		02:40.25	
100 IM SCY	01:27.65	01:15.22	12.43
200 IM SCY		02:41.96	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:43.28	00:40.52	2.76
100 BK LCM	01:35.18	01:25.24	9.94
50 BR LCM	00:48.41	00:44.46	3.95
100 BR LCM	01:43.98	01:34.26	9.72
50 FL LCM	00:45.14	00:39.12	6.02
100 FL LCM	01:46.58	01:30.95	15.63
50 FR LCM	00:40.89	00:35.68	5.21
100 FR LCM	01:31.16	01:20.09	11.07
200 FR LCM	03:19.34	02:58.93	20.41
200 IM LCM	03:21.84	03:03.16	18.68

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:32.97	00:31.55	1.42
100 BK SCY	01:09.45	01:07.41	2.04
200 BK SCY	02:33.57	02:24.88	8.69
50 BR SCY	00:41.16	00:36.65	4.51
100 BR SCY	01:25.91	01:18.14	7.77
200 BR SCY		02:54.61	
50 FL SCY	00:31.08	00:28.37	2.71
100 FL SCY	01:09.51	01:03.13	6.38
200 FL SCY		02:25.85	
50 FR SCY	00:28.72	00:27.43	1.29
100 FR SCY	01:02.10	00:58.78	3.32
200 FR SCY	02:20.68	02:10.82	9.86
500 FR SCY	06:31.10	05:53.39	37.71
100 IM SCY	01:12.28	01:05.13	7.15
200 IM SCY	02:37.30	02:22.11	15.19
400 IM SCY		05:06.42	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:36.51	00:35.26	1.25
100 BK LCM	01:19.28	01:13.70	5.58
200 BK LCM	02:49.78	02:39.58	10.20
50 BR LCM	00:45.95	00:40.67	5.28
100 BR LCM	01:33.29	01:26.77	6.52
200 BR LCM		03:10.94	
50 FL LCM	00:33.51	00:31.73	1.78
100 FL LCM	01:17.17	01:05.77	11.40
200 FL LCM		02:40.80	

Ling, Ethan Y

Pacific Dragons Swim Team

50 FR LCM	00:31.72	00:29.76	1.96
100 FR LCM	01:09.09	01:04.47	4.62
200 FR LCM	02:35.50	02:24.82	10.68
400 FR LCM	05:39.27	05:07.08	32.19
200 IM LCM	02:52.45	02:38.27	14.18
400 IM LCM		05:39.93	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:33.32		
100 BK SCY	01:10.29	01:09.32	0.97
200 BK SCY	02:27.71	02:25.64	2.07
50 BR SCY	00:35.65		
100 BR SCY	01:17.35	01:16.58	0.77
200 BR SCY	02:42.39	02:43.32	-0.93
50 FL SCY			
100 FL SCY		01:14.94	
50 FR SCY	00:29.07		
100 FR SCY	01:02.71	01:01.40	1.31
200 FR SCY	02:13.30	02:11.80	1.50
500 FR SCY	05:54.16		
1000 FR SCY			
100 IM SCY	01:10.43	01:09.42	1.01
200 IM SCY	02:27.80	02:27.14	0.66

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM			
100 BK LCM	01:20.68	01:19.17	1.51
200 BK LCM	02:48.41	02:48.36	0.05
50 BR LCM	00:41.98		
100 BR LCM	01:25.15	01:25.98	-0.83
200 BR LCM	03:04.55	03:06.63	-2.08
50 FL LCM	00:37.84		
50 FR LCM		00:31.83	
100 FR LCM	01:08.49	01:10.05	-1.56
200 FR LCM	02:26.03	02:30.11	-4.08

Liu, Alicia

Pacific Dragons Swim Team

400 FR LCM	05:19.55	05:16.86	2.69
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200 IM LCM	02:47.74	02:44.35	3.39
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Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:41.47	
100 BK SCY		01:31.45	
50 BR SCY		00:55.66	
50 FL SCY		00:45.83	
50 FR SCY		00:36.60	
100 FR SCY		01:20.65	
200 FR SCY		03:03.85	
100 IM SCY		01:34.31	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:53.67	00:46.51	7.16
100 BK LCM		01:37.93	
50 BR LCM		00:55.75	
100 BR LCM		02:00.86	
50 FL LCM		00:51.58	
50 FR LCM	00:43.04	00:37.02	6.02
100 FR LCM	01:45.08	01:27.78	17.30

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:52.38	
50 BR SCY		00:58.94	
50 FR SCY		00:51.73	
100 IM SCY		01:53.30	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:52.17	
100 BK LCM		01:51.68	
50 BR LCM		01:07.31	
100 BR LCM		02:18.41	
50 FL LCM		01:11.54	
50 FR LCM		00:53.58	
100 FR LCM		01:54.10	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:44.78	
50 BR SCY		00:49.27	
100 BR SCY		01:48.86	
50 FL SCY		00:51.23	
50 FR SCY		00:41.93	
100 FR SCY		01:32.61	
100 IM SCY		01:44.64	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:47.34	
100 BK LCM		01:42.14	
50 BR LCM		00:52.25	
100 BR LCM		01:43.35	
50 FL LCM		00:52.49	
100 FL LCM		01:57.81	
50 FR LCM		00:42.45	
100 FR LCM		01:41.36	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:38.98	00:35.94	3.04
100 BK SCY	01:23.32	01:19.11	4.21
50 BR SCY	00:39.59	00:38.87	0.72
100 BR SCY	01:26.47	01:21.49	4.98
50 FL SCY	00:33.73	00:32.32	1.41
100 FL SCY	01:17.68	01:13.61	4.07
50 FR SCY	00:32.54	00:31.06	1.48
100 FR SCY	01:16.25	01:08.15	8.10
200 FR SCY	02:49.40	02:29.01	20.39
500 FR SCY		06:48.47	
100 IM SCY	01:22.42	01:17.07	5.35
200 IM SCY	02:50.19	02:35.92	14.27

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:41.20	00:39.71	1.49
100 BK LCM	01:30.80	01:25.32	5.48
50 BR LCM	00:43.13	00:41.90	1.23
100 BR LCM	01:33.98	01:31.44	2.54
50 FL LCM	00:36.72	00:36.03	0.69
100 FL LCM	01:28.75	01:25.45	3.30
50 FR LCM	00:35.25	00:33.65	1.60
100 FR LCM	01:23.07	01:13.84	9.23
200 FR LCM	02:50.61	02:44.99	5.62
200 IM LCM	03:07.46	03:01.46	6.00

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:44.77	00:35.06	9.71
100 BK SCY	01:25.42	01:14.82	10.60
50 BR SCY	00:47.45	00:42.09	5.36
100 BR SCY	01:41.84	01:29.86	11.98
50 FL SCY	00:37.54	00:33.40	4.14
100 FL SCY	01:36.04	01:15.00	21.04
50 FR SCY	00:36.32	00:33.11	3.21
100 FR SCY	01:20.37	01:13.95	6.42
100 IM SCY	01:29.05	01:19.26	9.79
200 IM SCY	03:17.09		

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:43.00	00:39.63	3.37
100 BK LCM	01:34.55	01:24.73	9.82
200 BK LCM		02:59.23	
50 BR LCM	00:49.66	00:46.68	2.98
100 BR LCM	01:50.89	01:38.89	12.00
50 FL LCM	00:42.12	00:37.36	4.76
100 FL LCM	01:36.79	01:24.65	12.14
50 FR LCM	00:37.73	00:35.04	2.69
100 FR LCM	01:27.82		
200 IM LCM		03:03.11	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:33.91	
100 BK SCY		01:13.19	
50 BR SCY		00:36.08	
100 BR SCY		01:18.52	
200 BR SCY		03:05.30	
50 FL SCY		00:37.22	
50 FR SCY		00:31.26	
100 FR SCY		01:08.51	
100 IM SCY		01:15.63	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:44.13	00:37.82	6.31
100 BK LCM		01:19.79	
50 BR LCM	00:46.48		
100 BR LCM	01:39.08	01:25.07	14.01
200 BR LCM		03:06.56	
50 FL LCM	00:44.53		
50 FR LCM	00:38.67	00:32.97	5.70
100 FR LCM		01:15.70	
200 FR LCM		02:42.83	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:29.47	
100 BK SCY	01:03.44	01:01.74	1.70
200 BK SCY	02:15.16	02:12.30	2.86
50 BR SCY			
100 BR SCY	01:19.02	01:17.22	1.80
200 BR SCY	02:55.33		
50 FL SCY		00:26.94	
100 FL SCY	01:11.51	01:01.95	9.56
50 FR SCY	00:25.16	00:24.24	0.92
100 FR SCY	00:54.92	00:53.14	1.78
200 FR SCY	02:00.56	01:56.16	4.40
500 FR SCY		05:43.29	
1000 FR SCY			
100 IM SCY			
200 IM SCY	02:19.90	02:11.79	8.11
400 IM SCY	05:09.81	04:53.34	16.47

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM			
100 BK LCM	01:13.00	01:09.00	4.00
200 BK LCM	02:33.06	02:29.12	3.94
50 BR LCM			
100 BR LCM	01:27.63		
50 FL LCM			
100 FL LCM	01:08.52	01:07.61	0.91
50 FR LCM	00:28.27	00:26.69	1.58
100 FR LCM	01:01.68	00:58.32	3.36

Liu, Samuel K

Pacific Dragons Swim Team

200 FR LCM	02:15.85	02:16.10	-0.25
400 FR LCM	05:01.58	04:53.58	8.00
800 FR LCM	10:26.20		
200 IM LCM	02:34.80	02:27.17	7.63

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:53.86	
50 FR SCY		00:46.71	

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:44.49	
50 BR SCY		00:51.37	
50 FL SCY		00:58.08	
50 FR SCY		00:39.36	
100 IM SCY		01:44.60	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:45.82	
50 BR LCM		00:53.50	
50 FL LCM		00:50.06	
50 FR LCM		00:40.37	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:49.93	
50 FR SCY		00:46.36	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:55.28	
50 BR LCM		01:09.61	
50 FL LCM		01:08.55	
50 FR LCM		00:48.73	

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:29.02	00:27.15	1.87
100 BK SCY	00:59.31	00:55.38	3.93
200 BK SCY	02:08.24	02:01.77	6.47
50 BR SCY	00:33.84	00:33.67	0.17
100 BR SCY	01:11.84	01:08.31	3.53
200 BR SCY	02:38.71	02:30.22	8.49
50 FL SCY	00:29.16	00:26.72	2.44
100 FL SCY	01:03.41	00:58.18	5.23
200 FL SCY		02:18.44	
50 FR SCY	00:24.52	00:22.91	1.61
100 FR SCY	00:54.16	00:49.09	5.07
200 FR SCY	01:55.26	01:48.10	7.16
500 FR SCY	05:09.49	04:50.20	19.29
1000 FR SCY			
100 IM SCY	01:04.96		
200 IM SCY	02:12.31	02:05.55	6.76
400 IM SCY	04:55.38	04:28.00	27.38

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:32.33		
100 BK LCM	01:08.87	01:04.85	4.02
200 BK LCM	02:28.00	02:22.15	5.85
50 BR LCM			
100 BR LCM	01:22.94	01:21.23	1.71
200 BR LCM	03:01.38	02:56.18	5.20
100 FL LCM	01:08.23	01:03.69	4.54
200 FL LCM		02:40.39	

Shao, Nathan

Pacific Dragons Swim Team

50 FR LCM	00:27.14	00:25.86	1.28
100 FR LCM	00:58.19	00:55.53	2.66
200 FR LCM	02:06.63	02:04.05	2.58
400 FR LCM	04:30.01	04:26.30	3.71
1500 FR LCM	18:38.46		
200 IM LCM	02:30.95	02:24.29	6.66
400 IM LCM		05:12.22	

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:45.55	
100 BK LCM		01:44.92	
50 BR LCM		01:06.78	
50 FL LCM		00:53.13	
100 FL LCM		02:05.20	
50 FR LCM		00:39.11	
100 FR LCM		01:28.32	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:45.68	00:38.64	7.04
100 BK SCY	01:40.80	01:27.44	13.36
50 BR SCY	00:51.08	00:43.00	8.08
100 BR SCY	01:57.21	01:33.75	23.46
50 FR SCY	00:45.54	00:34.75	10.79
100 FR SCY	01:46.63	01:17.74	28.89

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:47.52	00:39.81	7.71
100 BK LCM	01:50.01	01:31.53	18.48
50 BR LCM	00:55.51	00:48.89	6.62
100 BR LCM	02:03.26	01:46.00	17.26
50 FR LCM	00:46.99	00:37.15	9.84
100 FR LCM	01:52.75	01:27.99	24.76

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:40.70	00:38.95	1.75
100 BK SCY	01:36.56	01:26.14	10.42
50 BR SCY	00:50.04	00:43.73	6.31
100 BR SCY	01:49.37	01:34.84	14.53
50 FL SCY	00:44.46	00:39.92	4.54
50 FR SCY	00:34.85	00:32.36	2.49
100 FR SCY	01:24.94		

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:40.44	
100 BK LCM	01:45.25	01:28.57	16.68
50 BR LCM	00:52.47	00:45.09	7.38
100 BR LCM		01:43.48	
50 FL LCM	00:48.37	00:41.97	6.40
100 FR LCM	01:28.81	01:16.42	12.39

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:40.57	00:35.76	4.81
100 BK SCY	01:33.24	01:15.79	17.45
200 BK SCY		02:43.49	
50 BR SCY	00:47.01	00:38.89	8.12
100 BR SCY	01:37.27	01:27.07	10.20
200 BR SCY		03:03.79	
50 FL SCY	00:41.27	00:32.14	9.13
100 FL SCY		01:15.62	
50 FR SCY	00:36.11	00:31.09	5.02
100 FR SCY	01:23.34	01:11.59	11.75
200 FR SCY		02:38.76	
100 IM SCY	01:27.99	01:14.90	13.09
200 IM SCY	03:08.86	02:42.99	25.87
400 IM SCY		05:49.08	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:42.48		
100 BK LCM	01:31.27		
50 BR LCM	00:46.21		
100 BR LCM	01:46.45		
50 FL LCM	00:39.13		
200 IM LCM	03:19.16		

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:30.43	00:28.63	1.80
100 BK SCY	01:06.00	01:00.84	5.16
200 BK SCY		02:12.99	
50 BR SCY	00:40.76	00:38.18	2.58
100 BR SCY	01:31.65	01:22.99	8.66
50 FL SCY	00:30.34	00:27.55	2.79
100 FL SCY	01:06.40	01:05.38	1.02
200 FL SCY		02:23.96	
50 FR SCY	00:28.47	00:27.00	1.47
100 FR SCY	01:01.28	01:00.73	0.55
200 FR SCY	02:14.82	02:10.10	4.72
100 IM SCY	01:09.32	01:03.08	6.24
200 IM SCY	02:28.71	02:17.75	10.96
400 IM SCY		05:06.66	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:34.02	00:32.21	1.81
100 BK LCM	01:11.79	01:08.16	3.63
200 BK LCM		02:30.26	
50 BR LCM	00:43.85	00:41.59	2.26
100 BR LCM	01:35.82	01:27.66	8.16
50 FL LCM	00:32.74	00:30.81	1.93
100 FL LCM	01:13.71	01:06.30	7.41
200 FL LCM		02:50.63	
50 FR LCM	00:32.31	00:29.97	2.34
100 FR LCM	01:08.15	01:03.86	4.29
200 FR LCM	02:27.65	02:15.34	12.31

Tang, Amy Y

Pacific Dragons Swim Team

200 IM LCM

02:42.76

02:33.97

8.79

400 IM LCM

05:53.95

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:37.15	00:33.89	3.26
100 BK SCY	01:19.66	01:10.08	9.58
200 BK SCY		02:30.74	
50 BR SCY	00:47.39	00:42.56	4.83
100 BR SCY	01:37.53	01:31.26	6.27
200 BR SCY		03:13.49	
50 FL SCY	00:37.50	00:30.03	7.47
100 FL SCY	01:21.46	01:08.40	13.06
200 FL SCY		02:35.79	
50 FR SCY	00:33.01	00:29.63	3.38
100 FR SCY	01:14.19	01:03.12	11.07
200 FR SCY	02:44.73	02:17.85	26.88
500 FR SCY		06:01.84	
100 IM SCY	01:20.94	01:13.85	7.09
200 IM SCY	02:54.00	02:35.69	18.31
400 IM SCY		05:44.75	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:39.25	00:37.35	1.90
100 BK LCM	01:24.33	01:17.84	6.49
200 BK LCM		02:50.70	
50 BR LCM	00:54.89	00:46.50	8.39
100 BR LCM	01:50.46	01:36.95	13.51
200 BR LCM		03:25.90	
50 FL LCM	00:37.36	00:32.79	4.57
100 FL LCM	01:22.18	01:15.33	6.85
200 FL LCM		02:48.27	

Tanimoto, Alexander

Pacific Dragons Swim Team

50 FR LCM	00:38.08	00:34.09	3.99
100 FR LCM	01:22.68	01:11.94	10.74
200 FR LCM	02:47.93	02:33.30	14.63
400 FR LCM		05:26.55	
800 FR LCM		11:09.94	
200 IM LCM	03:09.13	02:50.99	18.14
400 IM LCM		05:57.86	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:44.85	00:39.84	5.01
100 BK SCY		01:27.44	
50 BR SCY	00:49.30	00:41.41	7.89
100 BR SCY	01:41.14	01:29.71	11.43
50 FL SCY			
50 FR SCY	00:39.95	00:34.05	5.90
100 FR SCY	01:30.77	01:18.40	12.37
200 FR SCY		02:55.61	
500 FR SCY		07:44.95	
100 IM SCY	01:39.56		

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:45.58		
100 BK LCM	01:36.82	01:33.84	2.98
50 BR LCM	00:46.74	00:42.96	3.78
100 BR LCM	01:45.26	01:35.93	9.33
200 BR LCM		03:23.87	
50 FL LCM			
50 FR LCM	00:37.49	00:36.02	1.47
100 FR LCM	01:24.50	01:28.90	-4.40
200 FR LCM			
200 IM LCM	03:31.14		

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:28.54	
100 BK SCY	01:02.20	00:59.69	2.51
200 BK SCY	02:16.52	02:07.84	8.68
50 BR SCY			
100 BR SCY	01:11.47	01:10.24	1.23
200 BR SCY	02:39.75	02:29.93	9.82
50 FL SCY			
100 FL SCY	01:02.56	01:01.51	1.05
200 FL SCY	02:14.08	02:14.23	-0.15
50 FR SCY	00:26.25		
100 FR SCY	00:55.50		
200 FR SCY	01:59.05	02:03.22	-4.17
500 FR SCY	05:30.18		
1000 FR SCY			
1650 FR SCY			
100 IM SCY			
200 IM SCY	02:13.43	02:12.08	1.35
400 IM SCY	04:47.49	04:38.92	8.57

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM			
100 BK LCM	01:08.87	01:08.82	0.05
200 BK LCM	02:28.20	02:27.25	0.95
50 BR LCM			
100 BR LCM	01:20.95	01:20.42	0.53
200 BR LCM	02:54.14	02:55.31	-1.17
50 FL LCM			

Wang, Andrew Z

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100 FL LCM	01:11.68	01:10.71	0.97
200 FL LCM	02:44.30	02:41.75	2.55
50 FR LCM	00:29.35	00:27.78	1.57
100 FR LCM	01:03.02	01:01.45	1.57
200 FR LCM		02:18.70	
400 FR LCM	05:07.69		
200 IM LCM	02:30.81	02:28.85	1.96
400 IM LCM	05:32.75	05:27.66	5.09

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		01:04.07	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:58.98	
100 BK LCM		02:05.06	
50 BR LCM		01:10.75	
100 BR LCM		02:28.32	
50 FR LCM		00:54.41	

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:36.27	00:35.33	0.94
100 BK SCY	01:18.88	01:15.65	3.23
50 BR SCY	00:47.71	00:45.40	2.31
100 BR SCY		01:37.78	
50 FL SCY	00:37.08	00:35.53	1.55
100 FL SCY	01:28.93	01:19.26	9.67
50 FR SCY	00:34.70	00:33.29	1.41
100 FR SCY	01:15.26	01:10.21	5.05
200 FR SCY	02:47.18	02:38.72	8.46
100 IM SCY	01:22.61	01:20.10	2.51
200 IM SCY	03:00.09	02:53.00	7.09

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:40.08	00:38.23	1.85
100 BK LCM	01:26.39	01:22.67	3.72
50 BR LCM	00:53.55	00:50.50	3.05
50 FL LCM	00:40.52	00:39.13	1.39
100 FL LCM	01:38.52	01:28.89	9.63
50 FR LCM	00:37.36	00:35.58	1.78
100 FR LCM	01:22.12	01:18.17	3.95
200 FR LCM	02:58.47	02:45.26	13.21
200 IM LCM	03:16.45	03:05.99	10.46

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:38.60	00:33.96	4.64
100 BK SCY	01:25.13	01:15.00	10.13
50 BR SCY			
100 BR SCY			
50 FL SCY	00:36.67	00:32.18	4.49
100 FL SCY	01:24.67	01:14.25	10.42
50 FR SCY	00:32.15	00:29.25	2.90
100 FR SCY	01:11.72	01:04.92	6.80
200 FR SCY	02:46.72	02:24.19	22.53
100 IM SCY	01:26.88	01:16.64	10.24

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:43.65	00:36.81	6.84
100 BK LCM	01:34.68	01:20.12	14.56
50 FL LCM	00:38.83	00:36.05	2.78
100 FL LCM	01:36.00	01:21.41	14.59
50 FR LCM	00:35.66	00:30.62	5.04
100 FR LCM	01:21.21	01:08.75	12.46
200 FR LCM		02:33.24	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:33.91	00:32.00	1.91
100 BK SCY	01:10.98	01:07.87	3.11
200 BK SCY	02:30.31	02:25.26	5.05
50 BR SCY	00:41.84		
100 BR SCY	01:24.24	01:18.69	5.55
200 BR SCY		02:55.24	
50 FL SCY			
50 FR SCY	00:30.33		
100 FR SCY	01:08.31		
200 FR SCY	02:27.47		
100 IM SCY	01:13.90	01:12.87	1.03
200 IM SCY	02:40.96		

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:38.04		
100 BK LCM	01:19.81	01:15.46	4.35
200 BK LCM	02:52.48	02:43.45	9.03
50 BR LCM	00:43.65		
100 BR LCM	01:35.65	01:31.78	3.87
200 BR LCM		03:16.78	
50 FL LCM			
50 FR LCM	00:34.01		
100 FR LCM	01:13.30		

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:45.51	00:38.27	7.24
100 BK SCY		01:26.53	
50 BR SCY	00:55.79	00:48.80	6.99
100 BR SCY		01:44.23	
50 FL SCY	00:49.54	00:39.42	10.12
50 FR SCY	00:43.98	00:36.83	7.15
100 FR SCY	01:43.18	01:19.89	23.29
100 IM SCY	01:41.40	01:27.55	13.85

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:47.68	00:43.60	4.08
100 BK LCM	01:41.84	01:32.87	8.97
50 BR LCM	00:59.38	00:53.18	6.20
100 BR LCM		01:51.51	
50 FL LCM	00:48.79	00:42.49	6.30
50 FR LCM	00:41.79	00:36.72	5.07
100 FR LCM	01:34.86	01:24.34	10.52
200 FR LCM		03:04.13	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:33.43	00:30.23	3.20
100 BK SCY	01:12.86	01:06.56	6.30
200 BK SCY		02:29.57	
50 BR SCY	00:41.34	00:38.90	2.44
50 FL SCY	00:32.24	00:29.80	2.44
100 FL SCY	01:17.63	01:14.02	3.61
50 FR SCY	00:28.73	00:26.69	2.04
100 FR SCY	01:04.86	01:01.09	3.77
200 FR SCY		02:24.70	
100 IM SCY	01:14.84	01:08.41	6.43
200 IM SCY		02:40.29	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:35.81	00:33.15	2.66
100 BK LCM	01:21.11	01:12.54	8.57
200 BK LCM		02:44.80	
50 BR LCM	00:46.85	00:44.63	2.22
50 FL LCM	00:36.56	00:33.37	3.19
100 FL LCM	01:32.56	01:20.39	12.17
50 FR LCM	00:31.28	00:29.43	1.85
100 FR LCM	01:13.12	01:08.62	4.50
200 FR LCM	02:58.89		
200 IM LCM	03:03.93	02:56.02	7.91

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:32.80		
100 BK SCY	01:10.12	01:07.30	2.82
200 BK SCY	02:30.94	02:24.94	6.00
50 BR SCY	00:39.23		
100 BR SCY	01:24.23	01:22.64	1.59
200 BR SCY		03:00.37	
50 FL SCY	00:30.14		
100 FL SCY	01:07.71	01:06.16	1.55
200 FL SCY		02:44.40	
50 FR SCY	00:28.62	00:28.11	0.51
100 FR SCY	01:06.03	01:01.16	4.87
200 FR SCY	02:23.95	02:15.82	8.13
500 FR SCY		06:15.30	
100 IM SCY	01:11.96		
200 IM SCY	02:39.29	02:30.41	8.88

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:36.32	00:36.88	-0.56
100 BK LCM	01:19.26	01:17.68	1.58
200 BK LCM	02:53.68	02:48.53	5.15
50 BR LCM	00:45.43		
100 BR LCM	01:38.26	01:36.93	1.33
50 FL LCM	00:32.83		
100 FL LCM	01:17.97	01:15.64	2.33
200 FL LCM	03:20.32		
50 FR LCM	00:32.26	00:31.03	1.23
100 FR LCM	01:11.25	01:09.85	1.40

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200 FR LCM	02:41.38	02:35.79	5.59
400 FR LCM		05:37.59	
200 IM LCM	02:59.15	02:52.65	6.50

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:43.09	
50 BR SCY		00:51.79	
50 FL SCY		00:45.44	
50 FR SCY		00:37.23	
100 IM SCY		01:37.60	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:49.80	
100 BK LCM		01:39.62	
50 BR LCM		00:56.39	
50 FL LCM		00:44.27	
50 FR LCM		00:37.58	
100 FR LCM		01:29.69	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:38.84	00:34.34	4.50
100 BK SCY	01:27.41	01:18.70	8.71
200 BK SCY		02:45.52	
50 BR SCY	00:52.01	00:45.78	6.23
100 BR SCY	01:56.02	01:39.13	16.89
50 FL SCY	00:50.33	00:38.16	12.17
50 FR SCY	00:36.15	00:32.00	4.15
100 FR SCY	01:23.52	01:13.18	10.34
100 IM SCY	01:33.42	01:21.74	11.68
200 IM SCY		03:00.07	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:41.71	00:37.08	4.63
100 BK LCM	01:33.91	01:26.59	7.32
200 BK LCM		03:12.22	
50 BR LCM	00:53.80	00:49.62	4.18
100 BR LCM	02:00.35	01:49.06	11.29
50 FL LCM		00:41.44	
100 FL LCM		01:51.36	
50 FR LCM	00:37.62	00:35.75	1.87
100 FR LCM	01:31.80	01:19.45	12.35
200 IM LCM	03:41.54	03:19.99	21.55

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:39.24	00:37.01	2.23
100 BK SCY	01:26.00	01:19.49	6.51
200 BK SCY		02:55.89	
50 BR SCY	00:42.67	00:39.54	3.13
100 BR SCY	01:30.81	01:26.96	3.85
200 BR SCY		03:05.10	
50 FL SCY	00:41.50		
50 FR SCY	00:41.62		
100 FR SCY	01:20.46	01:22.96	-2.50

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
100 BK LCM		01:29.08	
200 BR LCM		03:28.22	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:51.03	
100 BK SCY		01:52.67	
50 BR SCY	01:05.06	00:52.96	12.10
100 BR SCY	02:22.16	01:52.88	29.28
50 FR SCY	00:53.28	00:45.13	8.15
100 FR SCY	01:57.57	01:40.09	17.48
200 FR SCY		03:29.16	
100 IM SCY	02:12.28	01:55.24	17.04

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	01:02.50	00:54.12	8.38
100 BK LCM		01:54.16	
50 BR LCM	01:01.27	00:55.03	6.24
100 BR LCM	02:17.78	02:00.32	17.46
50 FL LCM		01:02.01	
100 FL LCM		02:19.44	
50 FR LCM	00:54.97	00:45.87	9.10
100 FR LCM	02:01.41	01:44.61	16.80
200 FR LCM		03:48.09	
200 IM LCM		04:07.07	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:40.36	00:35.18	5.18
100 BK SCY	01:27.77	01:14.62	13.15
50 BR SCY	00:44.77	00:43.20	1.57
100 BR SCY	01:42.73		
50 FL SCY	00:35.81	00:32.85	2.96
100 FL SCY	01:26.36	01:17.90	8.46
50 FR SCY	00:32.83	00:30.47	2.36
100 FR SCY	01:16.08	01:11.98	4.10
200 FR SCY	03:01.53		
100 IM SCY	01:22.43	01:19.07	3.36
200 IM SCY	03:06.38	02:54.30	12.08

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:41.32	00:43.18	-1.86
100 BK LCM	01:37.81		
50 BR LCM	00:52.04	00:50.34	1.70
100 BR LCM	01:56.45		
50 FL LCM	00:39.06	00:41.83	-2.77
100 FL LCM	01:38.23		
50 FR LCM	00:36.62	00:35.03	1.59
100 FR LCM	01:30.74		
200 IM LCM	03:37.29		

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:39.78	
50 FL SCY		00:38.81	
50 FR SCY		00:35.86	
100 FR SCY		01:17.77	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:42.61	
100 BK LCM		01:32.52	
50 BR LCM		00:49.04	
100 BR LCM		01:48.38	
50 FL LCM		00:38.11	
100 FL LCM		01:27.11	
50 FR LCM		00:35.55	
100 FR LCM		01:22.01	
200 FR LCM		03:02.56	

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:48.13	00:40.33	7.80
100 BK SCY		01:28.74	
50 BR SCY	00:52.20	00:41.44	10.76
100 BR SCY	01:49.45	01:27.87	21.58
50 FL SCY	00:50.28	00:35.99	14.29
100 FL SCY		01:24.91	
50 FR SCY	00:41.86	00:32.17	9.69
100 FR SCY	01:35.96		
200 FR SCY	03:16.21		
100 IM SCY		01:21.42	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:41.10	
100 BK LCM		01:31.10	
50 BR LCM	00:55.34	00:43.84	11.50
100 BR LCM		01:31.62	
50 FL LCM	00:52.75	00:38.24	14.51
100 FL LCM	01:53.78	01:28.77	25.01
50 FR LCM	00:43.36	00:33.26	10.10
100 FR LCM		01:20.09	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:40.44	00:34.68	5.76
100 BK SCY	01:21.38	01:18.68	2.70
50 BR SCY	00:41.31	00:40.01	1.30
100 BR SCY	01:32.21	01:29.59	2.62
50 FL SCY	00:47.73	00:34.29	13.44
100 FL SCY		01:26.22	
50 FR SCY	00:35.10	00:31.71	3.39
100 FR SCY	01:18.10	01:12.86	5.24
500 FR SCY		07:16.34	
100 IM SCY	01:27.60	01:16.60	11.00
200 IM SCY		02:45.75	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:42.41	00:40.82	1.59
100 BK LCM	01:32.41	01:28.60	3.81
200 BK LCM		03:15.65	
50 BR LCM	00:47.65	00:45.81	1.84
100 BR LCM	01:43.70	01:39.31	4.39
200 BR LCM		03:35.15	
50 FL LCM	00:46.02	00:38.21	7.81
100 FL LCM		01:36.42	
50 FR LCM	00:37.43	00:34.61	2.82
100 FR LCM	01:26.62	01:19.67	6.95
200 IM LCM	03:31.63	03:07.31	24.32

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:40.54	00:37.39	3.15
100 BK SCY	01:24.00	01:19.20	4.80
50 BR SCY	00:45.32	00:42.31	3.01
100 BR SCY	01:36.29		
50 FL SCY	00:36.52	00:34.00	2.52
100 FL SCY	01:22.04	01:16.88	5.16
50 FR SCY	00:33.80	00:33.23	0.57
100 FR SCY	01:16.62	01:13.26	3.36
200 FR SCY		02:55.43	
500 FR SCY		07:29.47	
100 IM SCY	01:21.84	01:18.56	3.28
200 IM SCY	02:59.19	02:48.30	10.89

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:42.78	00:40.36	2.42
100 BK LCM	01:35.31	01:29.31	6.00
50 BR LCM	00:49.38	00:46.74	2.64
100 BR LCM	01:51.76	01:44.42	7.34
50 FL LCM	00:39.22	00:37.22	2.00
100 FL LCM	01:33.29	01:27.21	6.08
50 FR LCM	00:38.80	00:35.92	2.88
100 FR LCM	01:27.99	01:21.63	6.36
200 FR LCM	03:12.90	02:58.99	13.91
400 FR LCM		06:17.09	
200 IM LCM	03:21.75	03:11.21	10.54

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:33.31	00:30.24	3.07
100 BK SCY	01:09.16	01:03.22	5.94
200 BK SCY	02:34.37	02:19.56	14.81
50 BR SCY	00:35.06	00:34.73	0.33
100 BR SCY	01:13.01	01:13.30	-0.29
200 BR SCY	02:52.57	02:29.09	23.48
50 FL SCY	00:28.31	00:27.15	1.16
100 FL SCY	01:01.56	00:58.13	3.43
200 FL SCY	02:23.07	02:09.09	13.98
50 FR SCY	00:27.38	00:26.35	1.03
100 FR SCY	01:01.23	00:56.85	4.38
200 FR SCY	02:09.12	02:04.48	4.64
500 FR SCY	06:05.38	05:37.90	27.48
100 IM SCY	01:05.44	01:01.13	4.31
200 IM SCY	02:19.29	02:10.16	9.13
400 IM SCY	05:10.39	04:42.15	28.24

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:36.55		
100 BK LCM	01:15.35	01:11.39	3.96
200 BK LCM	02:55.75	02:33.78	21.97
50 BR LCM	00:37.54		
100 BR LCM	01:20.03	01:16.84	3.19
200 BR LCM	02:52.67	02:52.21	0.46
50 FL LCM	00:31.09	00:30.45	0.64
100 FL LCM	01:08.89	01:05.13	3.76
200 FL LCM	02:38.49	02:26.53	11.96

Xie, Matthew

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50 FR LCM	00:30.58	00:28.87	1.71
100 FR LCM	01:07.79	01:02.55	5.24
200 FR LCM	02:23.21	02:18.47	4.74
400 FR LCM	05:23.41		
200 IM LCM	02:34.82	02:28.52	6.30
400 IM LCM	05:35.21	05:18.35	16.86

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY			
100 BK SCY			
50 BR SCY			
100 BR SCY			
50 FL SCY			
100 FL SCY			
50 FR SCY			
100 FR SCY			
100 IM SCY			

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM			
100 BK LCM			
50 BR LCM			
100 BR LCM			
50 FR LCM			
100 FR LCM			

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
100 BK SCY	01:02.35		
200 BK SCY			
50 BR SCY			
100 BR SCY		01:16.04	
200 BR SCY	02:37.30		
50 FL SCY		00:26.56	
100 FL SCY	00:57.19	01:00.43	-3.24
200 FL SCY	02:08.12	02:09.73	-1.61
50 FR SCY	00:22.23	00:22.75	-0.52
100 FR SCY	00:48.94	00:50.00	-1.06
200 FR SCY	01:47.53	01:49.05	-1.52
500 FR SCY	04:49.30	05:08.43	-19.13
1000 FR SCY	10:10.60	10:50.60	-40.00
1650 FR SCY	17:55.64		
100 IM SCY			
200 IM SCY	02:08.58		
400 IM SCY	04:36.96	04:32.54	4.42

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM			
100 BK LCM	01:13.14		
200 BK LCM			
100 BR LCM	01:22.22		
200 BR LCM			
50 FL LCM	00:29.57		
100 FL LCM	01:02.85		
200 FL LCM	02:28.94		

Xu, Jason

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50 FR LCM	00:25.27	00:25.37	-0.10
100 FR LCM	00:55.22	00:56.01	-0.79
200 FR LCM	02:02.07		
400 FR LCM	04:25.95		
800 FR LCM	09:22.34		
1500 FR LCM	18:37.34		
200 IM LCM	02:25.45		
400 IM LCM	05:11.66		

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:49.10	00:44.56	4.54
50 BR SCY	00:55.51	00:52.75	2.76
50 FL SCY	00:50.76	00:49.70	1.06
50 FR SCY	00:42.52	00:40.78	1.74
100 FR SCY	01:31.73	01:26.45	5.28
100 IM SCY	01:46.93	01:35.33	11.60

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:55.55	00:49.84	5.71
100 BK LCM	01:57.01	01:46.59	10.42
50 BR LCM	00:58.83	00:56.88	1.95
100 BR LCM	02:12.23	02:04.25	7.98
50 FL LCM	00:58.29	00:52.62	5.67
50 FR LCM	00:44.94	00:41.23	3.71
100 FR LCM	01:45.95	01:34.23	11.72

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:39.35	00:38.21	1.14
100 BK SCY	01:25.46	01:22.99	2.47
50 BR SCY	00:42.18	00:40.38	1.80
100 BR SCY	01:36.95	01:27.80	9.15
200 BR SCY		03:08.26	
50 FL SCY	00:43.61		
100 FL SCY			
50 FR SCY	00:34.58	00:33.51	1.07
100 FR SCY	01:19.19	01:13.26	5.93
200 FR SCY		02:37.04	
100 IM SCY	01:27.80	01:21.03	6.77

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:43.85		
100 BK LCM	01:34.98		
50 BR LCM	00:47.56	00:46.13	1.43
100 BR LCM	01:43.74	01:43.45	0.29
200 BR LCM		03:39.29	
50 FL LCM			
50 FR LCM	00:38.76	00:37.22	1.54
100 FR LCM	01:23.93	01:22.73	1.20
200 FR LCM		03:01.86	
200 IM LCM	03:28.50		

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:32.79	00:33.99	-1.20
100 BK SCY	01:14.07	01:15.56	-1.49
200 BK SCY	02:51.57		
50 BR SCY			
50 FL SCY			
50 FR SCY	00:30.03	00:33.79	-3.76
100 FR SCY	01:08.21	01:09.95	-1.74
100 IM SCY			

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:37.55		
100 BK LCM	01:24.44		
200 BK LCM	03:05.13		
50 BR LCM			
100 BR LCM			
50 FL LCM			
50 FR LCM	00:33.85		
100 FR LCM	01:17.84		
200 FR LCM			

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:50.14	00:42.80	7.34
100 BK SCY		01:32.30	
50 BR SCY	00:49.01	00:47.11	1.90
100 BR SCY	01:46.78	01:40.92	5.86
50 FL SCY	00:48.88	00:44.11	4.77
50 FR SCY	00:39.44	00:37.34	2.10
100 FR SCY	01:31.00	01:26.55	4.45
100 IM SCY	01:40.16	01:30.80	9.36

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:53.01	00:45.83	7.18
100 BK LCM		01:38.25	
50 BR LCM	00:54.89	00:51.54	3.35
100 BR LCM	01:58.75	01:52.68	6.07
50 FL LCM	00:53.11	00:47.13	5.98
50 FR LCM	00:43.91	00:41.59	2.32
100 FR LCM	01:37.92	01:33.89	4.03
200 IM LCM	03:51.83		

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:30.98	00:29.44	1.54
100 BK SCY	01:05.83	01:04.20	1.63
200 BK SCY			
50 BR SCY	00:30.70		
100 BR SCY	01:08.56	01:06.35	2.21
200 BR SCY	02:27.99		
50 FL SCY	00:28.05	00:27.64	0.41
100 FL SCY	01:01.32	01:00.60	0.72
50 FR SCY	00:25.06	00:24.96	0.10
100 FR SCY	00:54.04	00:54.28	-0.24
200 FR SCY	02:05.41	02:06.56	-1.15
1000 FR SCY			
100 IM SCY			
200 IM SCY	02:13.78	02:14.51	-0.73
400 IM SCY	04:53.73		

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM			
100 BK LCM	01:14.93		
200 BK LCM	02:41.40		
50 BR LCM			
100 BR LCM	01:24.91		
200 BR LCM	03:02.42		
50 FL LCM	00:30.60		
100 FL LCM	01:10.92		
200 FL LCM			
50 FR LCM	00:28.70		

100 FR LCM 01:03.04

400 FR LCM

200 IM LCM 02:38.54

400 IM LCM

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:36.58	00:35.11	1.47
100 BK SCY	01:17.74	01:11.55	6.19
200 BK SCY		02:38.38	
50 BR SCY	00:36.33	00:34.31	2.02
100 BR SCY	01:17.52	01:14.27	3.25
200 BR SCY		02:39.33	
50 FL SCY	00:32.97	00:32.81	0.16
100 FL SCY	01:11.91	01:08.34	3.57
200 FL SCY		02:41.49	
50 FR SCY	00:30.10	00:28.99	1.11
100 FR SCY	01:05.00	01:01.49	3.51
200 FR SCY	02:23.95	02:13.27	10.68
500 FR SCY		05:56.07	
100 IM SCY	01:11.76	01:09.37	2.39
200 IM SCY	02:31.65	02:26.45	5.20
400 IM SCY		05:10.04	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:39.18	00:38.31	0.87
100 BK LCM	01:25.74		
50 BR LCM	00:38.65	00:38.15	0.50
100 BR LCM	01:24.61	01:22.54	2.07
200 BR LCM	02:58.92	02:57.58	1.34
50 FL LCM	00:35.84	00:34.19	1.65
100 FL LCM	01:17.72	01:13.72	4.00
200 FL LCM	02:54.39	02:45.66	8.73
50 FR LCM	00:33.12		

Yao, Allyson

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100 FR LCM	01:09.52	01:10.83	-1.31
200 FR LCM	02:32.06	02:31.37	0.69
200 IM LCM	02:48.97	02:41.39	7.58
400 IM LCM		05:42.28	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:34.34	00:34.45	-0.11
100 BK SCY	01:14.06	01:07.04	7.02
200 BK SCY	02:46.78		
50 BR SCY	00:40.95	00:40.27	0.68
100 BR SCY	01:28.80	01:23.59	5.21
50 FL SCY	00:32.00	00:29.83	2.17
100 FL SCY	01:08.81	01:05.47	3.34
200 FL SCY	02:56.49		
50 FR SCY		00:28.12	
100 FR SCY		01:04.48	
200 FR SCY	02:41.77	02:20.16	21.61
500 FR SCY	06:45.98		
100 IM SCY	01:16.60	01:08.24	8.36
200 IM SCY	02:45.29	02:27.12	18.17

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:39.86		
100 BK LCM	01:21.69	01:17.16	4.53
200 BK LCM		02:48.65	
50 BR LCM	00:48.05		
100 BR LCM	01:42.22		
200 BR LCM		03:29.66	
50 FL LCM	00:34.51	00:32.75	1.76
100 FL LCM	01:20.53	01:12.88	7.65
50 FR LCM	00:35.12	00:31.30	3.82
100 FR LCM	01:19.15	01:12.07	7.08
200 FR LCM	02:55.47	02:36.97	18.50

Yin, Brian

Pacific Dragons Swim Team

400 FR LCM

05:39.12

200 IM LCM

03:04.56

02:51.33

13.23

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:34.35	
100 BK SCY	01:15.65	01:05.46	10.19
200 BK SCY	02:44.35	02:21.21	23.14
50 BR SCY	00:39.96		
100 BR SCY	01:31.85	01:22.46	9.39
50 FL SCY		00:31.12	
100 FL SCY	01:15.98	01:02.63	13.35
50 FR SCY	00:30.02	00:27.22	2.80
100 FR SCY	01:09.03	01:00.43	8.60
200 FR SCY	02:32.56	02:14.02	18.54
100 IM SCY	01:18.58	01:04.99	13.59
200 IM SCY	02:40.60	02:20.05	20.55

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM			
100 BK LCM	01:21.53	01:13.57	7.96
200 BK LCM	02:55.13	02:39.84	15.29
50 BR LCM			
100 BR LCM	01:42.07	01:30.29	11.78
50 FL LCM		00:31.88	
100 FL LCM	01:19.39	01:10.45	8.94
50 FR LCM	00:33.41	00:29.71	3.70
100 FR LCM	01:14.07	01:04.41	9.66
200 FR LCM	02:42.83	02:26.50	16.33
200 IM LCM	02:53.75	02:37.71	16.04

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:49.43	00:35.48	13.95
100 BK SCY		01:16.72	
50 BR SCY	00:56.84	00:41.39	15.45
100 BR SCY		01:31.85	
50 FL SCY	00:44.75	00:35.22	9.53
100 FL SCY		01:21.36	
50 FR SCY	00:39.35	00:32.43	6.92
100 FR SCY	01:24.36	01:14.78	9.58
100 IM SCY	01:35.57	01:22.14	13.43

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:46.88	00:38.77	8.11
100 BK LCM	01:45.60	01:24.60	21.00
50 BR LCM	00:53.40	00:44.50	8.90
100 BR LCM	01:54.69	01:37.41	17.28
50 FL LCM	00:46.17	00:36.66	9.51
100 FL LCM	01:51.50	01:24.55	26.95
50 FR LCM	00:41.11	00:34.15	6.96
100 FR LCM	01:30.50	01:18.99	11.51
200 FR LCM		02:50.06	
200 IM LCM		03:01.81	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:45.84	00:34.79	11.05
100 BK SCY		01:15.50	
50 BR SCY	00:53.15	00:39.26	13.89
100 BR SCY		01:26.32	
50 FL SCY	00:47.66	00:31.20	16.46
100 FL SCY		01:09.34	
50 FR SCY	00:34.95	00:30.31	4.64
100 FR SCY	01:19.67	01:09.27	10.40
200 FR SCY		02:30.29	
100 IM SCY	01:31.49	01:15.12	16.37
200 IM SCY		02:46.42	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:46.29	00:37.58	8.71
100 BK LCM	01:40.71	01:23.60	17.11
50 BR LCM	00:50.15	00:44.37	5.78
100 BR LCM	01:52.45	01:32.30	20.15
50 FL LCM	00:38.19	00:33.06	5.13
100 FL LCM	01:34.90	01:14.63	20.27
50 FR LCM	00:36.58	00:32.61	3.97
100 FR LCM	01:26.67	01:14.08	12.59
200 FR LCM		02:39.95	
200 IM LCM		02:50.14	

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:35.09	00:33.64	1.45
100 BK SCY		01:10.23	
50 FL SCY	00:33.38	00:30.58	2.80
100 FL SCY	01:25.97	01:07.94	18.03
50 FR SCY	00:30.71	00:28.67	2.04
100 FR SCY	01:06.38	01:01.53	4.85
200 FR SCY	02:25.18	02:15.25	9.93
100 IM SCY	01:21.77		
200 IM SCY	02:45.11		

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:38.47	00:36.80	1.67
100 BK LCM	01:25.81	01:17.41	8.40
50 BR LCM	00:49.81		
50 FL LCM	00:34.70		
100 FL LCM	01:19.35	01:12.72	6.63
50 FR LCM	00:33.82	00:31.04	2.78
100 FR LCM	01:10.50	01:07.83	2.67
200 FR LCM	02:34.15	02:32.43	1.72
200 IM LCM	03:06.30		

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:39.70	00:38.95	0.75
100 BK SCY	01:32.79		
50 BR SCY	00:45.43		
100 BR SCY	01:38.96	01:34.99	3.97
50 FL SCY	00:36.86	00:32.67	4.19
100 FL SCY		01:18.47	
50 FR SCY	00:34.92	00:32.56	2.36
100 FR SCY	01:20.34	01:10.14	10.20
100 IM SCY	01:28.14	01:18.28	9.86
200 IM SCY		02:43.93	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:45.79	00:42.83	2.96
100 BK LCM	01:37.31		
50 BR LCM	00:50.00		
100 BR LCM	01:49.31		
50 FL LCM	00:41.83	00:36.06	5.77
100 FL LCM	01:34.47	01:22.26	12.21
50 FR LCM	00:37.80	00:35.73	2.07
100 FR LCM	01:19.91	01:18.33	1.58
200 FR LCM		02:53.04	
200 IM LCM		03:08.69	

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:44.86		
100 BK SCY	01:48.19		
50 BR SCY	00:48.31	00:43.40	4.91
100 BR SCY	01:49.74		
50 FL SCY	00:42.18	00:37.42	4.76
100 FL SCY	01:56.52		
50 FR SCY	00:39.51	00:35.85	3.66
100 FR SCY	01:29.81	01:19.80	10.01
100 IM SCY	01:34.61	01:27.09	7.52

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
100 BK LCM		01:36.03	
50 BR LCM	00:54.21	00:49.48	4.73
100 BR LCM		01:48.86	
50 FL LCM	00:47.45	00:42.33	5.12
100 FL LCM		01:41.60	
50 FR LCM		00:37.97	
100 FR LCM		01:26.93	
200 FR LCM		03:05.24	
200 IM LCM	03:54.65		

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BR SCY		00:51.32	
50 FR SCY		00:51.98	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:50.67	
50 BR LCM		00:57.81	
50 FL LCM		00:59.85	
50 FR LCM		00:45.80	

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
100 BR LCM		01:15.69	
50 FL LCM		00:31.42	
100 FL LCM		01:10.96	
50 FR LCM		00:27.79	
100 FR LCM		01:03.13	
200 FR LCM		02:23.32	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:40.09	00:37.58	2.51
100 BK SCY	01:26.29	01:18.79	7.50
200 BK SCY		02:58.18	
50 BR SCY	00:46.93	00:42.56	4.37
100 BR SCY	01:40.91	01:33.29	7.62
200 BR SCY		03:13.57	
50 FL SCY	00:44.82	00:36.73	8.09
100 FL SCY		01:24.75	
200 FL SCY		03:22.74	
50 FR SCY	00:34.36		
100 FR SCY	01:17.60	01:15.15	2.45
200 FR SCY	02:42.94	02:39.93	3.01
100 IM SCY	01:31.38	01:23.10	8.28
200 IM SCY	03:03.91	03:07.46	-3.55
400 IM SCY		06:32.99	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:43.88	00:42.83	1.05
100 BK LCM	01:39.21	01:35.00	4.21
200 BK LCM	03:18.23	03:13.32	4.91
50 BR LCM	00:50.53	00:44.86	5.67
100 BR LCM	01:57.65	01:38.57	19.08
200 BR LCM		03:28.63	
50 FL LCM	00:46.69	00:39.03	7.66
100 FL LCM	01:42.77		
200 FL LCM		03:39.48	
50 FR LCM	00:38.29		

Zhang, Jeffrey Y

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100 FR LCM	01:24.64		
200 FR LCM	03:07.64	02:51.85	15.79
200 IM LCM	03:21.99	03:08.94	13.05

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BR SCY		00:56.99	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	01:08.68	01:00.06	8.62
50 BR LCM	01:13.86	01:05.81	8.05
50 FR LCM	01:01.69	00:57.03	4.66

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:29.51		
100 BK SCY	01:02.51	01:03.52	-1.01
200 BK SCY	02:16.18	02:11.03	5.15
50 BR SCY			
100 BR SCY	01:07.64	01:06.97	0.67
200 BR SCY	02:30.24	02:28.73	1.51
50 FL SCY	00:28.22		
100 FL SCY	01:02.18	00:58.38	3.80
200 FL SCY		02:07.89	
50 FR SCY	00:24.41	00:24.25	0.16
100 FR SCY	00:53.50	00:53.57	-0.07
200 FR SCY	01:56.28	01:55.93	0.35
500 FR SCY	05:09.81	05:08.83	0.98
1000 FR SCY		10:40.75	
1650 FR SCY	17:55.02	17:43.83	11.19
100 IM SCY	01:01.49	01:00.95	0.54
200 IM SCY	02:07.88	02:06.10	1.78
400 IM SCY	04:35.80	04:33.18	2.62

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM			
100 BK LCM	01:10.94	01:11.16	-0.22
200 BK LCM	02:35.81		
50 BR LCM			
100 BR LCM	01:19.23	01:19.30	-0.07
200 BR LCM	03:00.27	02:57.05	3.22
50 FL LCM			

Zhang, Richard T

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100 FL LCM	01:08.17	01:07.39	0.78
200 FL LCM	02:34.81	02:38.27	-3.46
50 FR LCM	00:28.03	00:27.19	0.84
100 FR LCM	01:00.72	01:02.20	-1.48
200 FR LCM	02:13.72	02:23.26	-9.54
400 FR LCM	04:44.06	04:55.56	-11.50
800 FR LCM	09:41.31	10:25.64	-44.33
1500 FR LCM	18:32.74		
200 IM LCM	02:28.29	02:30.20	-1.91
400 IM LCM	05:18.30	05:22.43	-4.13

Improvement in Best Times for Short Course Events in 2013-14

Improvement in Best Times for Long Course Events in 2013-14

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:53.78	
100 BK SCY		01:58.39	
50 BR SCY		01:00.40	
50 FR SCY	00:57.89	00:49.88	8.01
100 FR SCY		02:00.75	
100 IM SCY		02:06.43	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	01:04.70	00:56.72	7.98
50 BR LCM	01:12.62	01:04.59	8.03
100 BR LCM		02:17.67	
50 FL LCM		01:11.18	
50 FR LCM	01:03.66	00:54.30	9.36

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:35.87	
50 BR SCY		00:41.39	
50 FL SCY		00:34.98	
100 FL SCY		01:16.48	
50 FR SCY		00:31.39	
100 FR SCY		01:14.06	
100 IM SCY		01:19.13	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:40.98	
100 BK LCM		01:32.79	
50 BR LCM		00:48.47	
100 BR LCM		01:44.02	
50 FL LCM		00:38.60	
100 FL LCM		01:27.84	
50 FR LCM		00:33.62	
100 FR LCM		01:16.41	
200 FR LCM		02:45.63	
200 IM LCM		03:04.00	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:35.99	00:34.60	1.39
100 BK SCY	01:13.82	01:12.90	0.92
50 BR SCY	00:38.80	00:35.24	3.56
100 BR SCY	01:25.04	01:16.35	8.69
200 BR SCY		02:47.94	
50 FL SCY	00:32.31	00:31.89	0.42
100 FL SCY	01:13.15	01:09.48	3.67
200 FL SCY		02:29.49	
50 FR SCY	00:29.93	00:28.76	1.17
100 FR SCY	01:05.80	00:59.38	6.42
200 FR SCY	02:23.57	02:12.36	11.21
500 FR SCY	06:18.71	05:49.15	29.56
100 IM SCY	01:12.79	01:06.55	6.24
200 IM SCY	02:37.18	02:20.82	16.36
400 IM SCY		05:06.77	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:41.41		
100 BK LCM	01:25.07		
50 BR LCM	00:43.52	00:39.65	3.87
100 BR LCM	01:36.32	01:29.99	6.33
200 BR LCM		03:21.60	
50 FL LCM	00:36.20	00:34.32	1.88
100 FL LCM	01:21.66	01:13.60	8.06
200 FL LCM	03:17.97	02:45.10	32.87
50 FR LCM	00:32.42		
100 FR LCM	01:13.38	01:09.08	4.30

Zhang, Ryan T

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200 FR LCM	02:34.04	02:29.25	4.79
400 FR LCM	05:31.20	05:17.43	13.77
800 FR LCM	11:47.03	10:52.63	54.40
200 IM LCM	02:51.56	02:42.98	8.58
400 IM LCM		05:48.32	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:43.69	00:37.64	6.05
100 BK SCY	01:34.52	01:23.52	11.00
50 BR SCY	00:48.34	00:41.17	7.17
100 BR SCY	01:47.41	01:24.29	23.12
50 FL SCY	00:43.99	00:35.42	8.57
100 FL SCY		01:23.27	
50 FR SCY	00:37.23	00:32.40	4.83
100 FR SCY	01:24.47	01:12.56	11.91
100 IM SCY	01:32.01	01:21.18	10.83
200 IM SCY		02:51.64	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:44.98	00:40.79	4.19
100 BK LCM	01:42.90	01:28.54	14.36
50 BR LCM	00:49.29	00:41.98	7.31
100 BR LCM	01:47.19	01:34.81	12.38
50 FL LCM	00:43.86	00:38.94	4.92
100 FL LCM		01:30.94	
50 FR LCM	00:40.09	00:35.66	4.43
100 FR LCM	01:30.76	01:22.27	8.49
200 FR LCM		02:48.97	
200 IM LCM	03:31.78	03:02.74	29.04

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:39.53	00:36.87	2.66
100 BK SCY	01:17.97	01:14.65	3.32
50 BR SCY	00:45.95	00:38.06	7.89
100 BR SCY	01:38.32	01:19.87	18.45
200 BR SCY		02:53.28	
50 FL SCY	00:42.93	00:36.98	5.95
50 FR SCY	00:31.65	00:30.12	1.53
100 FR SCY	01:08.71	01:03.70	5.01
200 FR SCY	02:35.05		
100 IM SCY	01:19.59	01:12.66	6.93
200 IM SCY	02:51.23		

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:42.22	00:39.59	2.63
100 BK LCM	01:27.77	01:21.53	6.24
50 BR LCM	00:47.91	00:39.85	8.06
100 BR LCM	01:39.10	01:25.45	13.65
200 BR LCM		03:02.46	
50 FL LCM			
50 FR LCM	00:35.52		
100 FR LCM	01:17.77	01:08.51	9.26
200 FR LCM	02:50.62	02:30.61	20.01
200 IM LCM	03:08.20	02:48.47	19.73

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:50.21	00:43.19	7.02
50 BR SCY	00:55.73	00:46.78	8.95
50 FL SCY		00:40.27	
50 FR SCY	00:38.93	00:35.41	3.52
100 FR SCY	01:30.73	01:28.57	2.16
100 IM SCY	01:46.01	01:29.90	16.11

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:51.14	00:48.64	2.50
100 BK LCM		01:41.53	
50 BR LCM	00:56.80	00:53.04	3.76
100 BR LCM		01:57.41	
50 FL LCM	00:55.16	00:46.64	8.52
50 FR LCM	00:41.51	00:37.99	3.52
100 FR LCM		01:28.61	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BR SCY		00:37.01	
50 FL SCY		00:35.89	
50 FR SCY		00:30.92	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
100 BK LCM		01:27.52	
200 BK LCM		03:13.03	
50 BR LCM		00:42.09	
100 BR LCM		01:29.55	
200 BR LCM		03:14.22	
50 FL LCM		00:40.46	
50 FR LCM		00:32.32	
100 FR LCM		01:16.29	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:56.45	00:44.27	12.18
100 BK SCY	01:49.79	01:32.47	17.32
50 BR SCY	00:52.23	00:46.29	5.94
100 BR SCY	01:44.06	01:35.09	8.97
200 BR SCY		03:18.44	
50 FL SCY		00:45.49	
50 FR SCY	00:47.42	00:41.08	6.34
100 FR SCY	01:46.08	01:30.38	15.70
100 IM SCY		01:32.94	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:47.07	
100 BK LCM		01:41.27	
50 BR LCM		00:45.36	
100 BR LCM		01:40.03	
200 BR LCM		03:37.34	
50 FR LCM		00:41.06	
100 FR LCM		01:27.88	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:56.65	
50 FR SCY		00:58.16	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		01:05.20	
50 BR LCM		01:03.92	
100 BR LCM		02:14.21	
50 FR LCM		01:04.52	
100 FR LCM		02:18.48	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:52.19	00:43.47	8.72
100 BK SCY	01:58.29		
50 BR SCY	00:52.95	00:46.76	6.19
100 BR SCY	02:02.78	01:47.39	15.39
50 FR SCY	00:42.56	00:36.90	5.66
100 FR SCY	01:42.30	01:24.73	17.57
100 IM SCY		01:34.10	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:49.34	
50 BR LCM		00:51.36	
50 FR LCM		00:40.66	
100 FR LCM		01:29.33	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY		00:52.41	
50 BR SCY		00:58.44	
50 FR SCY		00:49.69	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM		00:52.53	
100 BK LCM		01:59.62	
50 BR LCM		01:00.78	
100 BR LCM		02:17.08	
50 FR LCM		00:47.96	
100 FR LCM		01:49.47	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
100 IM SCY		02:06.85	

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
100 BK LCM		02:09.81	
100 FR LCM		02:08.54	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY			
100 BK SCY	01:09.41	01:09.99	-0.58
50 BR SCY			
100 BR SCY	01:17.67		
200 BR SCY	02:47.00		
50 FL SCY	00:29.22		
100 FL SCY	01:08.05	01:04.07	3.98
50 FR SCY	00:27.01	00:26.67	0.34
100 FR SCY	01:01.25	00:59.29	1.96
200 FR SCY	02:17.27		
100 IM SCY			
200 IM SCY	02:30.26		

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM			
100 BK LCM	01:16.96	01:18.91	-1.95
50 BR LCM			
100 BR LCM	01:32.11		
200 BR LCM	03:21.91		
50 FL LCM	00:33.54		
100 FL LCM	01:13.64	01:13.81	-0.17
50 FR LCM	00:30.17	00:30.31	-0.14
100 FR LCM	01:07.03	01:06.11	0.92
200 FR LCM	02:37.20		
200 IM LCM	02:46.39	02:52.11	-5.72

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:33.97		
100 BK SCY	01:12.84	01:07.69	5.15
200 BK SCY	02:37.14	02:24.99	12.15
50 BR SCY	00:39.00		
100 BR SCY	01:24.37	01:13.64	10.73
200 BR SCY		02:41.35	
50 FL SCY	00:30.31	00:31.14	-0.83
100 FL SCY	01:08.97	01:03.64	5.33
200 FL SCY		02:37.00	
50 FR SCY	00:27.95	00:26.33	1.62
100 FR SCY	01:00.88	00:58.83	2.05
200 FR SCY	02:19.10	02:11.89	7.21
500 FR SCY		06:10.89	
100 IM SCY	01:12.44		
200 IM SCY	02:33.87	02:22.16	11.71

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM			
100 BK LCM	01:20.08	01:13.46	6.62
200 BK LCM	02:57.56	02:40.10	17.46
50 BR LCM			
100 BR LCM	01:32.03	01:28.77	3.26
200 BR LCM		03:13.62	
50 FL LCM			
100 FL LCM	01:17.25	01:12.82	4.43
50 FR LCM	00:31.41	00:28.77	2.64
100 FR LCM	01:07.75	01:03.41	4.34

Zhu, Daniel

Pacific Dragons Swim Team

200 FR LCM

02:39.68

02:31.82

7.86

200 IM LCM

02:49.66

02:39.32

10.34

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:40.82	00:33.72	7.10
100 BK SCY	01:24.05	01:14.10	9.95
50 BR SCY	00:47.36	00:41.27	6.09
50 FL SCY	00:41.47		
50 FR SCY	00:34.79	00:29.02	5.77
100 FR SCY	01:18.52	01:05.11	13.41
200 FR SCY		02:25.28	
100 IM SCY	01:31.24	01:17.15	14.09

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:41.87	00:36.97	4.90
100 BK LCM		01:19.49	
50 BR LCM			
100 BR LCM	01:57.21		
50 FL LCM	00:51.16		
50 FR LCM	00:36.33	00:30.80	5.53
100 FR LCM	01:22.85	01:12.29	10.56
200 FR LCM		02:39.74	
400 FR LCM		05:54.30	

Improvement in Best Times for Short Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK SCY	00:44.70	00:40.78	3.92
50 BR SCY	00:52.14	00:45.98	6.16
100 BR SCY	01:53.50	01:37.95	15.55
50 FL SCY	00:45.49	00:39.19	6.30
100 FL SCY		01:28.03	
50 FR SCY	00:38.71	00:32.57	6.14
100 FR SCY	01:29.05	01:15.84	13.21
200 FR SCY		02:40.77	
100 IM SCY	01:41.46	01:26.84	14.62

Improvement in Best Times for Long Course Events in 2013-14

Event Name	Best Time 12-13 Season	Best Time 13-14 Season	Improvement in Sec
50 BK LCM	00:51.64		
50 FL LCM	00:47.61	00:41.62	5.99
100 FL LCM		01:41.63	
50 FR LCM	00:40.20	00:34.77	5.43
100 FR LCM	01:32.41	01:19.48	12.93
200 FR LCM		02:52.59	
400 FR LCM		06:20.83	
200 IM LCM		03:29.13	