

Improvement Report
Wasatch vs Cottonwood
Meet Date: 12/13/2016
Location: Heber, UT
Report Date: 12/13/2016

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
Ailshie, Lauren	14	F	Open 100 Back	F	7		1:25.16Y	1:24.71Y	0.45
Splits 100: 1:25.16									
Andersen, Caleb	15	M	Open 50 Back	F			37.14Y	39.85Y	-2.71
			Open 50 Free	F	22		34.19Y	32.21Y	1.98
			Open 100 Fly	F	5		1:12.21Y	1:09.34Y	2.87
			Splits 50: 31.78 100: 40.43						
Anderson, Britain	17	M	Open 25 Free	F			30.01Y	27.72Y	2.29
			Open 50 Fly	F			30.04Y		
			Open 50 Free	F	13		29.43Y	28.08Y	1.35
			Open 100 Free	F	10		1:14.06Y	1:12.53Y	1.53
			Splits 50: 34.95 100: 39.11						
Ashurst, Winter	14	F	Open 50 Free	F	17		31.74Y	32.20Y	-0.46
			Open 100 Fly	F	6		1:30.30Y	1:34.06Y	-3.76
Splits 50: 40.77 100: 49.53									
Atkinson, Coleman	14	M	Open 50 Free	F	19		33.82Y	32.43Y	1.39
			Open 100 Free	F	7		1:07.16Y	1:09.04Y	-1.88
Splits 100: 1:07.16									
Ball, Brendan	17	M	Open 50 Free	F	12		29.32Y	28.51Y	0.81
			Open 100 Free	F	4	2.00	1:00.21Y	58.48Y	1.73
Splits 50: 28.59 100: 31.62									
Berkley, Kael	16	M	Open 25 Free	F			26.20Y	25.98Y	0.22
			Open 50 Free	F	6		27.02Y	26.17Y	0.85
			Open 100 Breast	F	5		1:16.81Y	1:17.43Y	-0.62
Splits 100: 1:16.81									
Berkley, Kenna	15	F	Open 1000 Free	F			1:01.09Y		
			Open 50 Breast	F			34.71Y	34.45Y	0.26
			Open 50 Free	F	8		27.44Y	27.27Y	0.17
			Open 100 Breast	F	6		1:30.54Y	1:29.03Y	1.51
Splits 50: 42.68 100: 47.86									
Blanchard, Parker	17	M	Open 50 Free	F	18		32.95Y	32.23Y	0.72
			Open 100 Free	F	20		1:42.53Y	1:54.59Y	-12.06
Splits 50: 47.78 100: 54.75									
Cliften, Brigham	16	M	Open 50 Free	F	28		41.80Y	44.99Y	-3.19
			Open 1000 Free	F			1:02.34Y	1:00.17Y	2.17
			Open 200 Free	F	6		2:14.28Y	2:11.54Y	2.74
Splits 50: 29.84 100: 33.11 150: 35.55 200: 35.78									
			Open 25 Free	F			28.44Y	26.73Y	1.71

			Open 500 Free	F	6		6:10.00Y	6:10.04Y	-0.04
Splits 500: 6:10.00									
Coker, Karson	16	M	Open 100 Free	F	21		1:46.22Y	1:35.69Y	10.53
Splits 50: 46.06 100: 1:00.16									
			Open 50 Free	F	26		39.84Y	38.66Y	1.18
Dahl, Alex	17	M	Open 100 Free	F	12		1:14.63Y	1:09.38Y	5.25
Splits 50: 36.08 100: 38.55									
			Open 50 Free	F	16		31.36Y	32.18Y	-0.82
Daley, Tyler	15	F	Open 100 Free	F	23		1:40.01Y	1:46.15Y	-6.14
Splits 50: 46.06 100: 53.95									
			Open 50 Free	F	33		44.09Y	44.22Y	-0.13
Davis, Anne	15	F	Open 100 Back	F	5	1.00	1:17.19Y	1:17.59Y	-0.40
Splits 50: 37.31 100: 39.88									
			Open 1000 Free	F			1:12.54Y	1:12.69Y	-0.15
			Open 50 Back	F			35.82Y	35.79Y	0.03
			Open 50 Free	F	12		31.49Y	30.62Y	0.87
Davis, Brooke	17	F	Open 100 Free	F	17		1:22.86Y	1:18.48Y	4.38
Splits 50: 41.29 100: 41.57									
			Open 50 Free	F	27		36.60Y	33.61Y	2.99
Davis, McCall	15	M	Open 100 Back	F	3	3.00	1:13.40Y	1:11.97Y	1.43
Splits 50: 35.01 100: 38.39									
			Open 50 Back	F			32.43Y	32.32Y	0.11
			Open 50 Free	F	5		26.65Y	26.93Y	-0.28
Duncan, Ethan	16	M	Open 100 Breast	F	4	2.00	1:15.85Y	1:14.45Y	1.40
Splits 50: 36.00 100: 39.85									
			Open 25 Free	F			24.64Y	24.38Y	0.26
			Open 50 Free	F	4	2.00	25.55Y	26.04Y	-0.49
Durrans, Anna	16	F	Open 100 Back	F	4	2.00	1:09.34Y	1:08.94Y	0.40
Splits 50: 34.23 100: 35.11									
			Open 25 Free	F			28.62Y	27.69Y	0.93
			Open 50 Free	F			28.62YL	27.69Y	0.93
Edwards, Easton	14	M	Open 200 Individual Medley	F	4	2.00	2:34.06Y	2:32.09Y	1.97
Splits 50: 34.88 100: 39.64 150: 45.68 200: 33.86									
			Open 50 Back	F			33.71Y		
			Open 500 Free	F	4	2.00	5:58.03Y	5:55.01Y	3.02
Splits 50: 31.85 100: 35.34 150: 36.11 200: 36.50 250: 36.44 300: 36.64 350: 36.50 400: 36.75 450: 36.44 500: 35.46									
Eveleth, Kevin	17	M	Open 100 Fly	F	6		1:14.87Y	1:13.85Y	1.02
Splits 50: 35.44 100: 39.43									
			Open 1000 Free	F			1:03.01Y		
			Open 50 Free	F	11		29.22Y	29.11Y	0.11
Fife, Corrine	16	F	Open 100 Back	F	6		1:20.47Y	1:16.79Y	3.68

Splits 50: 38.74 100: 41.73									
			Open 100 Fly	F	4	2.00	1:19.66Y	1:22.17Y	-2.51
Splits 50: 35.57 100: 44.09									
			Open 100 Free	F			1:07.54YL	1:08.62Y	-1.08
			Open 1000 Free	F			1:07.54Y	1:05.95Y	1.59
			Open 50 Fly	F			32.55Y	32.13Y	0.42
Giese, Calvin	17	M	Open 100 Back	F	1	6.00	1:00.18Y	56.76Y	3.42
Splits 50: 28.58 100: 31.60									
			Open 100 Fly	F	1	6.00	58.43Y	55.54Y	2.89
Splits 50: 27.22 100: 31.21									
			Open 1000 Free	F			54.74Y	50.77Y	3.97
Giese, Olivia	15	F	Open 100 Free	F	12		1:19.88Y	1:15.48Y	4.40
Splits 50: 36.78 100: 43.10									
			Open 50 Free	F	20		34.05Y	31.80Y	2.25
Gordon, Gracie	16	F	Open 100 Free	F	10		1:12.97Y	1:10.16Y	2.81
Splits 50: 34.75 100: 38.22									
			Open 25 Free	F			31.59Y	30.44Y	1.15
			Open 50 Free	F	13		31.75Y	30.44Y	1.31
Hansen, Ethan	15	M	Open 100 Free	F	19		1:26.74Y	1:25.37Y	1.37
Splits 100: 1:26.74									
			Open 50 Free	F	24		36.74Y	36.58Y	0.16
Haroldsen, Sarah	17	F	Open 100 Free	F	19		1:27.81Y	1:23.69Y	4.12
Splits 50: 41.56 100: 46.25									
			Open 50 Free	F	29		37.20Y	37.02Y	0.18
Henderson, Cassie	14	F	Open 100 Breast	F	9		1:33.96Y	1:34.87Y	-0.91
Splits 50: 43.22 100: 50.74									
			Open 50 Free	F	16		32.46Y	32.40Y	0.06
Hillam, Ben	14	M	Open 100 Free	F	18		1:24.77Y	1:25.62Y	-0.85
Splits 50: 39.65 100: 45.12									
			Open 50 Free	F	25		37.26Y	37.66Y	-0.40
James, Ian	17	M	Open 100 Free	F	2	4.00	49.60Y	49.09Y	0.51
Splits 50: 23.88 100: 25.72									
			Open 1000 Free	F			49.78Y	49.09Y	0.69
			Open 25 Free	F			22.82Y	21.82Y	1.00
			Open 50 Free	F	2	4.00	22.56Y	22.50Y	0.06
James, Oliver	14	M	Open 100 Fly	F	3	3.00	1:06.83Y	1:00.97Y	5.86
Splits 50: 31.68 100: 35.15									
			Open 200 Individual Medley	F	3	3.00	2:16.16Y		
Splits 50: 29.27 100: 35.96 150: 40.51 200: 30.42									
			Open 25 Free	F			24.09Y	24.44Y	-0.35
Jarvis, Lily	14	F	Open 100 Free	F	18		1:23.47Y	1:18.05Y	5.42

Splits 100: 1:23.47									
Johnson, Amelia	15	F	Open 50 Free	F	26		36.50Y	34.72Y	1.78
			Open 100 Free	F	3	3.00	1:01.85Y	1:01.52Y	0.33
Splits 50: 29.10 100: 32.75									
Kieffer, Catherine	14	F	Open 1000 Free	F			1:03.86Y	1:02.06Y	1.80
			Open 25 Free	F			27.85Y	26.86Y	0.99
			Open 50 Free	F	3	3.00	28.10Y	27.60Y	0.50
			Open 100 Free	F	5	1.00	1:03.75Y	1:03.05Y	0.70
			Splits 50: 29.87 100: 33.88						
Kieffer, Claire	16	F	Open 1000 Free	F			1:02.76Y	1:03.16Y	-0.40
			Open 25 Free	F			28.34Y	27.49Y	0.85
			Open 50 Free	F	4	2.00	28.27Y	28.32Y	-0.05
			Open 100 Free	F			56.87YL	55.53Y	1.34
			Open 1000 Free	F			56.87Y	55.49Y	1.38
			Open 50 Free	F	1	6.00	26.49Y	26.82Y	-0.33
			Open 500 Free	F	2	4.00	5:48.37Y	6:01.79Y	-13.42
Splits 50: 29.95 100: 33.10 150: 34.37 200: 35.14 250: 35.73 300: 36.14 350: 36.38 400: 36.36 450: 36.43 500: 34.77									
King, Cameron	14	M	Open 100 Free	F	13		1:15.15Y	1:13.90Y	1.25
Splits 100: 1:15.15									
Larson, Nathan	14	M	Open 50 Free	F	20		34.03Y	32.90Y	1.13
			Open 100 Free	F	14		1:17.66Y	1:16.10Y	1.56
Splits 50: 37.86 100: 39.80									
Larson, Tyler	18	M	Open 50 Free	F	22		34.90Y	32.33Y	2.57
			Open 100 Free	F			1:02.43YL	1:01.57Y	0.86
			Open 1000 Free	F			1:02.43Y	1:01.66Y	0.77
			Open 200 Free	F	9		2:23.35Y	2:18.25Y	5.10
Splits 50: 31.48 100: 16.05 150: 15.47 200: 1:20.35									
Lay, Addison	14	F	Open 25 Free	F			28.29Y	27.34Y	0.95
			Open 100 Free	F	2	4.00	1:01.58Y	1:01.21Y	0.37
Splits 50: 29.77 100: 31.81									
Malan, Corbin	15	M	Open 1000 Free	F			1:00.66Y	1:00.58Y	0.08
			Open 50 Free	F	6		28.36Y	27.97Y	0.39
			Open 100 Fly	F	4	2.00	1:08.81Y	1:08.36Y	0.45
Splits 50: 31.81 100: 37.00									
Martin, Joshua	16	M	Open 50 Fly	F			29.57Y	30.20Y	-0.63
			Open 50 Free	F	7		27.25Y	26.70Y	0.55
			Open 100 Back	F	2	4.00	1:07.86Y	1:02.41Y	5.45
Splits 100: 1:07.86									
Mayne, Ian	14	M	Open 25 Free	F			26.37Y	25.41Y	0.96
			Open 50 Back	F			29.26Y	28.46Y	0.80
			Open 50 Free	F			26.37YL	25.33Y	1.04
			Open 100 Free	F	16		1:18.99Y	1:23.84Y	-4.85

McKee, Lacey	15	F	Open 50 Free	F	21		34.80Y	35.64Y	-0.84			
			Open 1000 Free	F			1:10.77Y	1:15.18Y	-4.41			
			Open 200 Free	F	6		2:24.69Y	2:22.99Y	1.70			
			Splits 50: 33.77 100: 37.52 150: 37.37 200: 36.03									
			Open 25 Free	F			30.30Y	29.83Y	0.47			
			Open 500 Free	F	5	1.00	6:37.05Y	6:26.23Y	10.82			
			Splits 50: 35.46 100: 39.40 150: 40.96 200: 41.34 250: 41.06 300: 41.20 350: 41.35 400: 40.82 450: 39.44 500: 36.02									
			Mickelson, Jaden	18	M	Open 100 Free	F	3	3.00	54.53Y	53.57Y	0.96
						Splits 50: 25.72 100: 28.81						
						Open 1000 Free	F			52.86Y	52.83Y	0.03
Open 25 Free	F						23.97Y	23.39Y	0.58			
Moore, Rhys	16	M	Open 50 Free	F	3	3.00	24.49Y	23.85Y	0.64			
			Open 200 Free	F	3	3.00	1:59.95Y	2:01.44Y	-1.49			
			Splits 50: 27.89 100: 30.36 150: 31.40 200: 30.30									
			Open 25 Free	F			26.13Y	25.62Y	0.51			
			Open 500 Free	F	3	3.00	5:30.66Y	5:38.46Y	-7.80			
			Splits 500: 5:30.66									
			Moulton, Madelyne	15	F	Open 100 Breast	F	1	6.00	1:15.30Y	1:12.16Y	3.14
						Splits 50: 36.18 100: 39.12						
						Open 1000 Free	F			57.69Y	58.55Y	-0.86
						Open 200 Individual Medley	F	2	4.00	2:22.43Y	2:22.65Y	-0.22
Nix, Madeleine	18	F	Splits 50: 31.36 100: 36.88 150: 42.06 200: 32.13									
			Open 100 Breast	F	4	2.00	1:20.66Y	1:20.55Y	0.11			
			Splits 50: 37.81 100: 42.85									
			Open 200 Individual Medley	F	4	2.00	2:47.16Y	2:52.52Y	-5.36			
			Splits 50: 35.34 100: 41.31 150: 47.03 200: 43.48									
O'Brien, Storie	16	F	Open 50 Breast	F			36.38Y	35.44Y	0.94			
			Open 100 Fly	F	2	4.00	1:09.94Y	1:08.86Y	1.08			
			Splits 50: 31.23 100: 38.71									
Oakeson, Mikayla	17	F	Open 25 Free	F			27.86Y	26.79Y	1.07			
			Open 50 Free	F			27.86YL	27.12Y	0.74			
			Open 200 Free	F	7		2:24.94Y	2:23.26Y	1.68			
			Splits 50: 33.95 100: 37.51 150: 38.21 200: 35.27									
			Open 25 Free	F			30.13Y	29.57Y	0.56			
			Open 50 Fly	F			34.48Y					
			Open 500 Free	F	6		6:46.29Y	6:30.02Y	16.27			
			Splits 50: 35.33 100: 39.29 150: 41.20 200: 41.32 250: 41.47 300: 41.39 350: 42.27 400: 42.85 500: 1:21.17									

Overton, Sean	14	M	Open 100 Free	F	15		1:17.88Y	1:16.15Y	1.73
Splits 50: 36.54 100: 41.34									
Patterson, Braden	16	M	Open 50 Free	F	19		33.44Y	34.71Y	-1.27
			Open 1000 Free	F		54.41Y	54.02Y	0.39	
			Open 200 Free	F	2	4.00	1:59.03Y	1:58.84Y	0.19
Splits 50: 27.35 100: 19.87 150: 39.53 200: 32.28									
			Open 25 Free	F			25.81Y	24.45Y	1.36
			Open 500 Free	F	2	4.00	5:28.88Y	5:23.81Y	5.07
			Splits 50: 28.96 100: 32.68 150: 33.60 200: 33.19 250: 33.65 300: 33.30 350: 33.86 400: 34.11 450: 33.30 500: 32.23						
Prince, Jordan	14	F	Open 100 Free	F	13		1:19.95Y	1:14.35Y	5.60
Splits 50: 36.94 100: 43.01									
Probst, Benson	16	M	Open 50 Free	F	21		34.11Y	32.89Y	1.22
			Open 100 Free	F	17		1:23.81Y	1:27.62Y	-3.81
			Splits 100: 1:23.81						
Richins, Colin	16	M	Open 50 Free	F	23		36.36Y	32.18Y	4.18
			Open 100 Free	F	22		1:47.41Y		
			Splits 100: 1:47.41						
Richter, Madi	18	F	Open 50 Free	F	27		40.58Y		
			Open 100 Free	F	9		1:12.44Y		
			Splits 50: 35.40 100: 37.04						
Richter, Sydney	14	F	Open 25 Free	F			31.38Y	29.74Y	1.64
			Open 50 Free	F	14		31.85Y	30.57Y	1.28
			Open 100 Free	F	11		1:18.95Y	1:19.52Y	-0.57
Splits 100: 1:18.95									
Rigby, Grant	14	M	Open 50 Free	F	25		35.51Y	34.82Y	0.69
			Open 100 Breast	F	2	4.00	1:08.37Y	1:07.85Y	0.52
			Splits 50: 32.03 100: 36.34						
			Open 200 Individual Medley	F	2	4.00	2:15.82Y	2:14.22Y	1.60
			Splits 50: 30.24 100: 37.35 150: 36.19 200: 32.04						
			Open 25 Free	F			26.03Y	25.22Y	0.81
Scammell, Joselyn	15	F	Open 50 Breast	F			31.48Y	30.90Y	0.58
			Open 50 Free	F			26.03YL	25.88Y	0.15
			Open 100 Free	F	16		1:21.72Y	1:21.67Y	0.05
Splits 50: 37.22 100: 44.50									
Schultz, Gabe	15	M	Open 50 Free	F	24		34.76Y	33.33Y	1.43
			Open 100 Breast	F	3	3.00	1:09.77Y	1:09.68Y	0.09
			Splits 50: 32.99 100: 36.78						
			Open 200 Free	F	4	2.00	2:06.17Y		
			Splits 50: 28.87 100: 32.09 150: 32.87 200: 32.34						

			Open 50 Breast	F			30.38Y	29.80Y	0.58
Sorensen, Madyson	15	F	Open 100 Back	F	8		1:39.68Y	1:42.17Y	-2.49
Splits 50: 47.36 100: 52.32									
			Open 50 Free	F	23		34.68Y	36.08Y	-1.40
Sorenson, BrookLin	16	F	Open 1000 Free	F			1:02.87Y	1:02.69Y	0.18
			Open 200 Free	F	2	4.00	2:16.21Y	2:16.30Y	-0.09
Splits 50: 1:37.07 200: 39.14									
			Open 25 Free	F			29.09Y	29.15Y	-0.06
			Open 500 Free	F	3	3.00	6:07.26Y	6:07.50Y	-0.24
Splits 50: 33.96 100: 36.40 150: 36.96 200: 37.00 250: 37.10 300: 37.08 350: 38.21 400: 37.17 450: 37.54 500: 35.84									
Staples, Jane	14	F	Open 100 Breast	F	3	3.00	1:19.99Y	1:14.44Y	5.55
Splits 100: 1:19.99									
			Open 1000 Free	F			1:07.67Y	1:07.05Y	0.62
			Open 200 Individual Medley	F	3	3.00	2:39.13Y	2:32.19Y	6.94
Splits 200: 2:39.13									
			Open 50 Breast	F			36.25Y	33.43Y	2.82
Stoddard, Isabelle	17	F	Open 100 Breast	F	7		1:31.41Y	1:25.71Y	5.70
Splits 50: 42.93 100: 48.48									
			Open 50 Free	F	17		32.53Y	31.93Y	0.60
Tayler, Anna	16	F	Open 100 Breast	F	5		1:24.12Y	1:21.47Y	2.65
Splits 50: 39.54 100: 44.58									
			Open 200 Individual Medley	F	5		2:54.21Y		
Splits 50: 37.27 100: 44.60 150: 48.33 200: 44.01									
Vernon, Megan	16	F	Open 100 Free	F	22		1:34.19Y	1:36.73Y	-2.54
Splits 50: 43.93 100: 50.26									
			Open 50 Free	F	32		41.53Y	42.98Y	-1.45
Wabel, Garrett	14	M	Open 100 Free	F	9		1:10.66Y	1:13.35Y	-2.69
Splits 50: 33.06 100: 37.60									
			Open 50 Free	F	13		29.43Y	29.62Y	-0.19
Walker, Kale	18	M	Open 100 Free	F	23		2:15.59Y	2:09.00Y	6.59
Splits 50: 1:03.01 100: 1:12.58									
			Open 50 Free	F	29		1:00.42Y	59.60Y	0.82
Weilenmann, Katelyn	14	F	Open 100 Free	F	6		1:05.71Y	1:06.13Y	-0.42
Splits 50: 31.60 100: 34.11									
			Open 1000 Free	F			1:06.80Y	1:06.80Y	0.00
			Open 200 Free	F	5	1.00	2:21.43Y	2:20.09Y	1.34
Splits 50: 32.22 100: 35.54 150: 36.78 200: 36.89									

Whitby, Sydney	16	F	Open 25 Free	F	3	3.00	30.81Y	30.03Y	0.78	
			Open 50 Free	F			30.81YL			
			Open 100 Fly	F			1:11.71Y	1:09.24Y	2.47	
			Splits 50: 34.08 100: 37.63							
			Open 1000 Free	F	3	3.00	1:01.07Y	1:00.11Y	0.96	
			Open 200 Free	F			2:17.08Y			
			Splits 50: 31.67 100: 35.24 150: 36.49 200: 33.68							
Wolfert, Bridger	14	M	Open 25 Free	F	5		27.37Y	27.18Y	0.19	
			Open 100 Free	F			1:01.59Y	1:01.36Y	0.23	
			Splits 50: 29.01 100: 32.58							
World, Alexis	17	F	Open 50 Free	F	9		28.01Y	27.39Y	0.62	
			Open 100 Free	F			8	1:10.88Y	1:10.08Y	0.80
			Splits 100: 1:10.88							
			Open 50 Free	F	9		30.82Y	30.86Y	-0.04	