



Men's 100 BK

Top 8 Race Data // 2023-24 NCAA Season

	25	50	75	100	Total/Avg
Splits	10.30	10.96	11.36	11.40	43.96
Kicks	9	9	10	10	38
Cycles*	4.0	3.5	4.0	4.5	16.0
Tempo	1.13	1.21	1.21	1.21	1.19

*** Note on Cycles:**
The first hand-hit is counted as 1 cycle (because it consists of 2 arm strokes underwater). Typically, most would count that as 1 stroke, so this translates into 1 stroke more if you count it differently.
Ex. 3.5 cycles = 6 strokes,
4.0 cycles = 7 strokes

43.57	Stokowski	NC State
43.75	Kos	ASU
43.86	Burns	Indiana
43.99	Chaney	Florida
44.00	Lasco	California
44.12	Marshall	Florida
44.20	Modglin	Texas
44.21	Van Renen	Georgia

Dolphin Kicks					
25	50	75	100	Total	
9	9	10	10	38	
10	13	13	11	47	
9	9	10	10	39	
9	9	9	8	35	
8	8	8	9	33	
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8	9	9	9	35	
9	9	10	10	38	

Cycles*					
25	50	75	100	Total	
3.5	3.5	3.5	4.5	15.0	
4.5	4.0	4.0	5.0	17.5	
3.5	4.0	4.0	4.5	16.0	
3.5	3.5	3.5	5.0	15.5	
3.5	3.5	4.0	4.0	15.0	
4.0	4.0	4.5	4.5	17.0	
4.0	3.5	4.0	4.5	16.0	
3.5	3.5	3.5	4.5	15.0	

Tempo					
25	50	75	100	Average	
1.13	1.26	1.25	1.20	1.21	
1.05	1.10	1.10	1.13	1.10	
1.15	1.17	1.17	1.21	1.18	
1.13	1.26	1.23	1.24	1.22	
1.16	1.21	1.17	1.16	1.17	
1.12	1.17	1.21	1.26	1.19	
1.14	1.16	1.23	1.19	1.18	
1.18	1.31	1.28	1.26	1.26	



Men's 200 BK

Top 9 Race Data // 2023-24 NCAA Season

	<u>25</u>	<u>50</u>	<u>75</u>	<u>100</u>	<u>125</u>	<u>150</u>	<u>175</u>	<u>200</u>	<u>Total/AVG</u>
Splits	22.79		24.54		24.74		25.13		1:37.19
Kicks	8	8	7	7	7	7	7	7	57
Cycles*	3.5	4.0	4.0	4.5	4.5	4.5	5.0	5.5	36.0
Tempo	1.31	1.41	1.45	1.43	1.39	1.40	1.36	1.35	1.38

Dolphin Kicks										
25	50	75	100	125	150	175	200	Total		
7	7	7	7	7	7	8	7	57		
10	10	9	9	10	9	10	9	76		
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7	7	8	7	6	7	6	5	53		
9	7	6	6	6	5	5	6	50		
7	6	6	6	5	5	6	6	47		
9	8	8	9	9	9	9	9	70		
8	7	7	7	7	7	6	5	54		
8	8	7	6	5	4	4	5	47		

Cycles*										
25	50	75	100	125	150	175	200	Total		
3.5	3.5	3.5	3.5	3.5	4.0	4.0	5.0	30.5		
4.0	3.5	4.0	4.0	4.0	4.5	4.5	5.5	34.0		
4.0	4.5	4.5	4.5	4.5	4.5	5.0	5.0	36.5		
4.0	4.0	3.5	4.0	5.0	4.5	5.0	6.0	36.0		
4.0	4.5	5.0	5.5	5.5	5.5	6.0	6.0	42.0		
3.5	4.5	4.5	4.5	5.0	5.0	5.0	5.5	37.5		
3.5	4.0	4.0	4.0	3.5	4.0	4.0	4.5	31.5		
3.0	4.0	4.0	4.5	4.0	4.5	5.5	6.5	36.0		
3.5	4.0	4.5	5.0	5.5	6.0	6.5	6.5	41.5		

Tempo										
25	50	75	100	125	150	175	200	Average		
1.32	1.53	1.59	1.49	1.39	1.37	1.30	1.32	1.41		
1.27	1.48	1.51	1.48	1.43	1.36	1.23	1.21	1.36		
1.25	1.27	1.34	1.39	1.37	1.34	1.29	1.29	1.32		
1.27	1.37	1.41	1.45	1.40	1.40	1.44	1.47	1.40		
1.23	1.34	1.37	1.39	1.38	1.40	1.45	1.41	1.38		
1.29	1.44	1.44	1.47	1.43	1.50	1.44	1.42	1.43		
1.33	1.42	1.38	1.35	1.34	1.37	1.39	1.42	1.38		
1.37	1.42	1.51	1.42	1.43	1.41	1.33	1.26	1.38		
1.43	1.39	1.47	1.42	1.38	1.42	1.38	1.34	1.40		

* Note on Cycles:

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Compiled by Russell Mark, ASCA Performance & Education Advisor