



Men's 50 FR

Top 8 Race Data // 2023-24 NCAA Season

	<u>25</u>	<u>50</u>	<u>Total/AVG</u>
Splits	8.80	9.60	18.40
Kicks	6	6	12
Cycles*	4.5	6.5	11.0
Tempo	0.95	0.98	0.97

* 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

			Dolphin Kicks			Cycles*			Tempo		
			<u>25</u>	<u>50</u>	<u>Total</u>	<u>25</u>	<u>50</u>	<u>Total</u>	<u>25</u>	<u>50</u>	<u>Average</u>
17.99	Crooks	Tennessee	6	9	15	4.0	5.0	9.0	0.92	0.98	0.95
18.07	Liendo	Florida	7	8	15	4.0	6.0	10.0	0.98	0.97	0.97
18.38	Alexy	California	4	3	7	5.0	7.5	12.5	0.93	0.99	0.97
18.43	Guiliano	Notre Dame	5	5	10	5.0	7.0	12.0	0.96	0.97	0.97
18.54	Seeliger	California	5	5	10	4.0	6.0	10.0	1.00	1.05	1.03
18.57	Santos	Tennessee	6	6	12	4.5	6.0	10.5	0.94	1.00	0.97
18.59	Dolan	ASU	8	10	18	4.0	5.5	9.5	0.92	0.96	0.94
18.64	Kulow	ASU	5	4	9	5.5	8.0	13.5	0.93	0.95	0.94



Men's 100 FR

Top 8 Race Data // 2023-24 NCAA Season

	<u>25</u>	<u>50</u>	<u>75</u>	<u>100</u>	<u>Total/AVG</u>
Splits	9.13	10.34	10.59	10.60	40.63
Kicks	6	6	6	6	23
Cycles*	4.0	5.5	6.0	7.0	22.0
Tempo	1.06	1.12	1.12	1.09	1.10

* Note on Cycles:
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Ex. 3.5 cycles = 6 strokes,
4.0 cycles = 7 strokes

40.20	Liendo	Florida
40.28	Marchand	ASU
40.39	Crooks	Tennessee
40.55	Santos	Tennessee
40.59	Alexy	California
40.62	Guiliano	Notre Dame
41.16	Ramadan	VT
41.26	Brownstead	Virginia

Dolphin Kicks				
<u>25</u>	<u>50</u>	<u>75</u>	<u>100</u>	<u>Total</u>
7	7	6	6	26
6	10	10	10	36
5	7	6	6	24
5	4	3	3	15
4	3	3	2	12
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7	6	5	6	24

Cycles*				
<u>25</u>	<u>50</u>	<u>75</u>	<u>100</u>	<u>Total</u>
3.5	5.5	6.0	6.5	21.5
4.5	4.5	4.5	5.5	19.0
4.5	5.0	5.5	6.0	21.0
4.0	5.5	6.5	7.5	23.5
5.0	6.5	6.5	8.0	26.0
4.5	6.5	6.5	8.0	25.5
4.0	4.5	5.0	6.5	20.0
3.5	5.5	5.5	6.5	21.0

Tempo				
<u>25</u>	<u>50</u>	<u>75</u>	<u>100</u>	<u>Average</u>
1.01	1.05	1.05	1.06	1.05
1.03	1.09	1.12	1.01	1.06
1.08	1.11	1.16	1.08	1.11
1.20	1.23	1.23	1.23	1.23
1.16	1.21	1.19	1.14	1.17
0.98	1.09	1.08	1.11	1.07
0.95	0.95	0.98	0.98	0.97
1.06	1.20	1.18	1.10	1.14



Men's 200 FR

Top 8 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	20.68		22.72		23.15		23.43		1:29.98
Kicks	5	4	4	4	4	4	4	4	34
Cycles*	4.0	5.5	5.5	6.0	6.0	6.0	6.5	7.0	46.5
Tempo	1.28	1.37	1.41	1.43	1.38	1.36	1.34	1.33	1.36

1:28.81	Hobson	Texas
1:28.97	Marchand	ASU
1:29.75	Alexy	California
1:30.32	Jett	California
1:30.36	Guiliano	Notre Dame
1:30.41	Crooks	Tennessee
1:30.55	Hawke	Alabama
1:30.64	McDuff	Florida

Dolphin Kicks									
<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</u>	
3	2	2	1	1	1	2	2	14	
7	10	10	10	10	11	8	8	74	
4	2	2	2	2	2	2	2	18	
7	5	5	4	6	4	6	5	42	
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5	4	3	3	4	4	4	4	31	
5	3	3	3	3	3	3	2	25	
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Cycles*									
<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</u>	
4.5	5.5	6.0	6.0	6.0	6.0	6.5	7.0	47.5	
4.0	4.5	4.0	4.5	4.0	4.0	5.0	6.0	36.0	
4.5	5.5	5.5	6.0	6.5	6.5	6.5	7.0	48.0	
4.0	5.5	6.5	6.5	6.0	6.5	6.5	7.5	49.0	
4.0	5.5	6.0	6.0	6.5	7.0	6.5	7.5	49.0	
4.0	5.5	6.0	6.0	6.0	6.0	6.5	7.0	47.0	
4.0	5.5	5.5	5.5	6.5	6.5	7.0	7.5	48.0	
4.0	5.5	5.5	5.5	5.5	6.5	6.5	7.0	46.0	

Tempo									
<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>Average</u>	
1.35	1.41	1.39	1.49	1.44	1.43	1.37	1.31	1.40	
1.17	1.21	1.31	1.33	1.29	1.33	1.30	1.33	1.29	
1.25	1.48	1.53	1.53	1.45	1.44	1.44	1.39	1.44	
1.28	1.40	1.43	1.42	1.39	1.37	1.36	1.37	1.38	
1.25	1.36	1.35	1.38	1.31	1.25	1.30	1.29	1.31	
1.28	1.40	1.43	1.42	1.39	1.37	1.36	1.37	1.38	
1.28	1.32	1.37	1.38	1.35	1.33	1.32	1.30	1.33	
1.34	1.40	1.43	1.45	1.43	1.39	1.28	1.29	1.37	

* Note on Cycles:
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Ex. 3.5 cycles = 6 strokes, 4.0 cycles = 7 strokes



Men's 500 FR

Top 8 Race Data // 2023-24 NCAA Season

	25	50	75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450	475	500	Total/AVG
Splits	46.81				50.15				50.77				50.75				50.03				4:08.50
	22.33		24.47		24.93		25.22		25.38		25.39		25.37		25.38		25.24		24.79		
Cycles*	4.5	6.0	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	7.0	6.5	7.0	6.5	7.0	7.5	128.0
Tempo	1.41				1.51				1.52				1.47				1.39				1.46
	1.33	1.40	1.45	1.48	1.48	1.49	1.52	1.54	1.52	1.53	1.52	1.52	1.49	1.48	1.48	1.44	1.41	1.40	1.38	1.35	

			Cycles*																				
			25	50	75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450	475	500	Total
4:02.31	Marchand	ASU	4.5	4.5	4.5	5.0	5.0	5.0	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	6.0	105.0	
4:06.93	Hobson	Texas	4.5	5.5	6.0	5.5	5.5	5.5	6.0	6.0	6.0	6.0	6.0	6.0	6.5	6.5	6.5	6.5	6.5	6.5	7.0	7.5	121.0
4:07.12	Magahey	Georgia	3.5	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.5	6.5	6.5	6.5	7.0	6.5	7.0	8.0	124.0	
4:09.19	Sarkany	ASU	5.0	7.5	7.5	7.5	8.0	7.5	8.0	7.5	8.0	8.0	8.5	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.5	155.0	
4:10.43	Jett	California	4.0	7.0	6.5	7.0	6.5	6.5	6.0	6.5	6.0	6.0	6.0	7.0	6.5	6.0	6.0	6.0	5.0	4.5	5.5	121.0	
4:10.48	Mitchell	Florida	3.5	6.0	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	8.0	133.0		
4:10.74	Carrozza	Texas	4.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	7.0	6.5	7.0	7.5	130.0	
4:10.82	Mathias	Auburn	5.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	7.5	7.5	7.5	7.5	7.5	7.5	135.0	
			Tempo																				
			25	50	75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450	475	500	Total
4:02.31	Marchand	ASU	1.33				1.45				1.48				1.47				1.42				1.43
			1.24	1.29	1.37	1.40	1.40	1.43	1.46	1.49	1.49	1.50	1.47	1.44	1.46	1.47	1.48	1.46	1.44	1.47	1.40	1.38	
4:06.93	Hobson	Texas	1.51				1.56				1.56				1.49				1.47				1.52
			1.44	1.52	1.54	1.54	1.56	1.56	1.56	1.56	1.55	1.58	1.55	1.55	1.50	1.51	1.48	1.48	1.52	1.49	1.44	1.42	
4:07.12	Magahey	Georgia	1.39				1.50				1.49				1.44				1.38				1.44
			1.30	1.35	1.43	1.46	1.48	1.50	1.49	1.52	1.49	1.49	1.47	1.49	1.44	1.46	1.41	1.44	1.41	1.42	1.37	1.32	
4:09.19	Sarkany	ASU	1.27				1.32				1.33				1.33				1.32				1.31
			1.25	1.23	1.29	1.30	1.32	1.28	1.34	1.32	1.35	1.32	1.33	1.32	1.33	1.32	1.35	1.32	1.33	1.31	1.32	1.31	
4:10.43	Jett	California	1.43				1.58				1.68				1.60				1.31				1.53
			1.35	1.44	1.46	1.48	1.44	1.51	1.66	1.71	1.65	1.67	1.69	1.71	1.68	1.58	1.68	1.47	1.38	1.30	1.28	1.26	
4:10.48	Mitchell	Florida	1.48				1.52				1.53				1.48				1.40				1.48
			1.37	1.51	1.52	1.52	1.50	1.52	1.53	1.52	1.53	1.52	1.54	1.54	1.49	1.49	1.47	1.45	1.40	1.40	1.40	1.38	
4:10.74	Carrozza	Texas	1.52				1.69				1.66				1.57				1.44				1.58
			1.38	1.50	1.55	1.64	1.65	1.70	1.69	1.73	1.66	1.67	1.65	1.65	1.57	1.59	1.56	1.54	1.48	1.46	1.43	1.40	
4:10.82	Mathias	Auburn	1.40				1.46				1.46				1.40				1.36				1.41
			1.33	1.36	1.44	1.47	1.48	1.45	1.46	1.44	1.46	1.46	1.45	1.45	1.43	1.42	1.38	1.36	1.35	1.35	1.36	1.36	

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