



Women's 100 BK

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	11.73	12.35	12.82	13.02	49.78
Kicks	12	12	11	10	45
Cycles*	4.5	4.5	5.0	6.0	19.5
Tempo	1.13	1.21	1.23	1.25	1.21

* 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>75</u>	<u>100</u>	<u>Total</u>	<u>25</u>	<u>50</u>	<u>75</u>	<u>100</u>	<u>Total</u>	<u>25</u>	<u>50</u>	<u>75</u>	<u>100</u>	<u>Average</u>
48.10	Walsh	Virginia	10	11	11	12	44	4.0	3.5	3.5	4.0	15.0	1.27	1.35	1.41	1.42	1.36
48.55	Berkoff	NC State	11	11	11	11	44	4.5	5.0	4.5	5.5	19.5	1.04	1.11	1.12	1.13	1.10
50.02	Sims	Florida	13	14	14	14	55	5.0	5.0	5.0	5.5	20.5	1.06	1.12	1.19	1.19	1.14
50.22	Fuller	Tennessee	10	9	7	7	33	5.0	5.5	6.5	7.0	24.0	1.08	1.15	1.20	1.22	1.17
50.23	McKenna	Indiana	14	14	14	9	51	3.5	3.5	4.0	6.5	17.5	1.21	1.30	1.33	1.34	1.30
50.26	Stadden	California	14	13	12	10	49	4.5	4.5	4.5	6.5	20.0	1.06	1.10	1.14	1.21	1.14
50.40	Ivey	Florida	--	--	--	--	--	4.0	4.0	4.5	5.0	17.5	1.15	1.29	1.28	1.30	1.26
50.48	Bacon	Wisconsin	10	9	9	9	37	4.5	5.0	5.5	6.5	21.5	1.16	1.27	1.21	1.21	1.21



Women's 200 BK

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	25.84		27.55		28.03		28.26		1:49.47
Kicks	10	7	7	7	7	7	7	8	58
Cycles*	4.5	5.5	5.5	6.0	6.0	6.0	6.0	6.5	46.0
Tempo	1.30	1.41	1.45	1.46	1.46	1.45	1.41	1.38	1.42

			Dolphin Kicks								Cycles*								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>Total</u>	<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>	<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>
1:48.23	Bacon	Wisconsin	8	7	7	7	6	6	6	6	53	5.0	5.5	5.5	5.5	6.0	6.0	6.5	7.5	47.5	1.27	1.43	1.49	1.53	1.55	1.57	1.42	1.37	1.45
1:48.43	Noble	NC State	11	7	6	6	6	6	6	6	54	4.0	5.5	6.0	6.0	6.0	6.0	6.5	7.5	47.5	1.28	1.37	1.43	1.44	1.44	1.34	1.31	1.27	1.36
1:48.47	Sims	Florida	13	12	12	11	11	10	10	11	90	4.5	5.0	5.0	5.5	6.0	6.0	6.0	6.5	44.5	1.16	1.23	1.24	1.25	1.31	1.33	1.35	1.30	1.28
1:49.19	Stadden	California	10	5	5	3	5	5	6	6	45	5.0	6.5	6.0	6.5	6.0	6.5	6.5	7.0	50.0	1.23	1.35	1.45	1.44	1.41	1.40	1.38	1.43	1.39
1:49.57	Fuller	Tennessee	8	6	5	5	5	5	5	5	44	5.0	6.0	6.0	6.0	6.0	6.0	6.5	7.5	49.0	1.26	1.46	1.49	1.53	1.52	1.51	1.49	1.34	1.45
1:50.18	Walsh	Virginia	9	4	4	4	4	4	4	4	37	4.5	5.5	5.5	6.0	6.0	6.0	6.0	6.5	46.0	1.48	1.58	1.55	1.56	1.47	1.48	1.48	1.52	1.51
1:50.64	Tiltmann	Virginia	9	8	8	8	8	9	8	12	70	4.5	5.0	5.0	5.5	5.5	5.0	6.0	5.5	42.0	1.45	1.54	1.60	1.56	1.58	1.52	1.49	1.38	1.51
1:51.06	Grana	Texas A&M	11	8	8	8	8	9	9	11	72	4.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	43.0	1.25	1.34	1.36	1.39	1.43	1.42	1.39	1.39	1.38

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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