Women's 50 FR
Top 8 Race Data // 2023-24 NCAA Season

	25	50	Total/AVG
Splits	10.25	11.05	21.29
Kicks	8	8	15
Cycles*	5.5	7.0	12.5
Tempo	0.96	1.00	0.98

* 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		
				25	50	Total	25	50	Total	25	50	Average
20.37	Walsh	Virginia		8	10	18	3.5	4.0	7.5	1.05	1.15	1.10
21.09	Berkoff	NC State		9	12	21	5.0	6.0	11.0	0.95	0.97	0.96
21.10	Nocentini	Virginia		7	6	13	6.0	8.0	14.0	0.92	0.96	0.94
21.37	Regenauer	Louisville		9	11	20	5.0	6.0	11.0	0.93	0.97	0.95
21.54	Albiero	Louisville		7	7	14	5.5	7.5	13.0	0.95	0.96	0.96
21.60	Dennis	Louisville		9	9	18	4.5	6.5	11.0	0.95	0.99	0.98
21.61	Parker	Virginia		5	2	7	6.5	9.5	16.0	0.97	1.02	1.00
21.66	Cooper	Texas		7	5	12	6.5	9.0	15.5	0.93	1.01	0.98

Compiled by Russell Mark, ASCA Performance & Education Advisor

Women's 100 FR
Top 8 Race Data // 2023-24 NCAA Season

	25	50	75	100	Total/AVG
Splits	10.55	11.61	12.08	12.12	46.53
Kicks	8	6	6	6	26
Cycles*	5.0	6.5	7.0	7.5	26.0
Tempo	1.10	1.14	1.17	1.18	1.15

* 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			
			25	50	75	100	Total	25	50	75	100	Total	25	50	75	100	Average
44.83	Walsh	Virginia	8	10	10	11	39	3.5	4.0	4.0	4.5	16.0	1.17	1.26	1.33	1.29	1.26
46.23	Berkoff	NC State	8	8	9	8	33	5.0	6.0	6.0	7.5	24.5	1.04	1.06	1.10	1.09	1.07
46.61	Ivey	Florida	7	6	5	6	24	5.0	6.0	6.5	7.0	24.5	1.16	1.17	1.19	1.22	1.19
46.69	Spink	Tennessee	5	4	4	3	16	6.0	7.5	7.5	8.5	29.5	1.07	1.08	1.16	1.19	1.13
46.75	Nocentini	Virginia	7	6	5	5	23	5.0	6.5	6.5	8.0	26.0	1.11	1.21	1.15	1.19	1.17
47.01	Sims	Florida	11	7	7	7	32	5.0	6.5	7.0	7.5	26.0	1.12	1.13	1.18	1.18	1.16
47.04	Balduccini	Michigan	8	6	4	3	21	5.5	7.0	7.5	9.0	29.0	1.15	1.17	1.22	1.17	1.18
47.04	Fulmer	Ohio State	9	4	4	4	21	5.5	8.5	9.0	9.5	32.5	0.99	1.04	1.07	1.11	1.06

Compiled by Russell Mark, ASCA Performance & Education Advisor

Women's 200 FR
Top 8 Race Data // 2023-24 NCAA Season

American Swimming Coaches Association

	25	50	75	100	125	150	175	200	Total/AVG
Splits	23.46		25.61		26.11		26.38		1:41.55
Kicks	6	3	3	3	3	3	3	3	25
Cycles*	4.5	6.5	7.0	7.0	7.0	7.5	7.5	8.0	55.0
Tempo	1.27	1.34	1.37	1.36	1.35	1.35	1.35	1.34	1.34

Dolphin Kicks

			25	50	75	100	125	150	175	200	Total
1:40.23	Walsh	Virginia	8	5	5	5	5	5	5	6	44
1:40.90	Sims	Florida	--	--	--	--	--	--	--	--	--
1:40.97	Peplowski	Indiana	4	1	1	1	1	1	1	1	11
1:41.38	Abraham	USC	5	4	3	2	3	3	3	3	26
1:41.85	Ivey	Florida	6	4	3	2	2	2	2	3	24
1:42.33	Canny	Virginia	5	2	1	1	2	1	1	1	14
1:42.37	Spink	Tennessee	5	3	3	3	2	3	3	2	24
1:42.41	Stepanek	Texas A&M	6	5	4	4	4	3	3	2	31

Cycles*

25	50	75	100	125	150	175	200	Total
3.5	5.5	6.0	6.0	6.0	6.0	6.0	6.0	45.0
5.0	6.5	7.0	7.5	7.5	7.5	7.5	8.0	56.5
5.0	7.0	7.0	7.0	7.5	7.5	7.5	8.5	57.0
4.5	6.0	6.5	7.0	6.5	7.0	7.0	7.5	52.0
4.5	6.5	6.5	6.5	7.0	7.5	7.5	7.5	53.5
5.0	7.5	7.5	8.0	8.0	8.5	8.5	9.0	62.0
5.0	7.0	7.0	7.5	8.0	7.5	7.5	8.5	58.0
5.0	6.5	7.0	7.5	7.0	8.0	8.0	9.0	58.0

Tempo

25	50	75	100	125	150	175	200	Average
1.24	1.40	1.45	1.41	1.42	1.47	1.47	1.52	1.43
1.17	1.17	1.23	1.23	1.29	1.28	1.29	1.26	1.24
1.36	1.40	1.43	1.44	1.37	1.37	1.36	1.28	1.37
1.30	1.43	1.44	1.45	1.42	1.41	1.42	1.45	1.42
1.30	1.41	1.40	1.38	1.37	1.37	1.36	1.32	1.37
1.23	1.27	1.32	1.30	1.25	1.27	1.27	1.28	1.28
1.27	1.30	1.33	1.30	1.31	1.32	1.32	1.32	1.31
1.30	1.37	1.34	1.35	1.35	1.34	1.30	1.26	1.32

* 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

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Women's 500 FR
Top 8 Race Data // 2023-24 NCAA Season

American Swimming Coaches Association

	25	50	75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450	475	500	Total/AVG
Splits	52.49				55.47				55.71				55.58				54.89				4:34.13
	25.23		27.26		27.63		27.84		27.82		27.89		27.77		27.81		27.80		27.09		
Cycles*	4.5	7.0	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	8.0	7.5	7.5	7.5	8.0	147.5
Tempo	1.29				1.38				1.40				1.38				1.39				1.37
	1.22	1.27	1.31	1.34	1.34	1.36	1.41	1.41	1.40	1.39	1.39	1.41	1.38	1.37	1.40	1.38	1.38	1.39	1.39	1.40	

Cycles*

			25	50	75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450	475	500	Total
4:32.47	Sims	Florida	4.5	7.0	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	8.0	7.5	7.5	7.5	8.0	147.5
4:32.87	Stege	Georgia	6.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	9.0	8.5	8.5	168.5
4:33.70	Weyant	Florida	5.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	8.0	8.5	8.5	8.5	9.0	153.0
4:34.06	Peplowski	Indiana	4.5	7.0	7.0	7.5	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.5	7.0	7.5	7.5	7.5	7.5	8.5	141.5
4:34.26	Roghair	Stanford	6.0	7.5	7.5	8.0	7.5	7.5	8.0	7.5	8.0	8.0	8.0	7.5	8.0	8.0	8.0	8.0	8.0	8.0	8.5	8.5	156.5
4:35.05	Looney	ASU	5.5	7.5	7.5	7.5	8.0	8.0	8.0	8.0	8.0	8.0	8.5	8.0	8.0	8.0	8.0	8.5	8.5	8.5	8.5	9.0	159.5
4:35.29	Coetzee	Georgia	6.0	8.5	8.5	8.5	8.5	8.5	8.5	9.0	8.5	9.0	8.5	9.0	8.5	8.5	9.0	8.5	8.5	8.5	8.5	9.0	170.0
4:35.37	Gormsen	Virginia	5.5	7.5	7.5	8.0	7.5	7.5	8.0	7.5	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.5	8.5	8.0	9.0	157.0

Tempo

			25	50	75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450	475	500	Total
4:32.47	Sims	Florida	1.29				1.38				1.40				1.38				1.39				1.37
			1.22	1.27	1.31	1.34	1.34	1.36	1.41	1.41	1.40	1.39	1.39	1.41	1.38	1.37	1.40	1.38	1.38	1.39	1.39	1.40	
4:32.87	Stege	Georgia	1.29				1.33				1.34				1.33				1.28				1.31
			1.22	1.27	1.33	1.34	1.34	1.34	1.31	1.32	1.33	1.34	1.34	1.33	1.33	1.35	1.34	1.29	1.30	1.27	1.28	1.25	
4:33.70	Weyant	Florida	1.38				1.49				1.49				1.45				1.38				1.43
			1.30	1.35	1.42	1.45	1.47	1.50	1.48	1.49	1.46	1.49	1.50	1.49	1.43	1.43	1.45	1.47	1.40	1.39	1.37	1.36	
4:34.06	Peplowski	Indiana	1.49				1.61				1.58				1.55				1.43				1.53
			1.40	1.49	1.53	1.53	1.59	1.61	1.62	1.60	1.57	1.58	1.56	1.59	1.60	1.54	1.55	1.51	1.49	1.47	1.42	1.33	
4:34.26	Roghair	Stanford	1.35				1.38				1.38				1.37				1.33				1.36
			1.28	1.36	1.38	1.37	1.37	1.38	1.39	1.38	1.41	1.36	1.38	1.35	1.40	1.38	1.36	1.35	1.33	1.34	1.32	1.31	
4:35.05	Looney	ASU	1.42				1.45				1.43				1.40				1.35				1.41
			1.32	1.43	1.47	1.45	1.43	1.47	1.44	1.45	1.42	1.46	1.41	1.42	1.40	1.41	1.40	1.39	1.36	1.36	1.33	1.36	
4:35.29	Coetzee	Georgia	1.30				1.34				1.33				1.35				1.36				1.34
			1.24	1.31	1.32	1.33	1.33	1.33	1.35	1.33	1.31	1.33	1.34	1.33	1.33	1.35	1.36	1.36	1.37	1.35	1.35	1.37	
4:35.37	Gormsen	Virginia	1.43				1.42				1.40				1.39				1.37				1.40
			1.35	1.44	1.45	1.47	1.42	1.42	1.41	1.41	1.39	1.41	1.39	1.40	1.38	1.40	1.39	1.38	1.38	1.39	1.36	1.33	

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