

Improvements Report

Improvement Report											
NVST Swimming Into Spring											
Meet Date: 02/22/2025											
Location: Napa, CA											
Report Date: 02/26/2025											

Athlete Name	Age	Competitive Category	Event	P/F/T	Place	Points	Time	Base Line	Improvement	New Best	Cut	Time Standard
Athanassious, Amelia	9	F	9-10 200 IM	F	2	17.00	3:36.67Y	3:35.97Y		0.70		
Athanassious, Amelia			9-10 50 Breast	F	5	14.00	54.16Y	52.51Y		1.65		
Athanassious, Amelia			9-10 50 Fly	F	5	14.00	51.04Y	50.45Y		0.59		
Athanassious, Amelia			Open 50 Free	F	69		41.12Y	40.99Y		0.13		
Bickel, Ella	13	F	13-14 100 Fly	F	6	13.00	1:34.95Y					
Bickel, Ella			Open 100 Free	F	58		1:25.57Y					
Bickel, Ella			Open 50 Free	F	39		33.74Y	34.27Y		-0.53		
Collier, Chloe	12	F	11-12 100 Back	F	4	15.00	1:30.35Y	1:36.58Y		-6.23		
Collier, Chloe			11-12 100 Breast	F	7	12.00	1:44.55Y	1:42.81Y		1.74		
Collier, Chloe			11-12 100 IM	F	13	4.00	1:31.84Y	1:30.68Y		1.16		
Collier, Chloe			11-12 200 IM	F	4	15.00	3:11.57Y					
Collier, Chloe			11-12 50 Back	F	13	4.00	43.08Y	44.63Y		-1.55		
Collier, Chloe			11-12 50 Breast	F	8	11.00	48.30Y	48.80Y		-0.50		
Collier, Chloe			Open 100 Free	F	47		1:20.57Y	1:20.65Y		-0.08		
Collier, Chloe			Open 50 Free	F	57		37.40Y	37.11Y		0.29		
Cummins, Nicholas	11	M	11-12 100 Back	F	7	12.00	1:27.92Y	1:32.97Y		-5.05		
Cummins, Nicholas			11-12 100 IM	F	4	15.00	1:34.98Y	1:31.53Y		3.45		
Cummins, Nicholas			11-12 200 Free	F	3	16.00	2:37.70Y	2:40.65Y		-2.95		
Cummins, Nicholas			11-12 50 Breast	F	7	12.00	54.03Y	51.98Y		2.05		
Cummins, Nicholas			11-12 50 Fly	F	5	14.00	48.33Y	45.38Y		2.95		
Cummins, Nicholas			Open 100 Free	F	28		1:16.46Y	1:15.90Y		0.56		
Cummins, Nicholas			Open 50 Free	F	28		34.19Y	33.96Y		0.23		
Cummins, Nicholas			Open 500 Free	F	6		7:05.22Y					
Do, Morgan	13	F	13-14 200 Breast	F	1	20.00	2:43.54Y	2:40.05Y		3.49		
Do, Morgan			13-14 200 IM	F	1	20.00	2:37.17Y	2:32.10Y		5.07		
Do, Morgan			Open 50 Free	F	8	11.00	28.44Y	28.21Y		0.23		
Gomez, Isabella	8	F	8 & Under 100 IM	F	2	17.00	1:43.33Y	1:44.44Y		-1.11		
Gomez, Isabella			8 & Under 25 Back	F	1	20.00	20.90Y	21.70Y		-0.80		
Gomez, Isabella			8 & Under 25 Fly	F	3	16.00	22.90Y	19.38Y		3.52		
Gomez, Isabella			8 & Under 25 Free	F	2	17.00	17.95Y	18.35Y		-0.40		
Gomez, Isabella			8 & Under 50 Back	F	1	20.00	46.00Y	46.72Y		-0.72		
Gomez, Isabella			8 & Under 50 Fly	F	1	20.00	49.54Y	50.51Y		-0.97		
Gomez, Isabella			Open 100 Free	F	69		1:33.38Y	1:34.99Y		-1.61		
Gomez, Isabella			Open 50 Free	F	77		43.63Y	42.19Y		1.44		
Hall, Marina	9	F	9-10 100 Back	F	3	16.00	1:30.49Y	1:28.16Y		2.33		
Hall, Marina			9-10 100 IM	F	4	15.00	1:29.37Y	1:28.05Y		1.32		
Hall, Marina			9-10 200 Free	F	2	17.00	2:49.66Y	2:40.32Y		9.34		
Hall, Marina			9-10 200 IM	F	1	20.00	3:08.71Y	3:13.17Y		-4.46		
Hall, Marina			9-10 50 Back	F	8	11.00	44.33Y	40.91Y		3.42		
Hall, Marina			9-10 50 Fly	F	5	14.00	42.49Y	41.56Y		0.93		
Hall, Marina			Open 100 Free	F	36		1:16.32Y	1:13.60Y		2.72		
Hall, Marina			Open 50 Free	F	60		37.80Y	35.11Y		2.69		
Kudriashov, Georgii	11	M	11-12 100 Breast	F	3	16.00	1:39.90Y					
Kudriashov, Georgii			11-12 100 IM	F	7	12.00	1:42.32Y	1:37.95Y		4.37		
Kudriashov, Georgii			11-12 50 Back	F	8	11.00	47.19Y	50.35Y		-3.16		
Kudriashov, Georgii			11-12 50 Breast	F	3	16.00	46.27Y	45.26Y		1.01		
Kudriashov, Georgii			Open 50 Free	F	42		39.31Y	37.20Y		2.11		
Lemen, Audrey	12	F	11-12 100 Breast	F	2	17.00	1:25.70Y	1:27.40Y		-1.70		
Lemen, Audrey			11-12 100 Fly	F	5	14.00	1:25.02Y	1:22.33Y		2.69		
Lemen, Audrey			11-12 100 IM	F	1	20.00	1:19.50Y	1:31.27Y		-11.77		
Lemen, Audrey			11-12 200 Breast	F	2	17.00	3:05.80Y	3:16.02Y		-10.22		
Lemen, Audrey			11-12 50 Fly	F	4	15.00	36.26Y	33.61Y		2.65		
Lemen, Audrey			Open 100 Free	F	31		1:11.36Y	1:09.45Y		1.91		
Lemen, Audrey			Open 50 Free	F	28		31.55Y	31.04Y		0.51		
Lemen, Bryson	11	M	11-12 100 Breast	F	8	11.00	1:55.08Y	1:49.53Y		5.55		
Lemen, Bryson			11-12 200 Free	F	6	13.00	3:07.75Y					
Lemen, Bryson			11-12 50 Back	F	9	9.00	50.78Y	47.84Y		2.94		
Lemen, Bryson			11-12 50 Breast	F	4	15.00	50.31Y	50.06Y		0.25		
Lemen, Bryson			Open 100 Free	F	37		1:26.03Y	1:23.24Y		2.79		
Lemen, Bryson			Open 50 Free	F	43		39.35Y	37.76Y		1.59		
Losada-Tweedell, Luna	10	F	9-10 100 IM	F	1	20.00	1:24.80Y	1:23.84Y		0.96		
Losada-Tweedell, Luna			9-10 50 Back	F	3	16.00	40.61Y	41.62Y		-1.01		
Losada-Tweedell, Luna			9-10 50 Breast	F	1	20.00	44.89Y	44.07Y		0.82		
Losada-Tweedell, Luna			9-10 50 Fly	F	2	17.00	40.53Y	42.43Y		-1.90		
Losada-Tweedell, Luna			Open 1000 Free	F	5	14.00	13:41.68Y					
Losada-Tweedell, Luna			Open 500 Free	F	7	12.00	6:34.78Y	6:29.70Y		5.08		
Losada-Tweedell, Maya	7	F	8 & Under 25 Breast	F	1	20.00	25.21Y	27.58Y		-2.37		
Losada-Tweedell, Maya			8 & Under 25 Fly	F	2	17.00	22.74Y	23.17Y		-0.43		
Losada-Tweedell, Maya			8 & Under 25 Free	F	1	20.00	19.02Y	19.55Y		-0.53		
Losada-Tweedell, Maya			8 & Under 50 Breast	F	2	17.00	57.26Y	59.14Y		-1.88		
Losada-Tweedell, Maya			8 & Under 50 Fly	F	2	17.00	51.77Y	52.79Y		-1.02		
Losada-Tweedell, Maya			Open 100 Free	F	74		1:36.35Y	1:28.73Y		7.62		
Losada-Tweedell, Maya												