

Improvement Report 2024 Joyce Lanphere Invitation Meet Date: 11/02/2024 Location: Palo Alto, 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		
Benefield, Chloe	16	F	15 & Over 100 Back	P	40		1:08.94Y	1:06.01Y	2.93				
Benefield, Chloe			15 & Over 100 Breast	P	26		1:16.17Y	1:16.77Y	-0.60				
Benefield, Chloe			15 & Over 100 Fly	P	37		1:05.07Y	1:03.36Y	1.71				
Benefield, Chloe			15 & Over 100 Free	P	64		1:01.28Y	58.10Y	3.18				
Benefield, Chloe			15 & Over 200 Breast	F	20		2:41.00Y	2:41.17Y	-0.17				
Benefield, Chloe	16	M	15 & Over 200 IM	P	19		2:40.25Y	2:41.17Y	-0.92				
Benefield, Chloe			15 & Over 200 IM	P	25		2:26.72Y	2:27.71Y	-0.99				
Black, Travis			15 & Over 100 Back	F	5		52.82Y	51.74Y	1.08				
Black, Travis				P	6		53.07Y	51.74Y	1.33				
Black, Travis			15 & Over 100 Free	F	17		49.25Y	47.80Y	1.45				
Black, Travis				P	15		49.07Y	47.80Y	1.27				
Black, Travis			15 & Over 200 Back	F	2		1:51.44Y	1:53.40Y	-1.96				
Black, Travis				P	4		1:55.32Y	1:53.40Y	1.92				
Black, Travis			15 & Over 200 Free	F	10		1:45.74Y	1:42.72Y	3.02				
Black, Travis				P	11		1:46.80Y	1:42.72Y	4.08				
Black, Travis			15 & Over 200 IM	F	12		2:00.37Y	2:03.58Y	-3.21				
Black, Travis				P	23		2:02.60Y	2:03.58Y	-0.98				
Boardman, Ela			16	F	15 & Over 100 Back	P	38		1:08.24Y	1:07.21Y	1.03		
Boardman, Ela					15 & Over 100 Free	P	65		1:01.62Y	1:00.71Y	0.91		
Boardman, Ela					15 & Over 200 Back	P	28		2:25.01Y	2:23.61Y	1.40		
Boardman, Ela	15 & Over 200 Free	P			45		2:12.44Y	2:11.00Y	1.44				
Boardman, Ela	15 & Over 50 Free	P			54		28.77Y	25.52Y	3.25				
Boardman, Ela	15	M	Open 500 Free	F	20		5:49.78Y	5:40.12Y	9.66				
Brophy, Fisher			15 & Over 100 Breast	P	27		1:04.63Y	1:03.08Y	1.55				
Brophy, Fisher			15 & Over 100 Free	P	59		53.01Y	50.90Y	2.11				
Brophy, Fisher			15 & Over 200 Breast	P	24		2:21.02Y	2:17.45Y	3.57				
Brophy, Fisher			15 & Over 200 IM	P	31		2:08.10Y	2:06.17Y	1.93				
Brophy, Fisher			15 & Over 50 Free	P	47		24.12Y	23.87Y	0.25				
Brophy, Fisher			Open 400 IM	F	15		4:31.65Y	4:32.31Y	-0.66				
Brophy, Shane			13	F	11-12 100 Breast	F	6		1:18.98Y	1:16.16Y	2.82		
Brophy, Shane						P	3		1:16.54Y	1:16.16Y	0.38		
Brophy, Shane					11-12 200 Free	F	1		2:06.21Y	2:03.73Y	2.48		
Brophy, Shane						P	1		2:08.21Y	2:03.73Y	4.48		
Brophy, Shane					11-12 200 IM	F	1		2:26.49Y	2:20.05Y	6.44		
Brophy, Shane			12	F		P	1		2:23.91Y	2:20.05Y	3.86		
Chasan, Lily					11-12 100 Back	P	18		1:15.76Y	1:14.79Y	0.97		
Chasan, Lily					11-12 200 Breast	P	17		3:08.44Y	3:09.93Y	-1.49		
Chasan, Lily	11-12 200 Free	P			28		2:30.09Y	2:26.86Y	3.23				
Chau, Lilian	14	F			13-14 100 Back	P	26		1:11.17Y	1:09.31Y	1.86		
Chau, Lilian					13-14 100 Free	P	45		1:03.97Y	1:02.81Y	1.16		
Chau, Lilian					13-14 200 Free	P	41		2:21.35Y	2:15.44Y	5.91		
Farley, Eleanor	17	F			15 & Over 100 Back	F	13		1:01.08Y	58.94Y	2.14		
Farley, Eleanor						P	18		1:01.05Y	58.94Y	2.11		
Farley, Eleanor					15 & Over 100 Fly	P	33		1:04.56Y	1:03.94Y	0.62		
Farley, Eleanor					15 & Over 100 Free	P	23		55.36Y	52.68Y	2.68		
Farley, Eleanor					15 & Over 200 Free	F	17		2:00.46Y	1:57.31Y	3.15		
Farley, Eleanor					15 & Over 200 Free	P	14		1:59.17Y	1:57.31Y	1.86		
Farley, Eleanor					15 & Over 50 Free	F	13		25.00Y	24.29Y	0.71		
Farley, Eleanor						P	16		25.16Y	24.29Y	0.87		
Farley, Ian			17	M	15 & Over 100 Breast	P	32		1:05.75Y	1:06.45Y	-0.70		
Farley, Ian					15 & Over 100 Free	P	41		51.43Y	50.66Y	0.77		
Farley, Ian	15 & Over 200 Free	P			29		1:52.29Y	1:49.96Y	2.33				
Farley, Ian	13	M	Open 500 Free	F	13		4:59.31Y	4:54.00Y	5.31				
Feng, Lucas			13-14 100 Fly	P	27		1:09.34Y	1:05.29Y	4.05				
Feng, Lucas			13-14 100 Free	P	36		1:00.95Y	56.61Y	4.34				
Feng, Lucas			13-14 200 Free	P	26		2:10.70Y	2:03.79Y	6.91				
Feng, Lucas			13-14 400 IM	F	11		5:12.48Y	5:03.35Y	9.13				
Feng, Lucas			13-14 50 Free	P	37		27.92Y	25.94Y	1.98				
Feng, Lucas			13-14 500 Free	F	14		5:51.51Y	5:44.60Y	6.91				
Gannon, James			16	M	15 & Over 100 Back	F	17		59.68Y	58.03Y	1.65		
Gannon, James						P	21		58.81Y	58.03Y	0.78		
Gannon, James					15 & Over 100 Breast	F	16		1:02.50Y	1:01.81Y	0.69		
Gannon, James		P			17		1:02.39Y	1:01.81Y	0.58				
Gannon, James	15 & Over 200 Breast	F			19		2:20.39Y	2:15.45Y	4.94				
Gannon, James			15 & Over 200 Free	P	20		2:18.68Y	2:15.45Y	3.23				
Gannon, James				F	14		1:47.06Y	1:47.84Y	-0.78				
Gannon, James				P	14		1:47.24Y	1:47.84Y	-0.60				
Gannon, James			15 & Over 200 IM	F	13		2:00.97Y	2:02.48Y	-1.51				
Gannon, James				P	21		2:02.28Y	2:02.48Y	-0.20				
Gannon, James	15	F	Open 500 Free	F	5		4:46.37Y	4:38.82Y	7.55				
Grady, Eliza			13-14 100 Back	P	17		1:06.56Y	1:03.95Y	2.61				
Grady, Eliza			13-14 100 Free	F	8		57.12Y	55.06Y	2.06				
Grady, Eliza				P	7		56.50Y	55.06Y	1.44				
Grady, Eliza			13-14 200 Back	F	2		2:15.73Y	2:17.72Y	-1.99				
Grady, Eliza				P	2		2:19.12Y	2:17.72Y	1.40				
Grady, Eliza			13-14 200 Free	F	8		2:03.88Y	2:02.23Y	1.65				
Grady, Eliza				P	6		2:05.22Y	2:02.23Y	2.99				
Grady, Eliza			13-14 200 IM	P	3		2:20.58Y	2:18.56Y	2.02				
Grady, Eliza			13-14 50 Free	P	10		26.42Y	25.94Y	0.48				
Greaves, Layla	16	F	15 & Over 100 Back	F	6		58.63Y	57.61Y	1.02				
Greaves, Layla				P	11		58.69Y	57.61Y	1.08				
Greaves, Layla			15 & Over 100 Fly	F	17		59.86Y	16.61Y	43.25				
Greaves, Layla				P	17		59.17Y	16.61Y	42.56				
Greaves, Layla			15 & Over 100 Free	F	13		55.47Y	53.04Y	2.43				
Greaves, Layla			15 & Over 200 Back	P	17		54.82Y	53.04Y	1.78				
Greaves, Layla				F	7		2:09.89Y	2:06.78Y	3.11				
Greaves, Layla				P	6		2:07.50Y	2:06.78Y	0.72				
Greaves, Layla			15 & Over 200 Free	F	12		1:58.75Y	1:58.14Y	0.61				
Greaves, Layla				P	13		1:58.87Y	1:58.14Y	0.73				
Greaves, Layla	15	M	15 & Over 50 Free	F	16		25.70Y</						