

South Carolina Swimming

Cruise Pace Benchmark

* 10 X 100 10 Sec rest between each 100.

* Time include total of 90 seconds rest between 100's

		2018 Sen. Select	
1 Crosby	Silas	10:58	0:56
2 Meier	Brandon	10:59	0:56
3 Morgan	Ian	11:04	0:57
4 Hills	Christopher	11:10	0:58
5 Meier	Christopher	11:10	0:58
6 DePiero	Nathan	11:11	0:58
7 Williams	Nathan	11:11	0:58
8 Campbell	Coleman	11:22	0:59
9 Juengel	Michael	11:22	0:59
10 Griner	Luke	11:24	0:59
11 Bruner	Cohen	11:30	1:00
12 Cantrell	Bryson	11:30	1:00
13 Parker	Jackson	11:36	1:00
14 Gush	Matthew	11:37	1:00
15 Kassis	Daniel	11:37	1:00
16 Bannister	Bruce	11:40	1:01
17 Gush	Johnny	11:41	1:01
18 Laurencelle	Adrien	11:56	1:02
19 Davis	Christopher	11:57	1:02
20 Walker	Liam		

Average Pace 0:59

		2018 Sen. Select	
1 Bognar	Cara	11:24	0:59
2 Rice	Anna	11:32	1:00
3 Parker	Riley	11:42	1:01
4 Ownbey	Hannah	11:44	1:01
5 Sullivan	Emma	11:44	1:01
6 McSharry	Audra	11:45	1:01
7 McEnroe	Annika	11:50	1:02
8 Golden	Keri	11:52	1:02
9 Jensen	Elizabeth	12:00	1:03
10 Ogle	Jodi	12:01	1:03
11 Martin	Rebecca	12:12	1:04
12 Young	Sarah	12:12	1:04
13 Murray	Lauren	12:16	1:04
14 Beckish	Lauren	12:27	1:05
15 Berry	Makenna	12:32	1:06
16 Chandler	Aubrey	12:32	1:06
17 Robins	meagan	12:44	1:07
18 Foster	Jordan	13:28	1:11
19 Mundy	Sarah		

Average Pace 1:03