



MEET REPORT

**HELEN WANG
SUNFLOWER CLASSIC**



April 25-27, 2025

Please contact Coach Joe if you have any questions about the report or if you identify any errors or omissions

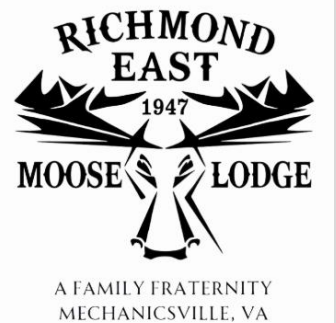
Team Performance

70% Best times! (164 out of 234)

New Motivational Time Standards:

Tyler Ashby: B 50 100 Breast 100 Free
Lucy Atkins: BB 50 Breast 100 Free Back
Evan Bellino: B 50 Free
Chris Bergreen: A 100 Fly 200 Free BB 200 IM
Pepper Bishop: AAA 50 Fly AA 100 Fly Free
Charley Brooks: AA 50 100 Fly A 50 100 Free 100 Back
Connor Brooks: AA 50 100 800 Free A 200 IM
Paige Brown: BB 50 Free B 100 Breast
Liam Bugin: B 100 Free
Charlee Byrd: BB 50 Back Fly 100 Free B 50 200 Free
Caroline Connolly: BB 50 Breast 100 Back B 50 Fly
Ella Kate Davis: BB 50 Breast Fly 100 Free Breast 200 Free
Anderson Ellington: B 50 Free 100 Back Free
Lola Fabricant: BB 50 Free
Erin Farrell: BB 100 Free
James Goodwillie: BB 100 Breast B 50 Fly 100 Free 200 Free
Zoe Hinckle: AA 50 100 Free A 50 Back 200 Free BB 50 Fly 100 Back
William Hulette: B 50 Free
Kaylee Jones: BB 200 IM
Madelyn Lancto: BB 100 Back 100 Free
Zach Lehman: B 100 Free
Ciara Lewis: BB 50 Free
Emily Magill: AA 50 Free
Luca Marchelletta: B 100 Back
Gavin Mauritsen: BB 100 200 Breast 200 Free
Avery Minton: B 100 Fly
Johnny Morgan: B 100 Fly
Gentry Moyer: AA 50 Free BB 100 Breast 200 Free
Reagan Patrick: BB 50 Free
Michael Sabo: AA 100 Free
Molly Sabo: AAA 100 Back AA 50 Free Fly 100 Fly A 400 Free
Lexi Scott: BB 50 Free B 200 IM
Shaelynn Spradling: AA 100 200 Free A 50 100 Breast 50 Free BB 50 Fly 100 Back
Reagan Strohacker: AA 400 IM
Madison Taylor: BB 50 Free
Ava Tricoli: A 50 Fly Free 100 Back Breast Free 200 Free BB 50 Breast
Brooks Vondersmith: B 50 Breast
Megan Workman: BB 50 Fly 100 Fly Free B 100 Breast

Thank You Sponsors!!



Motivational Times:

USA Swimming uses what is known as time standards or motivational times. This is done to motivate and create goals for swimmers as well as being able to qualify meets. Some meets, for example, may only be for swimmers who have A and above times and conversely some meets may only be for C/B/BB swimmers. Most meets will be open to all but the meet invite will indicate if there are any restrictions on who can attend. Time standards change every 4 years and we are currently using 2024-2028 time standards. The current USA time standards can be found here:

Link to Motivational Times:

2028-motivational-standards-age-group.pdf
(websitedevsa.blob.core.windows.net)

The time standards are determined by USA swimming based on percentages and you can determine where your swimmer stands compared to other swimmers based on the time standard achieved.

C-All swimmers below a B standard

B-Top 55% of swimmers

BB-Top 35% of swimmers

A-Top 15% of swimmers

AA-Top 8% of swimmers

AAA-Top 6% of swimmers

AAAA-Top 2% of swimmers

New Meet Cuts

Virginia Swimming Age Group Championships

Link to cuts: 2025-2028-agc-qt-final_060722.pdf
(gomotionapp.com)

Pepper Bishop: 100 Free & 100 Fly

Charley Brooks: 50 & 100 Fly

Molly Sabo: 50 Free & Fly, 100 Back & Fly

Shaelynn Spradling: 100 & 200 Free, 50 Breast & Free

Ava Tricoli: 200 Free

Thank You Sponsors!!

