



MEET REPORT

FREEDOM SPLASH



MAY 16-18 | RICHMOND, VA

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

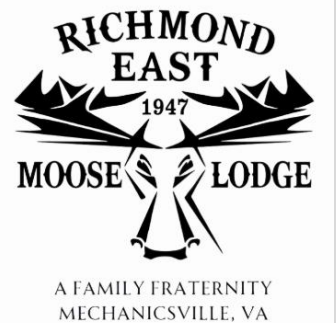
Team Performance

68% Best times! (183 out of 271)

New Motivational Time Standards:

Tyler Ashby: B 50 Fly
Lucy Atkins: BB 50 Free Back B 400 Free
Peyton Beardslee: B 50 Free
Evan Bellino: B 50 Back
Pepper Bishop: AA 200 IM Free 50 Free A 400 Free
Caden Bishop: A 400 IM 100 Back BB 100 Breast
Charleston Brooks: A 200 IM BB 200 Free
Connor Brooks: A 400 IM BB 200 Back
Paige Brown: B 100 200 Free
Charlee Byrd: BB 400 Free B 50 Breast 200 IM
Henry Conlan: BB 50 100 200 400 Free 50 Fly 200 IM
William Conlan: AA 50 100 200 400 Free 50 Back A 50 Fly BB 200 IM
Caroline Connolly: A 100 Free BB 100 Breast 200 Free B 100 Fly
Jackson Cubbage: BB 50 Fly 100 Back 200 Free B 100 Fly Breast
Ella Kate Davis: BB 200 IM 50 Back Free
Anderson Ellington: BB 400 Free
Erin Farrell: B 400 Free 200 IM 100 Breast
James Goodwillie: BB 50 Free
Ari Hanville: AA 50 Fly A 100 Fly BB 100 Breast Free 200 IM
Bria Hanville: BB 50 Fly 100 Fly Free 200 Free IM
Wesley Hill: A 50 Free BB 200 IM Back
Madelyn Lancto: B 100 Breast
Zachary Lehman: B 200 Free
Kaitlyn Lowery: B 50 Back Free 100 Free
Emily Magill: BB 200 Back B 100 Fly
Luca Marchelletta: B 400 Free
Avery Minton: A 100 Free 200 Free
Johnny Morgan: BB 200 IM
Brayden Mullenau: A 50 Free BB 100 Breast
Zoey Regensburg: BB 50 100 Free 200 IM B 100 Breast 200 Free
Ava Jane Reynold:
Bradley Reynold: A 50 Free BB 50 Back 200 IM Free B 100 Fly
Molly Sabo: AAA 50 Back AA 200 Free IM BB 50 Breast
Amelia Smith: A 100 Back BB 400 Free 200 IM
Shaelynn Spradling: AA 100 Breast 400 Free A 200 IM
Emma Stell: B 100 Back
DJ Taylor: BB 50 Free B 50 Breast 100 Free
Madison Taylor: B 100 Free
Ava Tricoli: A 50 Back 200 IM
Brooks Vondersmith: B 100 Breast
Ryan Wood: BB 50 Free Fly B 100 Breast
Megan Workman: A 50 Back 100 Fly BB 200 IM 400 Free B 50 Breast
Lennon Zyglocke: BB 100 Fly B 100 Breast
Lilly Zyglocke: B 100 Fly

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 50 Back 50 Free

Caden Bishop: 50 Free

William Conlan: 50 100 200 400 Free 50 Back 50 Fly

Ari Hanville: 50 100 Fly

Brayden Mullenau: 50 Free Fly

Shaelynn Spradling: 100 Breast 400 Free

New Team Records

James Goodwillie- 50 Back (47.41)

Shaelynn Spradling: 100 Breast (1:42.21)

Charleston Brooks- 400 IM (LEGACY RECORD TOO) (7:08.63)

Thank You Sponsors!!

