

HANOVER HURRICANES

MEET REPORT



May 15 – May 18, 2025

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

Team Performance

72% Best times!

(63 out of 87)

New Motivational Time Standards:

Chris Bergreen: A 200 Fly
Henry Crain: AAA 100 Breast AA 50 100 Free A 100 Fly
Colin Eliason: AA 100 Back
Graham Frye: AA 50 Free 100 Free 100 Back 100 Breast A 100 Fly 200 Breast
Brandon Harvey: AAA 50 Free A 200 IM BB 200 Fly
Gavin Mauritsen: AA 100 Back A 200 Fly 200 IM
Alexander Patrick: AA 200 IM A 100 Fly
Chandler Rose: AAAA 50 100 Free AAA 100 200 Back
Michael Sabo: AAAA 100 200 Back
Kenzie Strohacker: AA 100 Breast A 200 Breast
Reagan Strohacker: AAAA 100 Fly AAA 100 Back

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](https://www.2028-motivational-standards-age-group.pdf)
([websitedevsa.blob.core.windows.net](https://www.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

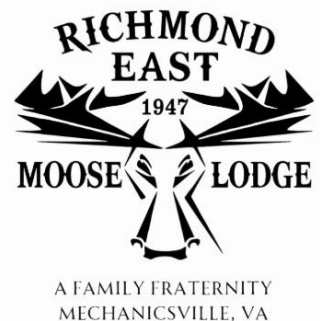
A-Top 15% of swimmers

AA-Top 8% of swimmers

AAA-Top 6% of swimmers

AAAA-Top 2% of swimmers

Thank You Sponsors!!



New Meet Cuts

VA Senior Champ cuts

Graham Frye 100 Breast
Gavin Mauritsen: 100 Back 100 Fly
Kenzie Strohacker 200 Breast
Reagan Strohacker 100 Back

Sectional champ cuts

Chandler Rose 100 200 Back
Michael Sabo 200 IM
Reagan Strohacker 100 Fly

ISCA SR Cup cuts

Henry Crain 100 Breast
Chandler Rose 100 200 Back
Reagan Strohacker 100 Fly

New NCSA national champs cuts

Chandler Rose: 50 Free 100 Free 200 Free 100 Back 100 Fly
Michael Sabo: 100 Back 200 IM
Reagan Strohacker: 100 Fly

New USA swimming Futures cuts

Chandler Rose: 100 Back
Michael Sabo: 100 Back

New Team Records

Kenzie Strohacker:
Female 15-18 & open 200 Breast (2:53.96)

Reagan Strohacker:
Female open & 13-14 50 Free (27.63)
Female open & 13-14 100 Fly (1:05.29)
Female 13-14 100 Back (1:10.08)
Female 13-14 200 IM (2:31.40)

Chandler Rose:
Male 15-18 50 Back (27.54)

Michael Sabo:
Male 15-18 & open 200 Back (2:08.73)
Male 15-18 & Open 200 Fly (2:07.89)
Male 15-18 & Open 200 IM (2:13.33)

New team Relays records

Male 15-18 & OPEN 200 & 400 Medley relays
(Chandler Rose, Henry Crain, Michael Sabo, Brandon Harvey)

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