

Name: Kevin Anderson Age:17 Club: DYNAMO

Event: 100 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.97	12.72	-	4 *	12.72	43.5 (1.38)	N/A	N/A	2.80	1.48	0.78
50	3.94	13.40	0.68	6 *	26.12	41.4 (1.45)	N/A	N/A	2.73	1.56	0.75
75	3.84	14.10	0.70	6 *	40.22	38.2 (1.57)	N/A	N/A	2.82	1.49	0.95
100	3.73	14.59	0.49	6.5 *	54.81	36.8 (1.63)	N/A	N/A	2.54	1.35	-
Totals	17.48			22.5							2.49

Event: 100 Fly Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.17	11.05	-	5 *	11.05	49.3 (1.22)	N/A	N/A	2.57	1.66	1.03
50	4.69	14.15	3.11	6 *	25.20	46.5 (1.29)	N/A	N/A	2.09	1.35	1.06
75	4.72	14.21	0.05	6 *	39.41	45.2 (1.33)	N/A	N/A	2.15	1.35	1.17
100	5.19	15.03	0.83	6 *	54.44	45.4 (1.32)	N/A	N/A	1.89	1.17	-
Totals	19.76			23							3.27

15M Start: 6.30 sec 15M Velocity: 2.38 m/sec

Event: 100 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.33	11.13	-	4 *	11.13	48.6 (1.23)	N/A	N/A	2.50	1.38	0.81
50	2.67	12.38	1.25	6 *	23.50	46.3 (1.30)	38.8 (1.55)	N/A	2.85	1.70	0.83
75	2.73	12.92	0.55	6.5 *	36.42	42.1 (1.43)	40.9 (1.47)	N/A	2.74	1.59	0.86
100	3.22	12.74	-0.18	6.5 *	49.16	42.0 (1.43)	39.6 (1.52)	N/A	2.54	1.48	-
Totals	13.95			23							2.50

Event: 200 Free-Relay Free (A) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.56	11.09	-	4 *	11.09	44.1 (1.36)	N/A	N/A	3.04	1.65	0.86
50	2.95	12.22	1.12	6 *	23.31	42.8 (1.40)	N/A	N/A	2.92	1.74	0.89
75	3.23	13.02	0.80	6 *	36.33	39.4 (1.52)	N/A	N/A	2.86	1.56	0.91

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
100	3.25	13.03	0.02	6 *	49.36	40.5 (1.48)	N/A	N/A	2.73	1.53	0.86
125	2.92	13.80	0.77	6.5 *	1:03.16	39.8 (1.51)	N/A	N/A	2.61	1.45	0.83
150	3.23	14.06	0.27	6.5 *	1:17.22	39.4 (1.52)	N/A	N/A	2.55	1.39	0.88
175	3.34	14.69	0.62	6.5 *	1:31.91	38.3 (1.57)	N/A	N/A	2.43	1.28	0.92
200	2.94	14.23	-0.45	7 *	1:46.14	38.0 (1.58)	N/A	N/A	2.43	1.34	-
Totals	26.44			48.5							6.14

Event: 50 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.91	10.84	-	4.5 *	10.84	52.6 (1.14)	N/A	N/A	2.16	1.27	0.75
50	3.64	11.47	0.62	6.5 *	22.31	49.5 (1.21)	N/A	N/A	2.35	1.64	-
Totals	8.55			11							0.75

* - denotes extrapolated value

Name: Katharine Bond Age:17 Club: DYNAMO

Event: 100 Bk-Relay Medley (B) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.47	13.14	-	6 *	13.14	48.2 (1.24)	N/A	N/A	2.70	1.75	0.88
50	3.20	16.00	2.86	9 *	29.14	47.0 (1.28)	43.0 (1.40)	N/A	2.06	1.31	0.86
75	2.53	14.36	-1.64	8 *	43.50	45.0 (1.33)	40.4 (1.49)	N/A	2.57	1.57	0.92
100	3.16	15.39	1.03	8 *	58.89	40.1 (1.50)	N/A	N/A	2.28	1.34	-
Totals	13.36			31							2.66

Event: 100 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.14	14.20	-	7 *	14.20	48.2 (1.24)	N/A	N/A	2.33	1.52	0.80
50	3.16	14.76	0.55	8 *	28.96	44.5 (1.35)	N/A	N/A	2.35	1.48	0.88
75	3.14	15.12	0.36	8 *	44.08	43.6 (1.38)	N/A	N/A	2.31	1.42	0.84
100	3.11	14.93	-0.19	8 *	59.01	41.7 (1.44)	N/A	N/A	2.27	1.38	-
Totals	13.55			31							2.52

Event: 200 Bk Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.08	14.50	-	7 *	14.50	46.3 (1.30)	N/A	N/A	2.27	1.45	0.86
50	2.67	15.04	0.54	8 *	29.54	44.8 (1.34)	42.0 (1.43)	N/A	2.36	1.46	0.99
75	2.73	15.60	0.56	8 *	45.14	41.9 (1.43)	38.8 (1.55)	N/A	2.46	1.41	1.13
100	2.95	16.15	0.55	8 *	1:01.29	39.1 (1.53)	39.2 (1.53)	N/A	2.35	1.31	0.89
125	2.84	15.66	-0.49	7.5 *	1:16.95	41.3 (1.45)	37.1 (1.62)	N/A	2.50	1.39	1.08
150	2.25	16.08	0.41	8 *	1:33.03	42.3 (1.42)	36.2 (1.66)	N/A	2.45	1.38	1.11
175	2.20	16.19	0.11	8 *	1:49.22	40.4 (1.49)	35.6 (1.69)	N/A	2.48	1.35	0.98
200	2.59	15.85	-0.34	9 *	2:05.07	41.1 (1.46)	38.2 (1.57)	N/A	2.24	1.31	-
Totals	22.33			63.5							7.03

15M Start: 8.55 sec 15M Velocity: 1.75 m/sec

Event: 200 Bk Heat: Prelims

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.28	14.63	-	7 *	14.63	44.8 (1.34)	45.2 (1.33)	N/A	2.47	1.51	0.86
50	2.83	15.17	0.55	8 *	29.80	41.4 (1.45)	41.5 (1.45)	N/A	2.45	1.45	1.03
75	2.61	15.17	-0.01	7.5 *	44.97	42.5 (1.41)	38.2 (1.57)	N/A	2.55	1.47	1.09
100	2.56	15.76	0.59	8 *	1:00.73	41.7 (1.44)	37.5 (1.60)	N/A	2.44	1.38	1.00
125	2.48	15.52	-0.24	8 *	1:16.25	40.6 (1.48)	37.1 (1.62)	N/A	2.56	1.43	1.03
150	2.64	16.05	0.53	8 *	1:32.30	40.6 (1.48)	39.2 (1.53)	N/A	2.39	1.36	1.02
175	2.78	15.93	-0.12	7.5 *	1:48.23	39.9 (1.50)	36.9 (1.63)	N/A	2.49	1.36	1.11
200	2.70	15.82	-0.12	8.5 *	2:04.05	40.2 (1.49)	38.3 (1.57)	N/A	2.26	1.30	-
Totals	22.89			62.5							7.14

Event: 200 Free-Relay Free (B) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.25	12.59	-	6.5 *	12.59	50.9 (1.18)	46.8 (1.28)	N/A	2.54	1.68	0.95
50	1.88	14.14	1.55	9 *	26.73	50.2 (1.20)	47.8 (1.26)	N/A	2.20	1.55	0.88
75	1.92	14.52	0.38	9 *	41.25	49.9 (1.20)	45.0 (1.33)	N/A	2.18	1.48	0.89
100	2.02	14.97	0.45	9.5 *	56.22	47.3 (1.27)	45.5 (1.32)	N/A	2.16	1.44	0.86
125	2.13	15.27	0.30	9 *	1:11.48	45.4 (1.32)	44.7 (1.34)	N/A	2.13	1.37	0.88
150	2.14	15.31	0.05	9 *	1:26.80	46.0 (1.30)	43.6 (1.38)	N/A	2.14	1.37	0.89
175	2.06	15.36	0.05	9 *	1:42.16	45.6 (1.32)	43.8 (1.37)	N/A	2.17	1.39	0.97
200	2.05	15.00	-0.36	9.5 *	1:57.16	45.0 (1.33)	43.1 (1.39)	N/A	2.09	1.36	-
Totals	17.44			70.5							6.31

* - denotes extrapolated value

Name: Layne Brodie Age:17 Club: DYNAMO

Event: 100 Br Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.76	13.59	-	5 *	13.59	38.2 (1.57)	N/A	N/A	2.76	1.43	0.97
50	4.42	16.75	3.15	7 *	30.34	37.1 (1.62)	N/A	N/A	2.41	1.29	0.81
75	4.45	16.30	-0.45	7 *	46.64	40.7 (1.47)	N/A	N/A	2.26	1.32	1.05
100	4.05	16.99	0.69	9 *	1:03.63	43.9 (1.37)	N/A	N/A	2.03	1.29	-
Totals	18.69			28							2.83
15M Start: 8.08 sec 15M Velocity: 1.86 m/sec											

Event: 100 Br Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.75	13.52	-	5 *	13.52	39.6 (1.52)	N/A	N/A	2.59	1.39	0.95
50	4.16	16.51	3.00	8 *	30.03	40.4 (1.49)	N/A	N/A	2.27	1.32	1.06
75	4.09	16.14	-0.37	7 *	46.17	41.2 (1.46)	N/A	N/A	2.34	1.40	1.01
100	4.11	17.33	1.19	9 *	1:03.50	42.6 (1.41)	N/A	N/A	2.01	1.24	-
Totals	18.11			29							3.03
15M Start: 7.84 sec 15M Velocity: 1.91 m/sec											

Event: 100 Fly Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.22	12.20	-	6	12.20	51.4 (1.17)	N/A	N/A	2.21	1.61	1.16
50	3.67	15.43	3.23	9	27.63	55.9 (1.07)	N/A	N/A	1.89	1.40	0.98
75	3.42	14.79	-0.64	10	42.42	54.4 (1.10)	N/A	N/A	1.75	1.48	1.19
100	2.97	15.69	0.90	10	58.11	55.7 (1.08)	N/A	N/A	1.85	1.42	-
Totals	15.28			35							3.33
15M Start: 7.33 sec 15M Velocity: 2.05 m/sec											

Event: 100 Fly Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.39	12.44	-	7 *	12.44	56.1 (1.07)	N/A	N/A	1.97	1.52	0.94

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
50	3.81	14.79	2.35	9 *	27.23	56.1 (1.07)	N/A	N/A	1.80	1.45	0.86
75	3.33	14.97	0.18	10 *	42.20	56.6 (1.06)	N/A	N/A	1.76	1.45	1.03
100	3.09	15.66	0.68	11 *	57.86	56.0 (1.07)	N/A	N/A	1.71	1.40	-
Totals	14.63			37							2.83
15M Start: 7.28 sec 15M Velocity: 2.06 m/sec											

Event: 100 Free-Relay Free (A) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.84	12.20	-	6.5 *	12.20	51.5 (1.17)	N/A	N/A	2.27	1.53	0.61
50	2.22	13.48	1.28	9 *	25.69	51.6 (1.16)	N/A	N/A	2.18	1.60	0.91
75	2.56	14.27	0.78	9 *	39.95	50.4 (1.19)	N/A	N/A	2.04	1.45	0.80
100	2.25	13.72	-0.55	10 *	53.67	51.7 (1.16)	N/A	N/A	1.97	1.49	-
Totals	10.87			34.5							2.31

Event: 100 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.50	12.05	-	6 *	12.05	54.1 (1.11)	N/A	N/A	2.32	1.61	0.78
50	2.63	13.55	1.51	8.5 *	25.60	52.6 (1.14)	N/A	N/A	2.12	1.57	1.00
75	1.98	13.90	0.35	9.5 *	39.50	52.3 (1.15)	N/A	N/A	2.11	1.58	0.92
100	2.03	14.09	0.19	10.5 *	53.59	51.9 (1.16)	N/A	N/A	1.91	1.46	-
Totals	11.14			34.5							2.70
15M Start: 6.70 sec 15M Velocity: 2.24 m/sec											

Event: 200 Br Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.70	13.88	-	5 *	13.88	36.7 (1.63)	N/A	N/A	2.70	1.34	0.95
50	4.69	16.98	3.10	6 *	30.85	32.7 (1.83)	N/A	N/A	2.74	1.29	1.06
75	4.81	16.96	-0.01	6 *	47.81	30.9 (1.94)	N/A	N/A	2.96	1.32	1.06
100	4.56	17.85	0.89	7 *	1:05.66	32.7 (1.83)	N/A	N/A	2.57	1.22	1.11
125	4.39	17.70	-0.15	6 *	1:23.36	32.1 (1.87)	N/A	N/A	2.66	1.24	0.63
150	4.83	17.65	-0.05	7 *	1:41.01	33.5 (1.79)	N/A	N/A	2.44	1.18	1.11

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
175	4.36	17.68	0.03	7 *	1:58.69	33.3 (1.80)	N/A	N/A	2.60	1.26	1.06
200	4.20	17.80	0.13	8 *	2:16.49	37.8 (1.59)	N/A	N/A	2.27	1.25	-
Totals	37.55			52							6.98
15M Start: 8.03 sec 15M Velocity: 1.87 m/sec											

Event: 200 Br Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.34	14.11	-	4 *	14.11	34.6 (1.73)	N/A	N/A	2.85	1.30	0.98
50	5.06	17.60	3.49	6 *	31.71	30.9 (1.94)	N/A	N/A	2.75	1.22	1.16
75	5.22	17.10	-0.50	5 *	48.81	30.1 (1.99)	N/A	N/A	3.00	1.29	1.23
100	5.03	18.24	1.14	6 *	1:07.05	30.1 (1.99)	N/A	N/A	2.73	1.18	1.20
125	5.05	17.56	-0.68	6 *	1:24.61	31.2 (1.92)	N/A	N/A	2.79	1.25	1.09
150	4.62	18.33	0.77	7 *	1:42.94	32.5 (1.85)	N/A	N/A	2.51	1.18	1.19
175	4.58	17.57	-0.76	7 *	2:00.51	33.7 (1.78)	N/A	N/A	2.58	1.26	1.22
200	4.30	18.29	0.72	8 *	2:18.81	36.7 (1.63)	N/A	N/A	2.26	1.20	-
Totals	40.20			49							8.08

Event: 200 Free-Relay Free (A) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.02	11.77	-	5.5	11.77	51.4 (1.17)	N/A	N/A	2.68	1.77	0.92
50	2.59	13.86	2.09	8.5	25.63	51.0 (1.18)	47.7 (1.26)	N/A	2.18	1.55	1.06
75	2.33	14.14	0.28	9	39.77	49.2 (1.22)	46.0 (1.30)	N/A	2.11	1.48	0.78
100	2.25	14.45	0.31	9	54.22	50.2 (1.20)	49.0 (1.22)	N/A	2.14	1.49	1.06
125	2.31	14.53	0.08	9	1:08.75	50.0 (1.20)	49.5 (1.21)	N/A	2.14	1.48	1.01
150	2.25	14.91	0.38	10	1:23.66	51.5 (1.17)	49.4 (1.21)	N/A	1.92	1.43	1.03
175	2.00	14.73	-0.18	9.5	1:38.39	50.9 (1.18)	48.8 (1.23)	N/A	2.11	1.49	1.11
200	1.86	14.88	0.15	11	1:53.27	50.9 (1.18)	49.2 (1.22)	N/A	1.84	1.39	-
Totals	19.61			71.5							6.98

Event: 200 IM Heat: Finals

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.14	11.67	-	6 *	11.67	53.3 (1.13)	N/A	N/A	2.96	2.24	1.09
50	3.47	15.76	4.09	10 *	27.43	53.0 (1.13)	52.1 (1.15)	N/A	1.83	1.39	1.05
75	3.31	16.18	0.42	7 *	43.61	38.8 (1.55)	38.4 (1.56)	N/A	2.71	1.48	0.97
100	3.27	16.22	0.04	8.5 *	59.83	38.5 (1.56)	40.4 (1.49)	N/A	1.98	1.13	0.97
125	5.08	17.26	1.04	6 *	1:17.09	32.9 (1.82)	32.8 (1.83)	N/A	2.55	1.19	0.91
150	4.69	18.63	1.36	7 *	1:35.72	33.8 (1.78)	33.5 (1.79)	N/A	2.24	1.08	1.11
175	3.08	14.65	-3.97	8 *	1:50.38	50.9 (1.18)	47.6 (1.26)	N/A	2.49	1.75	0.95
200	1.92	14.67	0.01	10.5 *	2:05.04	49.5 (1.21)	49.5 (1.21)	N/A	2.04	1.50	-
Totals	28.95			63							7.05

15M Start: 8.17 sec 15M Velocity: 1.84 m/sec

Event: 200 IM Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.55	12.19	-	7 *	12.19	53.6 (1.12)	N/A	N/A	2.14	1.55	0.91
50	3.33	15.41	3.23	10 *	27.60	54.9 (1.09)	55.5 (1.08)	N/A	1.77	1.42	1.05
75	3.16	16.82	1.41	7.5 *	44.42	39.0 (1.54)	38.6 (1.55)	N/A	2.58	1.42	1.11
100	3.50	16.18	-0.64	7.5 *	1:00.60	36.7 (1.63)	35.9 (1.67)	N/A	2.10	1.09	1.20
125	4.42	18.10	1.93	7 *	1:18.70	33.8 (1.78)	32.4 (1.85)	N/A	2.45	1.17	1.19
150	4.22	18.57	0.46	8 *	1:37.27	34.9 (1.72)	34.9 (1.72)	N/A	2.27	1.15	1.20
175	2.61	15.60	-2.96	9 *	1:52.88	50.4 (1.19)	50.5 (1.19)	N/A	2.22	1.60	0.97
200	1.91	14.32	-1.28	10 *	2:07.20	49.7 (1.21)	49.9 (1.20)	N/A	2.10	1.56	-
Totals	27.69			66							7.62

Event: 400 IM Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.56	12.70	-	7 *	12.70	53.7 (1.12)	N/A	N/A	2.03	1.50	1.05
50	4.02	16.07	3.36	10 *	28.77	53.0 (1.13)	N/A	N/A	1.69	1.28	0.98
75	3.53	16.14	0.07	10 *	44.91	52.7 (1.14)	N/A	N/A	1.70	1.30	1.14
100	3.23	17.11	0.98	11 *	1:02.02	50.7 (1.18)	N/A	N/A	1.69	1.25	0.75
125	2.34	17.64	0.52	8.5 *	1:19.66	35.5 (1.69)	N/A	N/A	2.42	1.23	0.47
150	3.28	17.90	0.27	8 *	1:37.56	34.7 (1.73)	N/A	N/A	2.27	1.11	0.83

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
175	3.08	17.36	-0.54	7.5 *	1:54.92	34.4 (1.74)	N/A	N/A	2.43	1.18	0.89
200	3.27	18.02	0.66	8.5 *	2:12.94	33.9 (1.77)	N/A	N/A	2.17	1.08	1.11
225	4.81	18.43	0.42	6 *	2:31.38	31.3 (1.92)	N/A	N/A	2.59	1.17	1.05
250	4.53	19.29	0.85	7 *	2:50.66	30.8 (1.95)	N/A	N/A	2.47	1.10	0.95
275	4.28	18.96	-0.32	8 *	3:09.63	33.5 (1.79)	N/A	N/A	2.30	1.12	1.13
300	4.56	19.52	0.56	8 *	3:29.15	34.0 (1.76)	N/A	N/A	2.18	1.07	1.06
325	2.20	16.62	-2.91	9.5 *	3:45.77	46.8 (1.28)	N/A	N/A	2.02	1.35	0.88
350	2.14	16.74	0.13	10 *	4:02.51	44.9 (1.34)	N/A	N/A	1.91	1.23	0.84
375	2.22	15.33	-1.41	10 *	4:17.84	48.2 (1.24)	N/A	N/A	2.00	1.38	0.88
400	2.39	15.16	-0.18	10.5 *	4:33.00	49.6 (1.21)	N/A	N/A	1.81	1.32	-
Totals	54.46			139.5							14.00
15M Start: 7.45 sec 15M Velocity: 2.01 m/sec											

Event: 50 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.05	11.59	-	6.5 *	11.59	58.8 (1.02)	N/A	N/A	2.24	1.72	0.77
50	2.78	12.74	1.14	10 *	24.33	59.5 (1.01)	N/A	N/A	1.84	1.59	-
Totals	6.83			16.5							0.77
15M Start: 6.56 sec 15M Velocity: 2.29 m/sec											

Event: 50 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.33	11.75	-	6.5 *	11.75	59.4 (1.01)	N/A	N/A	2.00	1.52	0.44
50	2.52	12.82	1.07	10 *	24.57	58.8 (1.02)	N/A	N/A	1.85	1.59	-
Totals	6.85			16.5							0.44

* - denotes extrapolated value

Name: Laura Browning Age:16 Club: DYNAMO

Event: 100 Br Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.23	14.61	-	6 *	14.61	42.8 (1.40)	N/A	N/A	2.20	1.29	0.70
50	1.92	17.59	2.98	10 *	32.20	39.9 (1.50)	N/A	N/A	2.15	1.28	0.88
75	3.91	17.30	-0.29	9 *	49.50	41.9 (1.43)	N/A	N/A	2.05	1.25	0.94
100	3.97	17.83	0.53	9 *	1:07.33	41.7 (1.44)	N/A	N/A	1.96	1.19	-
Totals	15.03			34							2.52
15M Start: 8.53 sec 15M Velocity: 1.76 m/sec											

Event: 100 Br Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.53	14.66	-	8 *	14.66	51.2 (1.17)	N/A	N/A	1.89	1.33	0.86
50	4.09	17.38	2.73	9 *	32.04	43.0 (1.40)	N/A	N/A	1.98	1.24	0.83
75	4.11	17.46	0.08	9 *	49.50	43.5 (1.38)	N/A	N/A	1.92	1.21	0.92
100	4.13	18.16	0.70	9 *	1:07.66	43.6 (1.38)	N/A	N/A	1.82	1.15	-
Totals	17.86			35							2.61
15M Start: 8.75 sec 15M Velocity: 1.71 m/sec											

Event: 100 Br Heat: Time Trial

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.30	14.86	-	6 *	14.86	41.7 (1.44)	N/A	N/A	2.21	1.27	0.92
50	3.88	17.13	2.27	8 *	31.98	41.0 (1.46)	41.7 (1.44)	N/A	2.11	1.27	1.08
75	3.81	17.78	0.66	9 *	49.77	43.1 (1.39)	41.3 (1.45)	N/A	2.00	1.23	0.98
100	3.66	17.56	-0.22	9 *	1:07.33	41.6 (1.44)	42.0 (1.43)	N/A	2.04	1.25	-
Totals	16.64			32							2.98
15M Start: 8.66 sec 15M Velocity: 1.73 m/sec											

Event: 200 Br Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.41	14.91	-	6 *	14.91	37.4 (1.60)	N/A	N/A	2.44	1.25	1.00

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
50	3.95	17.71	2.81	8 *	32.62	38.9 (1.54)	N/A	N/A	2.19	1.24	1.00
75	3.95	17.65	-0.07	8 *	50.27	37.5 (1.60)	N/A	N/A	2.29	1.25	1.13
100	3.80	18.44	0.80	8 *	1:08.71	36.5 (1.64)	N/A	N/A	2.27	1.21	1.09
125	3.89	17.79	-0.65	8 *	1:26.50	37.0 (1.62)	N/A	N/A	2.33	1.26	1.08
150	3.75	18.49	0.70	8 *	1:44.99	37.3 (1.61)	N/A	N/A	2.19	1.20	1.23
175	3.72	18.38	-0.11	9 *	2:03.38	38.6 (1.55)	N/A	N/A	2.16	1.22	0.98
200	3.66	18.26	-0.13	9 *	2:21.63	40.1 (1.50)	N/A	N/A	2.08	1.22	-
Totals	32.13			64							7.51
15M Start: 8.64 sec 15M Velocity: 1.74 m/sec											

Event: 200 Br Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.80	15.28	-	6 *	15.28	36.1 (1.66)	N/A	N/A	2.44	1.20	1.08
50	4.17	18.08	2.80	8 *	33.36	36.5 (1.64)	N/A	N/A	2.29	1.22	1.14
75	3.92	17.80	-0.28	8 *	51.16	35.9 (1.67)	N/A	N/A	2.41	1.27	1.06
100	3.92	18.60	0.81	8 *	1:09.76	36.1 (1.66)	N/A	N/A	2.24	1.18	1.11
125	4.05	18.04	-0.57	8 *	1:27.80	37.6 (1.60)	N/A	N/A	2.25	1.23	1.11
150	4.03	18.88	0.85	8 *	1:46.68	35.7 (1.68)	N/A	N/A	2.22	1.15	1.23
175	3.92	18.59	-0.30	8 *	2:05.27	36.1 (1.66)	N/A	N/A	2.28	1.20	1.17
200	3.83	19.12	0.54	9 *	2:24.39	37.4 (1.60)	N/A	N/A	2.09	1.14	-
Totals	33.64			63							7.91

Event: 200 IM Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.52	12.91	-	9 *	12.91	56.7 (1.06)	N/A	N/A	1.78	1.40	0.86
50	2.27	16.37	3.47	12 *	29.28	54.1 (1.11)	53.2 (1.13)	N/A	1.72	1.37	1.00
75	1.91	16.84	0.47	8.5 *	46.13	40.1 (1.50)	39.7 (1.51)	N/A	2.51	1.45	0.97
100	2.34	17.28	0.44	9 *	1:03.41	36.5 (1.64)	33.9 (1.77)	N/A	2.18	1.13	1.33
125	3.64	18.34	1.06	8 *	1:21.75	35.8 (1.68)	N/A	N/A	2.30	1.20	1.23
150	3.34	19.46	1.12	9 *	1:41.21	37.7 (1.59)	37.6 (1.60)	N/A	2.02	1.12	1.11
175	1.86	16.26	-3.20	8.5 *	1:57.47	41.1 (1.46)	41.7 (1.44)	N/A	2.54	1.52	0.91

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
200	2.03	15.81	-0.45	9 *	2:13.28	40.5 (1.48)	39.2 (1.53)	N/A	2.34	1.39	-
Totals	20.91			73							7.41

15M Start: 7.31 sec 15M Velocity: 2.05 m/sec

Event: 400 IM Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.77	13.70	-	9 *	13.70	56.9 (1.05)	N/A	N/A	1.86	1.52	1.00
50	2.33	16.86	3.15	12 *	30.56	52.2 (1.15)	N/A	N/A	1.69	1.30	0.98
75	2.34	16.63	-0.23	11 *	47.19	51.1 (1.17)	N/A	N/A	1.76	1.32	0.97
100	2.39	17.53	0.91	12 *	1:04.72	50.0 (1.20)	N/A	N/A	1.68	1.24	1.09
125	2.23	18.14	0.61	8.5 *	1:22.86	35.4 (1.69)	N/A	N/A	2.44	1.24	0.64
150	2.45	17.57	-0.57	8.5 *	1:40.43	35.8 (1.68)	N/A	N/A	2.34	1.20	0.86
175	2.17	17.54	-0.03	8.5 *	1:57.97	34.8 (1.72)	N/A	N/A	2.41	1.21	0.61
200	2.80	17.75	0.21	8.5 *	2:15.72	34.5 (1.74)	N/A	N/A	2.22	1.13	1.11
225	4.05	19.01	1.26	7 *	2:34.73	32.5 (1.85)	N/A	N/A	2.42	1.14	0.99
250	4.50	19.31	0.29	8 *	2:54.04	34.4 (1.74)	N/A	N/A	2.19	1.09	0.97
275	4.59	18.90	-0.41	8 *	3:12.94	34.1 (1.76)	N/A	N/A	2.26	1.11	1.03
300	4.41	19.37	0.48	8 *	3:32.31	35.2 (1.70)	N/A	N/A	2.13	1.08	0.95
325	1.66	16.44	-2.93	9 *	3:48.75	41.4 (1.45)	N/A	N/A	2.32	1.39	0.78
350	1.95	16.40	-0.04	9.5 *	4:05.15	41.9 (1.43)	N/A	N/A	2.13	1.28	0.88
375	1.80	15.68	-0.72	9 *	4:20.83	41.1 (1.46)	N/A	N/A	2.28	1.35	0.66
400	1.89	15.99	0.31	10 *	4:36.82	41.9 (1.43)	N/A	N/A	2.07	1.28	-
Totals	45.33			146.5							13.51

15M Start: 8.52 sec 15M Velocity: 1.76 m/sec

* - denotes extrapolated value

Name: Sarah Burns Age:18 Club: DYNAMO

Event: 100 Free-Relay Free (B) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	2.70	11.61	-	8 *	11.61	62.1 (.97)	N/A	N/A	2.14	1.81	0.69
50	1.83	13.23	1.63	9.5 *	24.84	55.0 (1.09)	N/A	N/A	2.10	1.66	0.80
75	1.67	14.56	1.33	9.5 *	39.41	47.4 (1.27)	N/A	N/A	2.21	1.51	0.91
100	1.78	14.86	0.30	9.5 *	54.27	44.4 (1.35)	N/A	N/A	2.13	1.40	-
Totals	7.99			36.5							2.39

Event: 100 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.66	12.78	-	7 *	12.78	52.6 (1.14)	N/A	N/A	2.18	1.52	0.84
50	1.78	14.20	1.42	9.5 *	26.98	51.7 (1.16)	46.8 (1.28)	N/A	2.19	1.55	0.91
75	1.58	15.10	0.90	9.5 *	42.08	44.4 (1.35)	45.0 (1.33)	N/A	2.25	1.45	0.88
100	1.78	14.70	-0.40	10 *	56.78	46.1 (1.30)	47.0 (1.28)	N/A	2.06	1.42	-
Totals	8.80			36							2.63

15M Start: 7.11 sec 15M Velocity: 2.11 m/sec

Event: 50 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	0.22	11.97	-	11.5 *	11.97	63.3 (.95)	N/A	N/A	1.78	1.61	0.69
50	2.06	12.46	0.49	11 *	24.43	63.9 (.94)	N/A	N/A	1.80	1.69	-
Totals	2.28			22.5							0.69

15M Start: 6.72 sec 15M Velocity: 2.23 m/sec

Event: 50 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.52	11.64	-	7.5 *	11.64	65.6 (.91)	N/A	N/A	2.01	1.74	0.88
50	2.03	12.54	0.90	11 *	24.18	62.8 (.96)	N/A	N/A	1.81	1.68	-
Totals	5.55			18.5							0.88

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Name: Hannah Cody Age:17 Club: DYNAMO

Event: 100 Br Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.64	14.81	-	9 *	14.81	53.7 (1.12)	N/A	N/A	1.75	1.33	1.08
50	3.69	17.57	2.75	10 *	32.38	48.3 (1.24)	N/A	N/A	1.78	1.26	1.00
75	3.84	17.78	0.21	10 *	50.16	46.1 (1.30)	N/A	N/A	1.80	1.21	0.92
100	3.34	18.07	0.30	11 *	1:08.23	49.1 (1.22)	N/A	N/A	1.67	1.20	-
Totals	15.51			40							3.00
15M Start: 8.91 sec 15M Velocity: 1.68 m/sec											

Event: 200 Br Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.98	15.06	-	8 *	15.06	48.2 (1.24)	N/A	N/A	1.91	1.28	1.00
50	3.69	17.76	2.70	10 *	32.82	45.0 (1.33)	N/A	N/A	1.90	1.25	1.13
75	3.81	18.31	0.55	10 *	51.13	44.3 (1.35)	N/A	N/A	1.86	1.21	1.17
100	3.42	18.99	0.68	10 *	1:10.11	42.4 (1.42)	N/A	N/A	1.88	1.17	1.09
125	3.64	19.11	0.12	10 *	1:29.22	43.5 (1.38)	N/A	N/A	1.81	1.16	1.22
150	3.91	20.01	0.90	10 *	1:49.23	41.4 (1.45)	N/A	N/A	1.79	1.08	1.13
175	3.41	19.11	-0.90	10 *	2:08.34	42.5 (1.41)	N/A	N/A	1.85	1.16	1.11
200	4.11	19.12	0.00	10 *	2:27.46	43.8 (1.37)	N/A	N/A	1.76	1.12	-
Totals	30.97			78							7.84

Event: 400 IM Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	2.81	13.66	-	9 *	13.66	50.2 (1.20)	N/A	N/A	1.96	1.41	1.00
50	2.30	17.92	4.27	11 *	31.58	43.5 (1.38)	N/A	N/A	1.90	1.22	1.11
75	2.41	18.30	0.37	11 *	49.88	46.0 (1.30)	N/A	N/A	1.75	1.19	1.08
100	2.70	20.04	1.75	11 *	1:09.92	39.2 (1.53)	N/A	N/A	1.80	1.04	1.11
125	2.38	20.53	0.49	8.5 *	1:30.45	31.7 (1.89)	N/A	N/A	2.35	1.07	0.86
150	2.61	20.30	-0.24	9 *	1:50.75	32.7 (1.83)	N/A	N/A	2.13	1.00	0.80
175	2.34	19.59	-0.70	8.5 *	2:10.34	31.2 (1.92)	N/A	N/A	2.36	1.06	0.84

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
200	2.44	19.98	0.38	9 *	2:30.32	30.4 (1.97)	N/A	N/A	2.24	1.00	1.14
225	4.14	18.51	-1.47	9 *	2:48.83	40.7 (1.47)	N/A	N/A	1.99	1.18	0.97
250	3.86	19.82	1.31	9 *	3:08.65	38.1 (1.57)	N/A	N/A	1.93	1.07	0.95
275	3.98	19.62	-0.21	9 *	3:28.27	36.3 (1.65)	N/A	N/A	2.04	1.08	0.95
300	3.73	20.54	0.93	9 *	3:48.81	35.1 (1.71)	N/A	N/A	2.01	1.03	1.17
325	2.67	16.08	-4.46	8 *	4:04.89	41.2 (1.46)	N/A	N/A	2.36	1.38	0.89
350	1.95	16.97	0.89	9 *	4:21.86	39.1 (1.53)	N/A	N/A	2.19	1.23	0.89
375	1.69	16.09	-0.88	9 *	4:37.95	39.2 (1.53)	N/A	N/A	2.37	1.34	0.92
400	1.70	16.51	0.41	10 *	4:54.46	40.1 (1.50)	N/A	N/A	2.11	1.26	-
Totals	43.72			149							14.69
15M Start: 8.10 sec 15M Velocity: 1.85 m/sec											

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Name: Jessica Cross Age:16 Club: DYNAMO

Event: 100 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.52	14.42	-	7 *	14.42	47.3 (1.27)	N/A	N/A	2.32	1.48	0.86
50	2.42	15.18	0.76	9 *	29.60	45.6 (1.32)	N/A	N/A	2.22	1.45	0.78
75	2.76	15.67	0.49	9 *	45.27	43.9 (1.37)	N/A	N/A	2.20	1.38	0.86
100	2.20	15.59	-0.07	9.5 *	1:00.86	43.3 (1.39)	N/A	N/A	2.11	1.35	-
Totals	11.91			34.5							2.50

Event: 200 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	2.91	14.98	-	8.5 *	14.98	47.1 (1.27)	46.3 (1.30)	N/A	2.34	1.53	1.06
50	2.19	15.66	0.67	9 *	30.64	43.3 (1.39)	41.7 (1.44)	N/A	2.33	1.42	1.11
75	1.97	15.95	0.30	9 *	46.59	41.6 (1.44)	40.6 (1.48)	N/A	2.37	1.41	1.11
100	1.92	16.51	0.55	9 *	1:03.10	41.2 (1.46)	40.0 (1.50)	N/A	2.31	1.35	1.03
125	1.99	16.54	0.03	9 *	1:19.64	41.8 (1.44)	38.9 (1.54)	N/A	2.29	1.33	0.95
150	1.99	16.68	0.14	9 *	1:36.32	41.1 (1.46)	40.9 (1.47)	N/A	2.24	1.33	1.06
175	1.80	16.68	0.00	9.5 *	1:53.00	41.9 (1.43)	41.2 (1.46)	N/A	2.23	1.35	1.05
200	1.76	16.15	-0.53	10 *	2:09.15	41.6 (1.44)	41.5 (1.45)	N/A	2.15	1.33	-
Totals	16.52			73							7.38

Event: 200 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.44	13.22	-	6.5 *	13.22	43.6 (1.38)	N/A	N/A	2.63	1.57	0.70
50	2.97	15.33	2.11	8 *	28.55	42.0 (1.43)	N/A	N/A	2.17	1.28	0.74
75	2.17	15.04	-0.29	8.5 *	43.59	42.4 (1.42)	N/A	N/A	2.30	1.39	0.76
100	2.34	15.28	0.23	9 *	58.87	43.2 (1.39)	N/A	N/A	2.17	1.34	0.69
125	2.05	15.10	-0.18	9 *	1:13.97	43.3 (1.39)	N/A	N/A	2.23	1.39	0.70
150	1.75	15.78	0.68	9.5 *	1:29.75	43.4 (1.38)	N/A	N/A	2.14	1.34	0.72
175	1.91	14.92	-0.86	9 *	1:44.67	44.7 (1.34)	N/A	N/A	2.24	1.44	0.80
200	1.69	14.97	0.05	10 *	1:59.64	44.1 (1.36)	N/A	N/A	2.14	1.40	-

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
Totals	18.31			69.5							5.11
15M Start: 7.83 sec		15M Velocity: 1.92 m/sec									

* - denotes extrapolated value

Name: Margaret Dalton Age:16 Club: DYNAMO

Event: 200 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.02	15.92	-	6 *	15.92	38.2 (1.57)	N/A	N/A	2.60	1.34	1.11
50	3.75	16.36	0.44	7 *	32.28	36.6 (1.64)	35.2 (1.70)	N/A	2.49	1.25	1.08
75	3.33	16.88	0.52	7.5 *	49.16	36.0 (1.67)	36.2 (1.66)	N/A	2.41	1.23	1.03
100	3.41	16.90	0.03	7.5 *	1:06.06	36.7 (1.63)	36.1 (1.66)	N/A	2.37	1.21	1.05
125	2.97	17.03	0.13	8 *	1:23.09	36.7 (1.63)	34.8 (1.72)	N/A	2.42	1.23	0.98
150	2.66	17.20	0.16	8 *	1:40.29	36.3 (1.65)	34.4 (1.74)	N/A	2.51	1.27	1.23
175	2.25	17.74	0.55	8 *	1:58.03	35.2 (1.70)	32.8 (1.83)	N/A	2.49	1.22	1.06
200	2.48	17.10	-0.64	8.5 *	2:15.13	35.4 (1.69)	33.4 (1.80)	N/A	2.37	1.21	-
Totals	25.86			60.5							7.55
15M Start: 9.33 sec 15M Velocity: 1.61 m/sec											

* - denotes extrapolated value

Name: Geoffrey Faux Age:18 Club: DYNAMO

Event: 100 Free-Relay Free (A) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.38	10.45	-	6.5 *	10.45	64.6 (.93)	N/A	N/A	2.48	2.17	0.70
50	1.94	11.18	0.72	8.5 *	21.63	59.2 (1.01)	N/A	N/A	2.39	2.02	0.77
75	1.63	12.42	1.24	9 *	34.05	52.4 (1.15)	N/A	N/A	2.35	1.77	0.72
100	1.42	11.80	-0.61	8.5 *	45.85	49.4 (1.21)	N/A	N/A	2.48	1.82	-
Totals	8.36			32.5							2.19
15M Start: 6.36 sec 15M Velocity: 2.36 m/sec											

Event: 100 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.13	10.22	-	6 *	10.22	62.0 (.97)	N/A	N/A	2.60	2.15	0.75
50	2.00	11.38	1.16	8 *	21.59	56.5 (1.06)	N/A	N/A	2.44	1.97	0.80
75	1.47	11.92	0.55	9 *	33.52	54.5 (1.10)	N/A	N/A	2.39	1.88	0.69
100	1.48	12.32	0.40	9 *	45.84	51.0 (1.18)	N/A	N/A	2.30	1.74	-
Totals	8.08			32							2.23
15M Start: 6.05 sec 15M Velocity: 2.48 m/sec											

Event: 100 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.48	10.75	-	5.5 *	10.75	53.3 (1.13)	N/A	N/A	2.84	2.02	0.81
50	1.98	11.68	0.93	7.5 *	22.43	52.6 (1.14)	49.9 (1.20)	N/A	2.63	1.92	0.92
75	1.44	12.10	0.42	9 *	34.53	53.0 (1.13)	53.3 (1.13)	N/A	2.42	1.85	0.75
100	1.44	12.28	0.18	9 *	46.81	50.4 (1.19)	49.0 (1.22)	N/A	2.36	1.74	-
Totals	8.34			31							2.48
15M Start: 6.30 sec 15M Velocity: 2.38 m/sec											

Event: 200 Free-Relay Free (B) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.55	11.08	-	5.5 *	11.08	51.9 (1.16)	N/A	N/A	2.70	1.84	0.81

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
50	2.01	12.47	1.39	8 *	23.55	51.2 (1.17)	N/A	N/A	2.40	1.75	0.81
75	2.11	13.27	0.80	8 *	36.81	47.1 (1.27)	N/A	N/A	2.43	1.63	0.97
100	1.69	13.77	0.50	8 *	50.58	44.6 (1.35)	N/A	N/A	2.50	1.60	0.94
125	1.64	14.06	0.30	9 *	1:04.64	45.5 (1.32)	N/A	N/A	2.33	1.52	0.70
150	1.80	14.20	0.14	8.5 *	1:18.84	44.2 (1.36)	N/A	N/A	2.43	1.54	0.98
175	1.61	14.92	0.72	9 *	1:33.77	43.6 (1.38)	N/A	N/A	2.32	1.46	0.91
200	1.67	14.22	-0.70	9 *	1:47.98	44.1 (1.36)	N/A	N/A	2.24	1.46	-
Totals	16.08			65							6.13

Event: 50 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.05	10.20	-	7 *	10.20	65.1 (.92)	N/A	N/A	2.32	2.03	0.59
50	1.83	10.76	0.55	9 *	20.96	62.3 (.96)	N/A	N/A	2.18	2.00	-
Totals	4.87			16							0.59

15M Start: 5.99 sec 15M Velocity: 2.50 m/sec

Event: 50 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.19	10.19	-	7 *	10.19	66.2 (.91)	N/A	N/A	2.21	1.91	0.66
50	2.09	10.84	0.66	9 *	21.03	62.9 (.95)	N/A	N/A	2.12	1.96	-
Totals	5.28			16							0.66

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)**Name: Alexandra Fleck Age:17 Club: DYNAMO****Event: 100 Br Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.48	14.86	-	6 *	14.86	44.1 (1.36)	N/A	N/A	2.27	1.36	0.67
50	5.89	18.44	3.58	9 *	33.30	45.6 (1.32)	N/A	N/A	1.56	1.00	0.83
75	5.22	17.29	-1.15	8 *	50.59	45.4 (1.32)	N/A	N/A	1.81	1.17	0.94
100	5.25	18.59	1.29	9 *	1:09.18	44.5 (1.35)	N/A	N/A	1.67	1.06	-
Totals	22.84			32							2.44
15M Start: 9.08 sec 15M Velocity: 1.65 m/sec											

Event: 200 Br Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.84	15.66	-	5 *	15.66	38.0 (1.58)	N/A	N/A	2.09	1.03	1.22
50	5.16	18.94	3.29	7 *	34.60	35.6 (1.69)	N/A	N/A	2.16	1.10	1.16
75	4.94	18.39	-0.56	7 *	52.99	32.9 (1.82)	N/A	N/A	2.47	1.17	1.23
100	4.44	19.29	0.90	8 *	1:12.27	36.3 (1.65)	N/A	N/A	2.11	1.11	1.13
125	4.55	18.14	-1.15	9 *	1:30.41	41.7 (1.44)	N/A	N/A	1.98	1.19	1.08
150	4.06	18.78	0.65	10 *	1:49.19	43.5 (1.38)	N/A	N/A	1.83	1.16	1.14
175	4.08	18.59	-0.19	9 *	2:07.78	42.9 (1.40)	N/A	N/A	1.90	1.19	1.11
200	3.86	19.61	1.02	10 *	2:27.39	42.4 (1.42)	N/A	N/A	1.78	1.10	-
Totals	37.92			65							8.06

Event: 200 IM Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.19	12.16	-	6 *	12.16	51.7 (1.16)	N/A	N/A	2.18	1.49	1.00
50	3.19	16.16	4.01	9 *	28.32	48.5 (1.24)	46.6 (1.29)	N/A	1.94	1.35	0.91
75	3.76	16.43	0.27	7.5 *	44.75	41.3 (1.45)	40.8 (1.47)	N/A	2.45	1.42	0.94
100	2.94	16.64	0.21	9 *	1:01.39	40.1 (1.50)	38.6 (1.55)	N/A	1.96	1.12	0.92
125	4.56	18.16	1.52	9 *	1:19.55	44.3 (1.35)	44.3 (1.35)	N/A	1.78	1.13	1.05
150	4.08	19.38	1.23	10 *	1:38.93	44.5 (1.35)	44.2 (1.36)	N/A	1.67	1.08	1.00
175	1.69	15.38	-4.00	9.5 *	1:54.31	47.7 (1.26)	50.9 (1.18)	N/A	2.27	1.63	0.95

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
200	1.27	15.09	-0.29	11 *	2:09.40	50.7 (1.18)	43.0 (1.40)	N/A	2.10	1.47	-
Totals	26.67			71							6.77

Event: 50 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.91	12.05	-	6.5 *	12.05	56.5 (1.06)	N/A	N/A	1.98	1.45	0.88
50	1.80	13.26	1.22	10.5 *	25.31	55.2 (1.09)	N/A	N/A	1.94	1.58	-
Totals	5.70			17							0.88

15M Start: 6.09 sec 15M Velocity: 2.46 m/sec

* - denotes extrapolated value

Name: Andrew Gibbons Age:16 Club: DYNAMO

Event: 100 Br Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.30	13.36	-	8 *	13.36	59.1 (1.02)	N/A	N/A	1.80	1.45	0.88
50	4.19	16.18	2.82	10 *	29.54	57.1 (1.05)	N/A	N/A	1.60	1.31	0.86
75	4.41	15.91	-0.27	10 *	45.45	55.7 (1.08)	N/A	N/A	1.66	1.33	1.09
100	4.42	17.35	1.43	11 *	1:02.80	56.8 (1.06)	N/A	N/A	1.46	1.19	-
Totals	18.31			39							2.83
15M Start: 7.94 sec 15M Velocity: 1.89 m/sec											

* - denotes extrapolated value

Name: Dmitryi Gorine Age:17 Club: DYNAMO

Event: 200 Free-Relay Free (A) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.11	11.02	-	5.5 *	11.02	50.1 (1.20)	N/A	N/A	2.88	1.93	0.86
50	1.91	12.94	1.92	8 *	23.95	46.8 (1.28)	N/A	N/A	2.50	1.67	0.66
75	1.67	13.22	0.28	8 *	37.17	45.2 (1.33)	N/A	N/A	2.55	1.66	0.76
100	1.97	13.44	0.22	8 *	50.61	43.6 (1.38)	N/A	N/A	2.57	1.61	0.81
125	1.16	13.78	0.34	8 *	1:04.39	42.6 (1.41)	N/A	N/A	2.64	1.63	0.91
150	1.08	13.99	0.20	8.5 *	1:18.38	43.1 (1.39)	N/A	N/A	2.57	1.61	0.89
175	1.45	14.05	0.06	8 *	1:32.42	42.8 (1.40)	N/A	N/A	2.55	1.58	0.97
200	1.53	13.48	-0.56	8.5 *	1:45.91	42.1 (1.43)	N/A	N/A	2.49	1.56	-
Totals	13.87			62.5							5.86

Event: 200 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.86	12.45	-	5.5 *	12.45	43.6 (1.38)	N/A	N/A	2.65	1.50	1.01
50	2.13	13.52	1.06	7 *	25.97	42.4 (1.42)	N/A	N/A	2.68	1.62	1.13
75	2.22	13.86	0.34	7.5 *	39.83	41.8 (1.44)	N/A	N/A	2.60	1.54	1.03
100	1.83	13.91	0.05	8 *	53.74	42.7 (1.41)	N/A	N/A	2.53	1.55	0.89
125	1.69	14.20	0.30	8 *	1:07.94	42.6 (1.41)	N/A	N/A	2.52	1.55	0.97
150	1.78	14.01	-0.19	8 *	1:21.95	42.7 (1.41)	N/A	N/A	2.55	1.56	0.97
175	1.45	14.11	0.10	8 *	1:36.06	42.2 (1.42)	N/A	N/A	2.56	1.56	0.91
200	1.69	10.72	-3.39	6.5 *	1:46.78	43.9 (1.37)	N/A	N/A	3.14	2.03	-
Totals	16.64			58.5							6.90

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Name: Anna Griest Age:16 Club: DYNAMO

Event: 200 Br Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.44	15.75	-	6 *	15.75	33.8 (1.78)	N/A	N/A	2.48	1.17	1.13
50	3.94	19.11	3.36	7 *	34.86	31.1 (1.93)	N/A	N/A	2.52	1.15	1.23
75	3.83	18.76	-0.35	8 *	53.63	35.2 (1.70)	N/A	N/A	2.29	1.18	1.08
100	4.23	19.65	0.88	7 *	1:13.27	28.6 (2.10)	N/A	N/A	2.62	1.09	1.19
125	3.94	19.03	-0.62	7 *	1:32.30	30.6 (1.96)	N/A	N/A	2.59	1.16	1.28
150	3.72	19.71	0.69	7 *	1:52.01	30.2 (1.99)	N/A	N/A	2.52	1.11	1.25
175	3.83	19.37	-0.35	7 *	2:11.38	30.9 (1.94)	N/A	N/A	2.50	1.13	1.14
200	3.64	19.54	0.17	8 *	2:30.91	31.6 (1.90)	N/A	N/A	2.43	1.13	-
Totals	32.56			57							8.30
15M Start: 9.03 sec 15M Velocity: 1.66 m/sec											

Event: 200 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.14	13.13	-	8 *	13.13	51.9 (1.16)	N/A	N/A	2.28	1.64	0.70
50	1.75	14.53	1.41	10 *	27.66	50.6 (1.19)	N/A	N/A	2.05	1.49	0.81
75	1.84	14.35	-0.18	10 *	42.01	50.4 (1.19)	N/A	N/A	2.07	1.50	0.76
100	1.81	15.22	0.86	10 *	57.23	48.3 (1.24)	N/A	N/A	2.05	1.43	0.88
125	1.95	14.78	-0.43	9.5 *	1:12.01	48.1 (1.25)	N/A	N/A	2.09	1.44	0.80
150	1.99	15.42	0.63	10 *	1:27.43	47.2 (1.27)	N/A	N/A	2.04	1.38	0.84
175	1.87	15.15	-0.27	9.5 *	1:42.58	46.7 (1.28)	N/A	N/A	2.10	1.41	0.80
200	1.83	14.88	-0.27	10.5 *	1:57.46	48.7 (1.23)	N/A	N/A	1.93	1.39	-
Totals	16.19			77.5							5.59
15M Start: 7.92 sec 15M Velocity: 1.89 m/sec											

Event: 400 IM Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.28	14.11	-	10 *	14.11	55.2 (1.09)	N/A	N/A	1.78	1.41	1.00
50	2.11	17.10	2.99	12 *	31.21	51.0 (1.18)	N/A	N/A	1.72	1.29	1.11

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
75	2.00	16.90	-0.20	12 *	48.11	50.5 (1.19)	N/A	N/A	1.78	1.33	1.11
100	1.87	18.29	1.39	13 *	1:06.40	49.9 (1.20)	N/A	N/A	1.64	1.22	1.03
125	2.44	18.66	0.37	8 *	1:25.06	32.6 (1.84)	N/A	N/A	2.57	1.20	0.95
150	3.08	18.27	-0.40	8 *	1:43.33	32.8 (1.83)	N/A	N/A	2.38	1.11	0.86
175	2.50	18.06	-0.21	8 *	2:01.39	31.6 (1.90)	N/A	N/A	2.56	1.16	0.83
200	2.58	18.05	-0.01	8 *	2:19.44	31.6 (1.90)	N/A	N/A	2.41	1.12	1.19
225	4.16	19.26	1.21	7 *	2:38.70	30.2 (1.99)	N/A	N/A	2.55	1.12	1.02
250	3.95	19.92	0.65	7 *	2:58.62	29.8 (2.01)	N/A	N/A	2.44	1.06	1.13
275	4.22	20.02	0.10	7 *	3:18.64	29.0 (2.07)	N/A	N/A	2.52	1.06	1.00
300	4.08	20.26	0.24	7 *	3:38.90	28.5 (2.11)	N/A	N/A	2.51	1.04	1.05
325	1.83	15.71	-4.55	9 *	3:54.61	44.9 (1.34)	N/A	N/A	2.28	1.47	0.72
350	1.86	15.66	-0.05	10 *	4:10.27	46.2 (1.30)	N/A	N/A	2.04	1.35	0.80
375	1.98	15.10	-0.56	9.5 *	4:25.38	45.3 (1.32)	N/A	N/A	2.16	1.40	0.73
400	2.06	15.10	-0.01	10 *	4:40.47	46.7 (1.28)	N/A	N/A	1.96	1.35	-
Totals	44.00			145.5							14.51
15M Start: 8.52 sec 15M Velocity: 1.76 m/sec											

Event: 500 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.16	13.48	-	7.5 *	13.48	49.5 (1.21)	N/A	N/A	2.25	1.52	0.99
50	1.52	14.32	0.84	9.5 *	27.81	49.5 (1.21)	N/A	N/A	2.18	1.56	1.05
75	1.45	14.71	0.38	9.5 *	42.52	47.1 (1.27)	N/A	N/A	2.21	1.51	0.92
100	1.61	15.22	0.52	10 *	57.74	47.1 (1.27)	N/A	N/A	2.11	1.43	0.97
125	1.72	15.24	0.02	9.5 *	1:12.99	45.2 (1.33)	N/A	N/A	2.18	1.42	0.95
150	2.06	15.49	0.24	9.5 *	1:28.47	46.0 (1.30)	N/A	N/A	2.06	1.36	0.98
175	1.67	15.44	-0.05	10 *	1:43.91	45.6 (1.32)	N/A	N/A	2.11	1.39	0.88
200	1.66	15.76	0.33	10 *	1:59.67	46.0 (1.30)	N/A	N/A	2.06	1.36	1.00
225	1.59	15.58	-0.18	9.5 *	2:15.25	44.3 (1.35)	N/A	N/A	2.16	1.38	0.86
250	1.55	15.73	0.15	9.5 *	2:30.98	44.3 (1.35)	N/A	N/A	2.18	1.40	1.06
275	1.70	15.63	-0.10	9.5 *	2:46.61	43.6 (1.38)	N/A	N/A	2.18	1.37	0.89
300	1.78	15.68	0.05	10 *	3:02.29	45.8 (1.31)	N/A	N/A	2.09	1.38	1.13

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
325	1.64	15.57	-0.11	10 *	3:17.86	45.2 (1.33)	N/A	N/A	2.12	1.39	0.86
350	1.76	15.77	0.20	9.5 *	3:33.63	44.7 (1.34)	N/A	N/A	2.12	1.36	1.06
375	1.42	15.53	-0.24	10 *	3:49.16	44.7 (1.34)	N/A	N/A	2.18	1.41	0.92
400	1.44	15.89	0.37	10 *	4:05.05	45.1 (1.33)	N/A	N/A	2.11	1.38	0.94
425	1.78	15.68	-0.21	10 *	4:20.73	45.1 (1.33)	N/A	N/A	2.09	1.36	0.94
450	1.67	15.61	-0.08	9.5 *	4:36.34	44.5 (1.35)	N/A	N/A	2.15	1.38	0.98
475	1.47	15.55	-0.05	10 *	4:51.89	44.5 (1.35)	N/A	N/A	2.16	1.39	0.88
500	1.73	15.01	-0.54	10 *	5:06.90	46.6 (1.29)	N/A	N/A	2.00	1.38	-
Totals	34.39			193							18.25
15M Start: 7.66 sec 15M Velocity: 1.96 m/sec											

Event: 500 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.47	13.59	-	7.5 *	13.59	50.0 (1.20)	N/A	N/A	2.22	1.50	1.03
50	2.00	14.70	1.10	10 *	28.29	49.8 (1.20)	N/A	N/A	2.02	1.44	0.83
75	1.67	14.54	-0.16	9 *	42.83	46.9 (1.28)	N/A	N/A	2.22	1.50	0.94
100	1.84	15.37	0.83	10 *	58.20	46.3 (1.30)	N/A	N/A	2.10	1.40	0.91
125	1.73	14.99	-0.38	9.5 *	1:13.19	45.9 (1.31)	N/A	N/A	2.17	1.44	0.83
150	1.61	15.57	0.58	10 *	1:28.76	46.1 (1.30)	N/A	N/A	2.09	1.39	0.94
175	1.64	15.30	-0.27	9.5 *	1:44.06	45.4 (1.32)	N/A	N/A	2.16	1.42	0.89
200	1.98	15.78	0.47	10 *	1:59.84	45.6 (1.32)	N/A	N/A	2.02	1.32	0.84
225	1.69	15.29	-0.49	9.5 *	2:15.13	45.0 (1.33)	N/A	N/A	2.18	1.41	0.97
250	1.97	15.88	0.59	10 *	2:31.00	45.6 (1.32)	N/A	N/A	2.02	1.32	0.94
275	1.87	15.27	-0.61	9 *	2:46.27	44.6 (1.35)	N/A	N/A	2.18	1.39	0.92
300	1.78	15.72	0.46	10 *	3:01.99	45.9 (1.31)	N/A	N/A	2.05	1.36	0.95
325	1.64	15.31	-0.42	9.5 *	3:17.30	45.1 (1.33)	N/A	N/A	2.21	1.44	1.05
350	1.73	15.74	0.44	9.5 *	3:33.04	44.2 (1.36)	N/A	N/A	2.14	1.36	0.88
375	1.55	15.38	-0.36	9.5 *	3:48.42	44.9 (1.34)	N/A	N/A	2.21	1.43	1.03
400	2.14	15.76	0.38	9.5 *	4:04.18	45.4 (1.32)	N/A	N/A	2.06	1.34	1.00
425	1.50	15.45	-0.31	9.5 *	4:19.63	45.2 (1.33)	N/A	N/A	2.18	1.43	1.08
450	1.64	15.80	0.36	9.5 *	4:35.43	43.9 (1.37)	N/A	N/A	2.15	1.36	0.89

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
475	1.45	15.38	-0.42	9.5 *	4:50.81	45.2 (1.33)	N/A	N/A	2.21	1.44	1.05
500	1.95	15.02	-0.37	10 *	5:05.83	46.4 (1.29)	N/A	N/A	1.97	1.35	-
Totals	36.88			190.5							17.95

* - denotes extrapolated value

Name: Leslie Hackler Age:15 Club: DYNAMO

Event: 100 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.84	14.50	-	6 *	14.50	46.5 (1.29)	N/A	N/A	2.29	1.37	0.75
50	3.44	14.99	0.49	8 *	29.49	44.0 (1.36)	N/A	N/A	2.28	1.41	0.86
75	3.27	15.40	0.41	8 *	44.89	42.7 (1.41)	N/A	N/A	2.29	1.38	0.81
100	3.13	15.40	0.00	8.5 *	1:00.29	42.2 (1.42)	N/A	N/A	2.16	1.33	-
Totals	15.67			30.5							2.42

Event: 100 Fly-Relay Medley (B) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.69	12.58	-	8 *	12.58	56.5 (1.06)	58.2 (1.03)	N/A	1.95	1.56	0.95
50	2.67	14.72	2.14	10 *	27.30	56.3 (1.07)	53.7 (1.12)	N/A	1.91	1.54	0.81
75	2.47	15.19	0.47	11 *	42.48	53.7 (1.12)	53.9 (1.11)	N/A	1.84	1.46	0.95
100	2.66	15.73	0.55	11 *	58.22	53.3 (1.13)	53.6 (1.12)	N/A	1.80	1.41	-
Totals	11.48			40							2.72

Event: 100 Fly Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.03	12.95	-	9 *	12.95	59.6 (1.01)	N/A	N/A	1.93	1.62	0.91
50	2.22	14.85	1.89	11 *	27.80	56.4 (1.06)	N/A	N/A	1.83	1.52	0.91
75	2.48	15.14	0.29	11 *	42.94	55.6 (1.08)	N/A	N/A	1.81	1.48	1.00
100	2.59	16.15	1.01	11 *	59.09	53.8 (1.12)	N/A	N/A	1.72	1.36	-
Totals	11.33			42							2.81

15M Start: 8.11 sec 15M Velocity: 1.85 m/sec

Event: 100 Free-Relay Free (B) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.56	12.44	-	7 *	12.44	52.6 (1.14)	N/A	N/A	2.21	1.54	0.70
50	2.31	13.59	1.16	9 *	26.03	50.4 (1.19)	N/A	N/A	2.19	1.57	0.84
75	2.11	14.06	0.47	9 *	40.09	48.9 (1.23)	N/A	N/A	2.17	1.51	0.81

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
100	2.25	13.69	-0.37	9 *	53.78	46.9 (1.28)	N/A	N/A	2.17	1.50	-
Totals	10.23			34							2.36

Event: 100 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.63	12.73	-	7.5 *	12.73	55.1 (1.09)	N/A	N/A	2.20	1.66	0.78
50	2.67	13.49	0.75	8.5 *	26.22	50.6 (1.19)	N/A	N/A	2.21	1.58	0.92
75	2.27	13.94	0.45	9 *	40.16	48.3 (1.24)	N/A	N/A	2.22	1.53	0.81
100	2.08	13.88	-0.05	9.5 *	54.04	48.5 (1.24)	N/A	N/A	2.09	1.49	-
Totals	10.64			34.5							2.51

15M Start: 7.52 sec 15M Velocity: 1.99 m/sec

Event: 200 Free-Relay Free (B) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.50	12.48	-	6.5 *	12.48	49.9 (1.20)	N/A	N/A	2.47	1.65	0.89
50	2.42	13.52	1.03	9 *	26.00	51.9 (1.16)	N/A	N/A	2.13	1.56	0.80
75	2.36	14.25	0.73	8.5 *	40.25	46.2 (1.30)	N/A	N/A	2.25	1.48	0.83
100	2.23	14.67	0.42	8.5 *	54.92	44.5 (1.35)	N/A	N/A	2.23	1.41	0.69
125	2.00	14.75	0.08	9 *	1:09.67	46.5 (1.29)	44.3 (1.35)	N/A	2.26	1.47	0.94
150	1.92	15.13	0.38	9 *	1:24.80	44.3 (1.35)	43.2 (1.39)	N/A	2.25	1.41	0.91
175	1.94	15.41	0.28	9 *	1:40.20	44.8 (1.34)	44.5 (1.35)	N/A	2.17	1.39	0.98
200	1.83	14.80	-0.61	9.5 *	1:55.00	44.5 (1.35)	43.0 (1.40)	N/A	2.16	1.40	-
Totals	18.20			69							6.03

Event: 200 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.02	12.66	-	7 *	12.66	54.9 (1.09)	N/A	N/A	2.31	1.73	0.64
50	2.67	14.48	1.83	9 *	27.14	47.9 (1.25)	N/A	N/A	2.06	1.40	0.64
75	2.33	13.89	-0.59	8.5 *	41.03	46.6 (1.29)	N/A	N/A	2.28	1.51	0.72
100	2.31	14.90	1.01	9 *	55.93	46.3 (1.30)	N/A	N/A	2.11	1.39	0.67
125	2.34	14.37	-0.53	8.5 *	1:10.30	44.7 (1.34)	N/A	N/A	2.28	1.45	0.74

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
150	2.64	15.43	1.07	9 *	1:25.73	44.9 (1.34)	N/A	N/A	2.03	1.29	0.70
175	2.44	14.46	-0.98	8.5 *	1:40.19	44.4 (1.35)	N/A	N/A	2.25	1.42	0.64
200	2.42	15.07	0.62	9.5 *	1:55.26	46.0 (1.30)	N/A	N/A	1.95	1.31	-
Totals	21.17			69							4.75
15M Start: 7.75 sec 15M Velocity: 1.94 m/sec											

* - denotes extrapolated value

Name: Emily Kintz Age:16 Club: DYNAMO

Event: 100 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.91	14.58	-	6 *	14.58	49.4 (1.21)	N/A	N/A	2.16	1.38	0.78
50	2.81	14.87	0.29	9 *	29.45	47.0 (1.28)	N/A	N/A	2.18	1.46	0.86
75	2.98	15.27	0.40	8 *	44.72	43.5 (1.38)	N/A	N/A	2.29	1.42	0.91
100	2.52	15.09	-0.18	9 *	59.81	43.5 (1.38)	N/A	N/A	2.18	1.40	-
Totals	14.22			32							2.55

Event: 200 Bk Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.63	14.06	-	6.5 *	14.06	48.0 (1.25)	N/A	N/A	2.48	1.60	0.94
50	3.75	15.73	1.67	8 *	29.79	42.7 (1.41)	43.1 (1.39)	N/A	2.17	1.30	0.92
75	2.86	15.29	-0.44	8 *	45.08	40.9 (1.47)	41.5 (1.45)	N/A	2.40	1.40	0.78
100	2.72	16.50	1.21	8.5 *	1:01.58	39.3 (1.53)	41.1 (1.46)	N/A	2.25	1.29	0.92
125	3.06	15.95	-0.55	7.5 *	1:17.53	38.4 (1.56)	39.2 (1.53)	N/A	2.42	1.33	0.95
150	2.91	16.83	0.88	8.5 *	1:34.36	38.2 (1.57)	39.2 (1.53)	N/A	2.26	1.24	0.95
175	2.94	15.91	-0.92	8 *	1:50.27	38.8 (1.55)	40.0 (1.50)	N/A	2.40	1.34	0.97
200	2.61	16.17	0.27	9 *	2:06.44	40.7 (1.47)	41.0 (1.46)	N/A	2.13	1.28	-
Totals	25.47			64							6.44

Event: 200 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.94	14.95	-	6 *	14.95	47.1 (1.27)	N/A	N/A	2.25	1.39	0.94
50	3.56	15.53	0.57	8 *	30.48	41.8 (1.44)	43.1 (1.39)	N/A	2.26	1.35	0.92
75	3.27	15.58	0.06	8 *	46.06	40.9 (1.47)	41.7 (1.44)	N/A	2.32	1.35	0.95
100	2.78	15.88	0.30	8.5 *	1:01.94	40.5 (1.48)	42.0 (1.43)	N/A	2.30	1.35	0.98
125	2.67	16.11	0.23	8 *	1:18.05	38.4 (1.56)	40.6 (1.48)	N/A	2.36	1.33	0.92
150	2.56	16.09	-0.01	8.5 *	1:34.14	39.7 (1.51)	41.3 (1.45)	N/A	2.32	1.34	0.97
175	2.42	16.16	0.06	8 *	1:50.30	38.5 (1.56)	39.8 (1.51)	N/A	2.39	1.34	0.98
200	2.38	15.68	-0.47	9 *	2:05.98	40.2 (1.49)	40.4 (1.49)	N/A	2.25	1.34	-

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
Totals	25.58			64							6.67
15M Start: 8.72 sec 15M Velocity: 1.72 m/sec											

Event: 200 Free-Relay Free (B) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.05	12.92	-	7.5 *	12.92	52.8 (1.14)	N/A	N/A	2.27	1.63	0.92
50	1.78	13.97	1.05	9 *	26.89	49.9 (1.20)	47.6 (1.26)	N/A	2.25	1.58	0.88
75	1.66	14.47	0.50	9 *	41.36	44.7 (1.34)	43.6 (1.38)	N/A	2.39	1.52	0.92
100	1.78	14.83	0.36	9 *	56.19	43.4 (1.38)	44.1 (1.36)	N/A	2.33	1.47	0.88
125	1.59	14.89	0.06	9 *	1:11.08	43.3 (1.39)	41.7 (1.44)	N/A	2.41	1.48	0.88
150	1.55	15.13	0.23	9 *	1:26.20	42.7 (1.41)	41.9 (1.43)	N/A	2.38	1.46	0.97
175	1.61	14.73	-0.39	9 *	1:40.94	44.0 (1.36)	42.7 (1.41)	N/A	2.39	1.50	0.88
200	1.70	14.31	-0.42	9 *	1:55.25	43.0 (1.40)	42.8 (1.40)	N/A	2.32	1.48	-
Totals	14.72			70.5							6.31

Event: 200 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	2.92	13.36	-	7.5 *	13.36	48.0 (1.25)	N/A	N/A	2.28	1.50	0.83
50	2.20	14.40	1.04	9 *	27.76	48.1 (1.25)	N/A	N/A	2.16	1.48	0.83
75	1.97	15.55	1.15	9 *	43.31	43.4 (1.38)	N/A	N/A	2.19	1.37	0.88
100	1.81	14.21	-1.34	8 *	57.52	41.5 (1.45)	N/A	N/A	2.57	1.53	0.75
125	1.78	16.53	2.32	10 *	1:14.05	43.1 (1.39)	N/A	N/A	2.07	1.28	0.84
150	1.67	13.21	-3.31	7.5 *	1:27.26	42.5 (1.41)	N/A	N/A	2.77	1.70	0.88
175	1.72	17.04	3.82	10.5 *	1:44.30	43.9 (1.37)	N/A	N/A	1.95	1.24	0.88
200	1.73	11.90	-5.13	8 *	1:56.20	47.2 (1.27)	N/A	N/A	2.59	1.81	-
Totals	15.81			69.5							5.88
15M Start: 7.64 sec 15M Velocity: 1.96 m/sec											

Event: 200 IM Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.61	13.64	-	10 *	13.64	62.7 (.96)	63.7 (.94)	N/A	1.59	1.41	1.03

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
50	2.58	15.99	2.35	12 *	29.63	60.5 (.99)	58.0 (1.03)	N/A	1.61	1.40	1.14
75	3.06	16.81	0.82	8 *	46.44	42.4 (1.42)	40.8 (1.47)	N/A	2.37	1.40	0.78
100	2.52	15.33	-1.48	8.5 *	1:01.77	41.4 (1.45)	40.2 (1.49)	N/A	2.14	1.28	1.30
125	3.81	21.01	5.68	10 *	1:22.78	39.1 (1.53)	39.5 (1.52)	N/A	1.74	1.00	1.25
150	3.63	20.90	-0.11	10 *	1:43.68	40.4 (1.49)	37.1 (1.62)	N/A	1.77	1.01	1.13
175	2.19	15.90	-5.00	8 *	1:59.58	43.6 (1.38)	42.0 (1.43)	N/A	2.55	1.57	0.92
200	1.98	14.43	-1.47	9 *	2:14.01	43.8 (1.37)	43.6 (1.38)	N/A	2.36	1.54	-
Totals	23.37			75.5							7.55

Event: 400 IM Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.23	13.23	-	11 *	13.23	66.5 (.90)	N/A	N/A	1.58	1.50	0.91
50	2.25	16.05	2.81	13 *	29.28	59.7 (1.01)	N/A	N/A	1.57	1.39	1.02
75	2.67	16.16	0.11	12 *	45.44	57.0 (1.05)	N/A	N/A	1.62	1.35	1.03
100	2.11	16.95	0.79	13 *	1:02.39	55.3 (1.08)	N/A	N/A	1.60	1.31	1.06
125	3.53	17.13	0.17	7.5 *	1:19.52	39.4 (1.52)	N/A	N/A	2.29	1.27	0.80
150	3.17	16.44	-0.68	8.5 *	1:35.96	40.2 (1.49)	N/A	N/A	2.17	1.23	0.63
175	2.34	15.98	-0.47	8 *	1:51.94	37.5 (1.60)	N/A	N/A	2.53	1.36	0.89
200	2.51	16.30	0.32	9.5 *	2:08.24	41.1 (1.46)	N/A	N/A	2.11	1.28	0.33
225	2.14	21.23	4.93	12 *	2:29.47	40.0 (1.50)	N/A	N/A	1.71	1.02	1.14
250	2.17	21.59	0.36	12 *	2:51.06	39.0 (1.54)	N/A	N/A	1.80	1.05	1.09
275	3.64	21.08	-0.51	11 *	3:12.14	39.9 (1.50)	N/A	N/A	1.74	1.02	1.17
300	4.22	22.13	1.05	11 *	3:34.27	38.0 (1.58)	N/A	N/A	1.68	0.93	1.11
325	2.02	15.64	-6.49	8.5 *	3:49.91	43.1 (1.39)	N/A	N/A	2.40	1.49	0.83
350	2.38	15.87	0.24	9.5 *	4:05.78	44.3 (1.35)	N/A	N/A	2.03	1.28	0.75
375	2.00	15.16	-0.72	8 *	4:20.94	39.8 (1.51)	N/A	N/A	2.44	1.39	0.70
400	1.89	15.21	0.05	9 *	4:36.15	40.0 (1.50)	N/A	N/A	2.30	1.36	-
Totals	42.28			163.5							13.46

15M Start: 7.99 sec 15M Velocity: 1.88 m/sec

Event: 400 IM Heat: Prelims

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.38	13.31	-	10 *	13.31	64.0 (.94)	N/A	N/A	1.70	1.57	0.84
50	2.33	16.43	3.11	12 *	29.74	56.9 (1.05)	N/A	N/A	1.58	1.33	0.84
75	2.44	16.21	-0.21	12 *	45.95	55.8 (1.08)	N/A	N/A	1.63	1.34	0.88
100	2.19	17.19	0.97	13 *	1:03.14	53.9 (1.11)	N/A	N/A	1.61	1.28	0.83
125	3.22	16.67	-0.51	8 *	1:19.81	40.0 (1.50)	N/A	N/A	2.32	1.31	0.73
150	2.58	16.55	-0.13	9 *	1:36.36	39.7 (1.51)	N/A	N/A	2.24	1.27	0.69
175	2.44	15.83	-0.72	8 *	1:52.19	38.1 (1.57)	N/A	N/A	2.46	1.34	0.64
200	2.64	15.96	0.13	9 *	2:08.15	40.8 (1.47)	N/A	N/A	2.17	1.30	1.13
225	3.92	20.66	4.70	10 *	2:28.81	39.2 (1.53)	N/A	N/A	1.80	1.03	0.95
250	3.92	20.93	0.26	11 *	2:49.74	39.9 (1.50)	N/A	N/A	1.72	1.00	0.83
275	3.92	20.21	-0.71	10 *	3:09.95	39.1 (1.53)	N/A	N/A	1.82	1.04	0.97
300	3.91	21.00	0.78	11 *	3:30.95	39.5 (1.52)	N/A	N/A	1.73	1.00	0.89
325	1.80	14.94	-6.05	8.5 *	3:45.89	44.0 (1.36)	N/A	N/A	2.43	1.54	0.66
350	1.89	15.29	0.35	9 *	4:01.18	42.2 (1.42)	N/A	N/A	2.28	1.38	0.66
375	1.87	14.31	-0.98	8.5 *	4:15.49	42.5 (1.41)	N/A	N/A	2.45	1.50	0.67
400	1.92	14.68	0.37	9 *	4:30.16	43.7 (1.37)	N/A	N/A	2.20	1.42	-
Totals	44.36			158							12.20
15M Start: 8.30 sec 15M Velocity: 1.81 m/sec											

* - denotes extrapolated value

Name: Matthew Lamonaca Age:16 Club: DYNAMO

Event: 100 Free-Relay Free (A) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.28	10.39	-	6 *	10.39	61.9 (.97)	N/A	N/A	2.58	2.10	0.99
50	1.84	12.35	1.96	9 *	22.74	56.4 (1.06)	N/A	N/A	2.22	1.79	0.81
75	2.00	12.92	0.57	8.5 *	35.66	51.5 (1.17)	N/A	N/A	2.27	1.67	0.83
100	1.67	12.11	-0.80	8.5 *	47.77	50.1 (1.20)	N/A	N/A	2.37	1.76	-
Totals	8.80			32							2.63

Event: 100 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.14	10.84	-	6 *	10.84	54.9 (1.09)	N/A	N/A	2.67	1.98	0.84
50	1.73	12.31	1.46	9 *	23.15	58.0 (1.03)	54.9 (1.09)	N/A	2.26	1.83	0.97
75	1.69	12.91	0.61	9 *	36.06	52.6 (1.14)	50.8 (1.18)	N/A	2.29	1.70	0.86
100	1.77	12.20	-0.71	9.5 *	48.26	54.1 (1.11)	53.6 (1.12)	N/A	2.18	1.74	-
Totals	8.33			33.5							2.67

15M Start: 6.28 sec 15M Velocity: 2.39 m/sec

Event: 50 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.16	10.36	-	7 *	10.36	66.8 (.90)	N/A	N/A	2.21	1.95	0.59
50	1.80	11.01	0.65	9.5 *	21.37	62.2 (.96)	N/A	N/A	2.12	1.94	-
Totals	4.95			16.5							0.59

15M Start: 6.00 sec 15M Velocity: 2.50 m/sec

Event: 50 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.59	10.41	-	6 *	10.41	61.7 (.97)	N/A	N/A	2.28	1.79	0.75
50	2.09	10.94	0.54	9 *	21.35	60.9 (.99)	N/A	N/A	2.17	1.93	-
Totals	5.69			15							0.75

* - denotes extrapolated value

Name: Andrew Lybarger Age:16 Club: DYNAMO

Event: 100 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.86	12.95	-	6 *	12.95	50.2 (1.20)	N/A	N/A	2.40	1.56	0.81
50	2.73	13.64	0.68	7.5 *	26.59	45.1 (1.33)	N/A	N/A	2.55	1.63	0.89
75	2.23	14.24	0.60	8 *	40.83	42.7 (1.41)	N/A	N/A	2.53	1.55	0.80
100	2.16	14.37	0.13	8.5 *	55.20	42.2 (1.42)	N/A	N/A	2.38	1.48	-
Totals	11.99			30							2.50

Event: 100 Fly Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.39	11.09	-	9 *	11.09	71.1 (.84)	N/A	N/A	1.74	1.72	0.83
50	1.88	13.41	2.31	11 *	24.50	64.1 (.94)	N/A	N/A	1.79	1.69	1.06
75	2.08	13.88	0.47	11 *	38.38	61.4 (.98)	N/A	N/A	1.81	1.64	1.03
100	2.22	14.85	0.98	12 *	53.23	61.1 (.98)	N/A	N/A	1.66	1.50	-
Totals	9.56			43							2.92

15M Start: 6.53 sec 15M Velocity: 2.30 m/sec

Event: 100 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.20	11.14	-	7 *	11.14	63.0 (.95)	N/A	N/A	2.15	1.80	0.78
50	1.70	12.11	0.97	10 *	23.25	61.4 (.98)	61.7 (.97)	N/A	2.10	1.85	0.89
75	1.36	13.03	0.92	11 *	36.28	60.9 (.99)	59.6 (1.01)	N/A	1.98	1.72	0.86
100	1.52	12.77	-0.26	11 *	49.05	60.5 (.99)	60.2 (1.00)	N/A	1.85	1.65	-
Totals	7.78			39							2.53

Event: 200 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.80	13.55	-	5 *	13.55	40.6 (1.48)	N/A	N/A	2.99	1.63	1.03
50	2.44	14.54	1.00	6 *	28.09	35.6 (1.69)	32.0 (1.88)	N/A	3.21	1.55	1.08
75	2.19	15.25	0.71	7 *	43.34	33.8 (1.78)	33.7 (1.78)	N/A	3.00	1.46	0.97

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
100	2.17	15.54	0.28	7 *	58.88	34.0 (1.76)	34.9 (1.72)	N/A	2.93	1.45	1.06
125	1.72	15.88	0.35	7.5 *	1:14.76	33.9 (1.77)	33.7 (1.78)	N/A	2.91	1.42	1.09
150	1.56	16.03	0.14	7.5 *	1:30.79	33.9 (1.77)	34.1 (1.76)	N/A	2.91	1.44	1.19
175	1.41	15.79	-0.24	7.5 *	1:46.58	34.1 (1.76)	35.6 (1.69)	N/A	2.88	1.46	1.13
200	1.45	15.05	-0.74	8 *	2:01.63	35.4 (1.69)	36.9 (1.63)	N/A	2.67	1.44	-
Totals	17.73			55.5							7.55

15M Start: 8.00 sec 15M Velocity: 1.88 m/sec

Event: 200 Fly Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.59	11.55	-	7 *	11.55	59.3 (1.01)	N/A	N/A	1.98	1.58	1.05
50	2.70	14.39	2.85	9 *	25.94	53.8 (1.12)	N/A	N/A	2.01	1.58	1.05
75	2.16	15.12	0.73	10 *	41.06	52.2 (1.15)	N/A	N/A	1.97	1.52	1.06
100	2.00	14.82	-0.31	10 *	55.88	52.1 (1.15)	N/A	N/A	2.03	1.56	1.16
125	1.81	15.79	0.97	11 *	1:11.67	53.6 (1.12)	N/A	N/A	1.85	1.47	1.08
150	1.81	15.24	-0.55	11 *	1:26.91	52.4 (1.15)	N/A	N/A	1.96	1.53	1.14
175	1.70	16.70	1.46	12 *	1:43.61	53.2 (1.13)	N/A	N/A	1.74	1.38	1.16
200	1.59	14.99	-1.71	11 *	1:58.60	52.8 (1.14)	N/A	N/A	2.01	1.58	-
Totals	18.37			81							7.69

15M Start: 6.58 sec 15M Velocity: 2.28 m/sec

Event: 200 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.33	11.03	-	6 *	11.03	53.3 (1.13)	N/A	N/A	2.56	1.84	0.59
50	2.33	13.42	2.39	8.5 *	24.45	50.7 (1.18)	N/A	N/A	2.17	1.56	0.75
75	1.83	13.44	0.02	8.5 *	37.89	47.3 (1.27)	N/A	N/A	2.35	1.60	0.74
100	1.83	14.26	0.82	9.5 *	52.15	50.4 (1.19)	N/A	N/A	2.08	1.50	0.86
125	1.86	13.76	-0.50	9 *	1:05.91	49.2 (1.22)	N/A	N/A	2.21	1.56	0.76
150	1.70	14.45	0.70	9.5 *	1:20.36	48.3 (1.24)	N/A	N/A	2.14	1.49	0.74
175	1.73	14.13	-0.33	9 *	1:34.49	48.1 (1.25)	N/A	N/A	2.20	1.52	0.81
200	1.55	14.35	0.23	10.5 *	1:48.84	48.5 (1.24)	N/A	N/A	2.02	1.45	-

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
Totals	16.16			70.5							5.25
15M Start: 6.44 sec 15M Velocity: 2.33 m/sec											

Event: 50 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.48	11.08	-	8 *	11.08	73.1 (.82)	N/A	N/A	1.74	1.63	0.80
50	2.19	11.53	0.45	10.5 *	22.61	67.8 (.88)	N/A	N/A	1.82	1.80	-
Totals	5.67			18.5							0.80

* - denotes extrapolated value

Name: Carly Lyons Age:18 Club: DYNAMO

Event: 100 Bk Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.00	13.63	-	6.5 *	13.63	50.9 (1.18)	N/A	N/A	2.40	1.62	0.84
50	4.28	14.01	0.39	7 *	27.64	46.5 (1.29)	N/A	N/A	2.37	1.52	0.92
75	4.34	14.50	0.49	6.5 *	42.14	42.8 (1.40)	N/A	N/A	2.46	1.45	0.94
100	4.19	14.85	0.35	7.5 *	56.99	43.2 (1.39)	N/A	N/A	2.14	1.32	-
Totals	17.81			27.5							2.70

Event: 100 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.20	13.72	-	6 *	13.72	50.3 (1.19)	N/A	N/A	2.36	1.56	0.77
50	4.13	14.39	0.67	7 *	28.11	44.9 (1.34)	N/A	N/A	2.36	1.47	0.81
75	4.42	14.64	0.25	6.5 *	42.75	41.2 (1.46)	N/A	N/A	2.50	1.41	0.94
100	4.13	14.82	0.18	7.5 *	57.57	41.3 (1.45)	N/A	N/A	2.26	1.34	-
Totals	17.87			27							2.52

Event: 100 Fly Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.72	12.02	-	8 *	12.02	57.3 (1.05)	N/A	N/A	2.10	1.67	1.05
50	2.91	14.63	2.62	10 *	26.65	56.7 (1.06)	55.2 (1.09)	N/A	1.90	1.56	1.05
75	3.19	14.98	0.34	10 *	41.63	56.9 (1.05)	54.1 (1.11)	N/A	1.83	1.48	0.91
100	3.01	15.79	0.82	10 *	57.42	54.5 (1.10)	52.1 (1.15)	N/A	1.77	1.38	-
Totals	12.83			38							3.00

Event: 100 Fly Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.75	11.91	-	7 *	11.91	55.7 (1.08)	N/A	N/A	2.16	1.69	0.97
50	3.11	14.85	2.95	10 *	26.76	57.2 (1.05)	N/A	N/A	1.79	1.49	0.94
75	3.22	15.05	0.20	10 *	41.81	55.0 (1.09)	N/A	N/A	1.82	1.46	0.91
100	3.62	16.17	1.12	10 *	57.98	52.5 (1.14)	N/A	N/A	1.68	1.28	-

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
Totals	13.70			37							2.81
15M Start: 7.25 sec 15M Velocity: 2.07 m/sec											

Event: 100 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.63	12.38	-	7 *	12.38	54.7 (1.10)	N/A	N/A	2.17	1.57	0.88
50	2.25	13.67	1.29	9 *	26.04	54.7 (1.10)	51.0 (1.18)	N/A	2.08	1.57	0.81
75	2.52	13.99	0.33	9 *	40.03	50.4 (1.19)	49.2 (1.22)	N/A	2.11	1.49	0.81
100	2.52	13.84	-0.15	9 *	53.87	51.2 (1.17)	47.2 (1.27)	N/A	2.01	1.44	-
Totals	10.91			34							2.50

Event: 200 Bk Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.09	14.09	-	6 *	14.09	43.4 (1.38)	N/A	N/A	2.58	1.49	0.78
50	3.66	15.01	0.91	7 *	29.10	41.2 (1.46)	41.3 (1.45)	N/A	2.42	1.40	0.89
75	4.27	15.65	0.64	6.5 *	44.75	38.3 (1.57)	37.3 (1.61)	N/A	2.45	1.28	0.94
100	3.66	15.42	-0.23	7 *	1:00.17	37.9 (1.58)	37.7 (1.59)	N/A	2.52	1.33	0.81
125	3.72	15.74	0.32	7 *	1:15.91	36.9 (1.63)	36.2 (1.66)	N/A	2.59	1.32	0.98
150	3.88	15.81	0.08	7 *	1:31.72	37.1 (1.62)	37.3 (1.61)	N/A	2.48	1.28	0.94
175	3.80	16.00	0.18	6.5 *	1:47.72	37.2 (1.61)	34.9 (1.72)	N/A	2.56	1.29	1.05
200	3.86	15.51	-0.49	7.5 *	2:03.23	38.3 (1.57)	38.0 (1.58)	N/A	2.31	1.28	-
Totals	31.92			54.5							6.39
15M Start: 8.36 sec 15M Velocity: 1.79 m/sec											

Event: 200 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.98	14.36	-	6 *	14.36	44.3 (1.35)	N/A	N/A	2.56	1.52	0.89
50	3.64	14.72	0.36	6.5 *	29.08	40.6 (1.48)	38.8 (1.55)	N/A	2.60	1.44	0.97
75	3.63	15.22	0.50	6.5 *	44.30	39.2 (1.53)	35.6 (1.69)	N/A	2.68	1.40	1.00
100	3.89	15.49	0.28	6.5 *	59.79	37.7 (1.59)	38.0 (1.58)	N/A	2.54	1.34	1.06
125	3.87	15.63	0.14	7 *	1:15.42	37.7 (1.59)	37.6 (1.60)	N/A	2.50	1.31	0.97

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
150	3.91	15.99	0.36	7.5 *	1:31.41	37.6 (1.60)	41.3 (1.45)	N/A	2.27	1.25	0.78
175	4.27	16.07	0.09	6.5 *	1:47.48	37.6 (1.60)	35.9 (1.67)	N/A	2.46	1.25	1.11
200	3.92	15.80	-0.28	7.5 *	2:03.28	38.4 (1.56)	35.7 (1.68)	N/A	2.30	1.23	-
Totals	32.11			54							6.78

Event: 200 Free-Relay Free (B) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.47	12.20	-	7 *	12.20	51.9 (1.16)	N/A	N/A	2.44	1.70	0.73
50	2.31	13.95	1.75	9 *	26.16	50.7 (1.18)	N/A	N/A	2.12	1.53	0.80
75	2.77	14.28	0.33	8.5 *	40.44	47.3 (1.27)	N/A	N/A	2.15	1.43	0.80
100	2.27	14.50	0.22	9 *	54.94	46.5 (1.29)	N/A	N/A	2.20	1.46	0.83
125	2.17	14.67	0.17	9 *	1:09.61	46.3 (1.30)	N/A	N/A	2.19	1.45	0.84
150	2.41	15.36	0.69	9 *	1:24.97	44.3 (1.35)	N/A	N/A	2.14	1.35	0.84
175	2.47	15.59	0.23	9 *	1:40.56	45.6 (1.32)	N/A	N/A	2.04	1.32	0.91
200	2.22	15.19	-0.40	10 *	1:55.75	45.4 (1.32)	N/A	N/A	2.00	1.34	-
Totals	20.08			70.5							5.75

Event: 50 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.78	11.73	-	7 *	11.73	58.2 (1.03)	N/A	N/A	2.04	1.56	0.72
50	2.64	12.64	0.91	9.5 *	24.38	56.2 (1.07)	N/A	N/A	1.97	1.61	-
Totals	6.42			16.5							0.72

15M Start: 6.31 sec 15M Velocity: 2.38 m/sec

Event: 50 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.38	11.86	-	7.5 *	11.86	59.8 (1.00)	N/A	N/A	2.15	1.72	0.84
50	2.45	12.51	0.65	9 *	24.37	55.0 (1.09)	N/A	N/A	2.05	1.65	-
Totals	5.83			16.5							0.84

* - denotes extrapolated value

Name: Patrick Magrath Age:18 Club: DYNAMO

Event: 100 Br Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.94	12.58	-	5 *	12.58	49.9 (1.20)	N/A	N/A	1.99	1.26	0.94
50	4.81	15.53	2.95	8 *	28.11	48.6 (1.23)	N/A	N/A	1.98	1.37	0.88
75	4.83	15.70	0.17	8 *	43.81	48.3 (1.24)	N/A	N/A	1.94	1.34	0.92
100	4.92	16.19	0.48	8 *	1:00.00	47.9 (1.25)	N/A	N/A	1.86	1.27	-
Totals	20.50			29							2.73

Event: 100 Br Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.30	12.69	-	6 *	12.69	56.1 (1.07)	N/A	N/A	1.98	1.45	0.78
50	4.81	15.78	3.09	8 *	28.47	48.1 (1.25)	N/A	N/A	1.92	1.31	0.83
75	5.16	16.25	0.47	8 *	44.72	48.5 (1.24)	N/A	N/A	1.79	1.23	0.88
100	4.61	15.66	-0.59	8 *	1:00.38	49.5 (1.21)	N/A	N/A	1.89	1.34	-
Totals	20.88			30							2.48

15M Start: 7.27 sec 15M Velocity: 2.06 m/sec

Event: 100 Br Heat: Time Trial

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.55	12.84	-	5 *	12.84	49.9 (1.20)	N/A	N/A	1.80	1.09	1.16
50	4.45	15.36	2.52	8 *	28.20	48.8 (1.23)	49.9 (1.20)	N/A	2.05	1.45	1.22
75	4.59	15.87	0.51	8 *	44.08	47.3 (1.27)	49.4 (1.21)	N/A	1.99	1.38	1.05
100	4.64	16.16	0.29	8 *	1:00.24	47.4 (1.27)	46.0 (1.30)	N/A	1.95	1.30	-
Totals	20.24			29							3.42

Event: 200 Br Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.31	12.75	-	5 *	12.75	48.0 (1.25)	N/A	N/A	2.14	1.30	0.94
50	4.69	15.45	2.70	7 *	28.20	44.9 (1.34)	N/A	N/A	2.23	1.44	0.98
75	4.52	15.95	0.50	7 *	44.16	43.2 (1.39)	N/A	N/A	2.21	1.37	1.11

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
100	4.22	16.39	0.44	8 *	1:00.55	43.5 (1.38)	N/A	N/A	2.14	1.34	0.94
125	4.14	16.53	0.14	8 *	1:17.08	43.0 (1.40)	N/A	N/A	2.12	1.32	1.05
150	4.08	16.89	0.36	9 *	1:33.97	44.0 (1.36)	N/A	N/A	2.02	1.28	1.03
175	4.09	17.20	0.31	9 *	1:51.17	45.1 (1.33)	N/A	N/A	1.92	1.25	1.03
200	4.00	17.93	0.73	10 *	2:09.10	46.1 (1.30)	N/A	N/A	1.78	1.19	-
Totals	36.05			63							7.08

Event: 200 Br Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.38	13.02	-	5 *	13.02	44.7 (1.34)	N/A	N/A	2.17	1.22	0.97
50	4.66	15.64	2.63	7 *	28.66	43.5 (1.38)	N/A	N/A	2.26	1.41	1.01
75	4.94	16.25	0.61	7 *	44.91	42.8 (1.40)	N/A	N/A	2.17	1.32	1.01
100	4.66	16.56	0.31	8 *	1:01.47	42.3 (1.42)	N/A	N/A	2.14	1.30	1.09
125	4.59	16.91	0.34	8 *	1:18.38	42.5 (1.41)	N/A	N/A	2.10	1.28	1.05
150	4.47	16.92	0.02	8 *	1:35.30	42.9 (1.40)	N/A	N/A	2.04	1.26	1.08
175	4.30	17.52	0.59	9 *	1:52.81	45.2 (1.33)	N/A	N/A	1.87	1.22	1.00
200	4.33	18.01	0.49	9 *	2:10.82	44.6 (1.35)	N/A	N/A	1.79	1.15	-
Totals	38.31			61							7.22

Event: 200 IM Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.23	11.56	-	7 *	11.56	56.7 (1.06)	N/A	N/A	2.00	1.52	0.92
50	2.59	13.92	2.36	9 *	25.48	52.3 (1.15)	50.5 (1.19)	N/A	2.18	1.64	0.97
75	2.58	15.50	1.58	7.5 *	40.98	42.1 (1.43)	40.0 (1.50)	N/A	2.63	1.54	0.86
100	2.98	14.98	-0.52	8 *	55.97	40.4 (1.49)	38.6 (1.55)	N/A	2.17	1.24	1.06
125	4.78	17.14	2.16	8 *	1:13.11	44.7 (1.34)	41.3 (1.45)	N/A	1.93	1.18	0.97
150	4.41	17.14	0.00	8 *	1:30.25	40.7 (1.47)	41.3 (1.45)	N/A	2.04	1.20	1.05
175	2.17	14.97	-2.17	9 *	1:45.22	50.5 (1.19)	46.6 (1.29)	N/A	2.34	1.63	0.81
200	2.41	14.34	-0.63	9.5 *	1:59.56	49.1 (1.22)	47.0 (1.28)	N/A	2.14	1.52	-
Totals	26.16			66							6.64

Event: 400 IM Heat: Finals

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.47	12.09	-	6 *	12.09	53.8 (1.12)	N/A	N/A	1.85	1.26	1.01
50	2.83	14.36	2.26	9 *	26.45	50.9 (1.18)	49.7 (1.21)	N/A	2.15	1.58	1.00
75	3.03	15.20	0.84	9 *	41.66	51.5 (1.17)	49.4 (1.21)	N/A	1.96	1.44	1.06
100	3.08	15.08	-0.12	9 *	56.73	50.9 (1.18)	49.9 (1.20)	N/A	1.98	1.45	1.27
125	1.98	16.38	1.30	8 *	1:13.11	38.8 (1.55)	39.4 (1.52)	N/A	2.67	1.51	1.09
150	2.23	15.59	-0.78	7.5 *	1:28.70	38.6 (1.55)	36.7 (1.63)	N/A	2.67	1.44	1.17
175	2.20	16.25	0.66	8 *	1:44.95	36.6 (1.64)	36.1 (1.66)	N/A	2.58	1.35	1.00
200	2.30	15.77	-0.48	8 *	2:00.72	36.7 (1.63)	36.9 (1.63)	N/A	2.47	1.34	1.42
225	4.25	17.55	1.78	8 *	2:18.26	42.3 (1.42)	N/A	N/A	2.05	1.25	1.19
250	4.19	17.45	-0.09	8 *	2:35.72	40.0 (1.50)	39.7 (1.51)	N/A	2.17	1.25	1.19
275	4.39	17.91	0.45	8 *	2:53.63	40.7 (1.47)	40.6 (1.48)	N/A	2.02	1.19	1.30
300	4.30	17.84	-0.06	8 *	3:11.47	40.5 (1.48)	41.6 (1.44)	N/A	2.05	1.21	1.26
325	1.89	15.64	-2.20	8.5 *	3:27.11	45.0 (1.33)	44.8 (1.34)	N/A	2.33	1.50	0.89
350	2.22	14.81	-0.83	8.5 *	3:41.92	46.0 (1.30)	44.1 (1.36)	N/A	2.23	1.43	1.14
375	1.97	15.09	0.28	9 *	3:57.01	45.9 (1.31)	43.1 (1.39)	N/A	2.22	1.41	1.01
400	2.13	14.40	-0.70	9 *	4:11.41	45.8 (1.31)	44.7 (1.34)	N/A	2.10	1.39	-
Totals	48.45			131.5							17.01

Event: 400 IM Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.33	11.78	-	6 *	11.78	51.2 (1.17)	N/A	N/A	2.29	1.60	0.91
50	3.16	14.67	2.89	9 *	26.45	51.5 (1.17)	N/A	N/A	2.00	1.49	0.78
75	3.36	14.84	0.17	9 *	41.30	50.0 (1.20)	N/A	N/A	1.98	1.44	0.92
100	3.37	15.42	0.58	9 *	56.72	51.3 (1.17)	N/A	N/A	1.86	1.38	0.78
125	2.31	15.81	0.39	8 *	1:12.53	38.7 (1.55)	N/A	N/A	2.61	1.45	0.72
150	3.20	15.67	-0.14	7 *	1:28.20	36.2 (1.66)	N/A	N/A	2.59	1.33	0.70
175	2.66	16.01	0.34	8 *	1:44.22	36.9 (1.63)	N/A	N/A	2.53	1.33	0.72
200	2.75	16.00	-0.01	8 *	2:00.22	36.5 (1.64)	N/A	N/A	2.41	1.29	1.03
225	4.98	17.88	1.88	7 *	2:18.09	37.0 (1.62)	N/A	N/A	2.17	1.15	0.78
250	4.72	17.50	-0.38	8 *	2:35.59	38.2 (1.57)	N/A	N/A	2.14	1.18	0.86
275	4.83	17.61	0.11	7 *	2:53.20	37.0 (1.62)	N/A	N/A	2.19	1.16	0.91

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
300	4.55	17.75	0.14	8 *	3:10.95	39.0 (1.54)	N/A	N/A	2.08	1.17	0.89
325	2.36	15.28	-2.47	8.5 *	3:26.23	45.1 (1.33)	N/A	N/A	2.25	1.44	0.86
350	2.44	14.94	-0.34	8.5 *	3:41.17	44.6 (1.35)	N/A	N/A	2.14	1.36	0.80
375	2.50	15.03	0.09	8.5 *	3:56.20	43.8 (1.37)	N/A	N/A	2.13	1.32	0.70
400	2.17	15.00	-0.04	9.5 *	4:11.20	43.9 (1.37)	N/A	N/A	2.07	1.33	-
Totals	53.68			129							12.36
15M Start: 6.86 sec 15M Velocity: 2.19 m/sec											

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)**Name: Devan Martin Age:16 Club: DYNAMO****Event: 100 Bk Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.88	14.36	-	5 *	14.36	45.4 (1.32)	N/A	N/A	2.56	1.46	0.98
50	3.77	15.15	0.79	7.5 *	29.51	42.5 (1.41)	N/A	N/A	2.36	1.40	0.99
75	3.38	15.96	0.81	8 *	45.47	40.7 (1.47)	N/A	N/A	2.29	1.32	0.91
100	2.94	16.08	0.12	8.5 *	1:01.55	39.2 (1.53)	N/A	N/A	2.20	1.26	-
Totals	16.95			29							2.88
15M Start: 8.33 sec 15M Velocity: 1.80 m/sec											

Event: 100 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.80	12.61	-	7 *	12.61	53.7 (1.12)	N/A	N/A	2.71	2.02	0.78
50	2.38	13.58	0.97	9 *	26.19	53.2 (1.13)	N/A	N/A	2.09	1.58	0.88
75	1.64	14.12	0.54	9.5 *	40.31	49.8 (1.20)	N/A	N/A	2.16	1.55	0.81
100	1.69	14.44	0.31	10 *	54.75	48.3 (1.24)	N/A	N/A	2.04	1.46	-
Totals	9.50			35.5							2.47
15M Start: 8.19 sec 15M Velocity: 1.83 m/sec											

Event: 200 Bk Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.95	14.23	-	4 *	14.23	42.2 (1.42)	N/A	N/A	2.84	1.48	0.97
50	3.47	15.22	0.98	7 *	29.45	38.8 (1.55)	38.4 (1.56)	N/A	2.57	1.40	0.92
75	3.28	15.74	0.52	7.5 *	45.19	38.2 (1.57)	37.8 (1.59)	N/A	2.48	1.33	0.88
100	2.37	15.91	0.18	8 *	1:01.10	37.8 (1.59)	36.9 (1.63)	N/A	2.61	1.40	1.11
125	2.22	16.43	0.52	8 *	1:17.53	37.3 (1.61)	36.2 (1.66)	N/A	2.53	1.34	1.03
150	1.78	16.77	0.34	9 *	1:34.30	37.2 (1.61)	37.8 (1.59)	N/A	2.45	1.33	1.01
175	1.92	17.07	0.31	8.5 *	1:51.38	36.2 (1.66)	36.8 (1.63)	N/A	2.46	1.30	1.00
200	1.64	16.51	-0.56	9 *	2:07.89	37.6 (1.60)	37.3 (1.61)	N/A	2.33	1.30	-
Totals	23.64			61							6.92

Event: 200 Bk Heat: Prelims

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	7.45	14.98	-	4 *	14.98	40.6 (1.48)	N/A	N/A	2.60	1.28	0.99
50	4.14	15.40	0.42	6.5 *	30.39	38.2 (1.57)	N/A	N/A	2.51	1.33	1.00
75	3.08	16.30	0.89	7.5 *	46.69	37.3 (1.61)	N/A	N/A	2.46	1.30	1.00
100	2.91	16.06	-0.24	7.5 *	1:02.75	36.4 (1.65)	38.2 (1.57)	N/A	2.50	1.32	0.97
125	2.78	16.31	0.25	7.5 *	1:19.06	36.9 (1.63)	35.9 (1.67)	N/A	2.54	1.31	1.08
150	2.47	16.35	0.03	8 *	1:35.41	36.4 (1.65)	35.9 (1.67)	N/A	2.58	1.33	1.06
175	1.99	16.61	0.26	8.5 *	1:52.02	38.3 (1.57)	37.8 (1.59)	N/A	2.42	1.33	0.99
200	2.05	16.07	-0.53	9 *	2:08.09	37.5 (1.60)	37.6 (1.60)	N/A	2.38	1.33	-
Totals	26.86			58.5							7.08

Event: 200 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.81	12.91	-	5 *	12.91	42.6 (1.41)	N/A	N/A	3.19	1.84	0.63
50	3.02	14.84	1.93	8 *	27.75	44.3 (1.35)	N/A	N/A	2.16	1.34	0.76
75	2.47	14.33	-0.51	8.5 *	42.08	45.2 (1.33)	N/A	N/A	2.23	1.43	0.61
100	2.41	15.54	1.21	9 *	57.62	43.5 (1.38)	N/A	N/A	2.13	1.32	0.70
125	2.39	14.54	-1.00	8 *	1:12.16	42.4 (1.42)	N/A	N/A	2.34	1.41	0.58
150	1.95	15.69	1.15	9 *	1:27.85	42.9 (1.40)	N/A	N/A	2.17	1.33	0.72
175	1.74	14.85	-0.84	9 *	1:42.70	42.8 (1.40)	N/A	N/A	2.34	1.44	0.75
200	1.91	15.38	0.53	10 *	1:58.08	43.4 (1.38)	N/A	N/A	2.09	1.34	-
Totals	20.69			66.5							4.75

15M Start: 8.28 sec 15M Velocity: 1.81 m/sec

Event: 200 IM Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.22	14.25	-	7 *	14.25	46.5 (1.29)	N/A	N/A	1.85	1.15	0.94
50	3.53	15.21	0.96	8 *	29.46	47.6 (1.26)	44.4 (1.35)	N/A	2.18	1.45	1.01
75	3.31	16.53	1.32	7 *	45.99	36.7 (1.63)	35.2 (1.70)	N/A	2.80	1.43	0.92
100	2.47	15.74	-0.78	8 *	1:01.73	36.6 (1.64)	36.7 (1.63)	N/A	2.33	1.25	1.20
125	4.28	27.01	11.26	13 *	1:28.74	35.8 (1.68)	35.0 (1.71)	N/A	1.35	0.69	5.58
150	0.33	16.54	-10.47	6 *	1:45.27	35.3 (1.70)	36.8 (1.63)	N/A	3.83	2.08	1.02

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
175	1.95	15.70	-0.84	9 *	2:00.97	45.3 (1.32)	44.1 (1.36)	N/A	2.43	1.57	0.91
200	1.52	13.97	-1.73	10 *	2:14.94	49.2 (1.22)	46.6 (1.29)	N/A	2.23	1.59	-
Totals	22.61			68							11.58

* - denotes extrapolated value

Name: Kara Mccarthy Age:16 Club: DYNAMO

Event: 100 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.00	14.09	-	6 *	14.09	49.1 (1.22)	N/A	N/A	2.29	1.44	0.72
50	4.78	15.49	1.39	7.5 *	29.58	47.1 (1.27)	N/A	N/A	1.97	1.26	0.91
75	4.16	15.19	-0.30	7.5 *	44.77	45.1 (1.33)	N/A	N/A	2.13	1.33	0.77
100	4.33	15.53	0.35	8.5 *	1:00.30	46.1 (1.30)	N/A	N/A	1.88	1.24	-
Totals	19.27			29.5							2.39

Event: 100 Br-Relay Medley (B) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.22	14.47	-	6 *	14.47	49.1 (1.22)	41.3 (1.45)	N/A	1.96	1.16	1.00
50	4.16	17.11	2.64	10 *	31.58	48.9 (1.23)	47.4 (1.27)	N/A	1.81	1.26	0.99
75	4.53	17.49	0.38	9 *	49.06	48.0 (1.25)	46.5 (1.29)	N/A	1.77	1.20	1.03
100	4.31	18.08	0.59	10 *	1:07.14	47.4 (1.27)	44.3 (1.35)	N/A	1.76	1.17	-
Totals	19.22			35							3.02

Event: 100 Br Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.94	14.95	-	6 *	14.95	44.9 (1.34)	N/A	N/A	2.55	1.58	1.03
50	4.53	17.26	2.30	9 *	32.21	46.5 (1.29)	48.8 (1.23)	N/A	1.79	1.23	1.00
75	4.97	17.32	0.07	9 *	49.53	47.3 (1.27)	50.5 (1.19)	N/A	1.72	1.20	1.11
100	4.86	17.77	0.45	9 *	1:07.30	47.1 (1.27)	46.0 (1.30)	N/A	1.76	1.17	-
Totals	21.30			33							3.14

15M Start: 9.97 sec 15M Velocity: 1.50 m/sec

Event: 100 Br Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.59	14.67	-	8 *	14.67	59.6 (1.01)	N/A	N/A	1.68	1.36	0.86
50	5.30	17.09	2.42	9 *	31.76	48.9 (1.23)	N/A	N/A	1.73	1.20	0.92
75	5.39	17.27	0.18	9 *	49.03	47.9 (1.25)	N/A	N/A	1.73	1.17	1.58

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
100	4.77	17.74	0.47	9 *	1:06.77	47.6 (1.26)	N/A	N/A	1.81	1.24	-
Totals	22.05			35							3.36
15M Start: 8.88 sec 15M Velocity: 1.69 m/sec											

Event: 100 Fly Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.70	13.53	-	7 *	13.53	53.3 (1.13)	N/A	N/A	1.98	1.43	0.95
50	3.53	16.41	2.88	10 *	29.94	50.7 (1.18)	N/A	N/A	1.73	1.27	1.00
75	3.22	17.45	1.05	11 *	47.39	48.8 (1.23)	N/A	N/A	1.69	1.20	1.06
100	3.33	18.30	0.85	11 *	1:05.69	46.5 (1.29)	N/A	N/A	1.66	1.12	-
Totals	15.78			39							3.02
15M Start: 8.03 sec 15M Velocity: 1.87 m/sec											

Event: 100 Free-Relay Free (B) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.56	13.38	-	6.5 *	13.38	51.8 (1.16)	N/A	N/A	1.89	1.24	0.84
50	2.63	13.81	0.44	9 *	27.19	51.9 (1.16)	N/A	N/A	2.06	1.51	0.86
75	2.11	14.26	0.45	9.5 *	41.45	50.0 (1.20)	N/A	N/A	2.08	1.49	0.83
100	2.17	13.97	-0.30	10 *	55.42	50.2 (1.20)	N/A	N/A	1.99	1.47	-
Totals	11.47			35							2.53

Event: 200 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.38	14.98	-	5 *	14.98	42.4 (1.42)	N/A	N/A	2.50	1.35	0.95
50	4.53	16.03	1.04	7.5 *	31.01	42.9 (1.40)	44.2 (1.36)	N/A	2.03	1.21	0.89
75	4.72	16.24	0.21	7 *	47.25	41.9 (1.43)	38.0 (1.58)	N/A	2.16	1.17	1.00
100	4.69	16.86	0.62	7.5 *	1:04.11	41.2 (1.46)	38.4 (1.56)	N/A	2.06	1.12	0.91
125	4.16	16.48	-0.38	8 *	1:20.59	42.2 (1.42)	39.2 (1.53)	N/A	2.12	1.19	0.92
150	4.16	16.90	0.41	8 *	1:37.49	41.3 (1.45)	40.0 (1.50)	N/A	2.06	1.16	0.98
175	3.89	16.56	-0.34	7.5 *	1:54.05	41.6 (1.44)	38.0 (1.58)	N/A	2.20	1.22	1.11
200	4.00	16.49	-0.06	8 *	2:10.54	41.9 (1.43)	37.5 (1.60)	N/A	2.01	1.15	-

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
Totals	36.52			58.5							6.76

Event: 200 Br Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	7.11	15.42	-	5 *	15.42	35.2 (1.70)	N/A	N/A	2.29	1.04	1.06
50	5.30	18.31	2.89	7 *	33.73	36.9 (1.63)	N/A	N/A	2.16	1.14	0.99
75	5.44	18.44	0.13	7 *	52.17	37.4 (1.60)	N/A	N/A	2.09	1.11	1.16
100	5.01	18.56	0.12	8 *	1:10.73	40.9 (1.47)	N/A	N/A	1.94	1.14	0.99
125	5.19	18.83	0.27	8 *	1:29.56	38.2 (1.57)	N/A	N/A	2.00	1.09	1.03
150	5.00	19.09	0.26	8 *	1:48.65	37.4 (1.60)	N/A	N/A	2.01	1.08	1.17
175	5.16	18.97	-0.11	8 *	2:07.63	38.1 (1.57)	N/A	N/A	2.01	1.10	0.98
200	4.44	19.35	0.37	9 *	2:26.97	39.8 (1.51)	N/A	N/A	1.88	1.09	-
Totals	42.64			60							7.38

Event: 200 IM Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.61	12.63	-	7 *	12.63	57.7 (1.04)	52.6 (1.14)	N/A	1.97	1.48	0.89
50	3.22	16.18	3.56	11 *	28.81	53.3 (1.13)	53.3 (1.13)	N/A	1.72	1.33	0.95
75	3.94	15.95	-0.23	7 *	44.76	43.4 (1.38)	43.9 (1.37)	N/A	2.47	1.51	1.08
100	3.70	16.28	0.32	9 *	1:01.04	44.5 (1.35)	42.0 (1.43)	N/A	1.72	1.06	1.20
125	4.34	18.07	1.79	8 *	1:19.11	39.8 (1.51)	37.8 (1.59)	N/A	2.12	1.19	1.08
150	4.08	19.31	1.24	10 *	1:38.42	41.8 (1.44)	41.1 (1.46)	N/A	1.80	1.09	1.31
175	1.92	14.99	-4.32	9 *	1:53.41	50.7 (1.18)	49.6 (1.21)	N/A	2.37	1.72	0.91
200	2.00	14.59	-0.39	10.5 *	2:08.00	51.9 (1.16)	49.1 (1.22)	N/A	2.02	1.52	-
Totals	27.81			71.5							7.42

Event: 200 IM Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.77	12.88	-	7 *	12.88	57.7 (1.04)	54.8 (1.09)	N/A	1.84	1.40	0.84
50	3.28	16.38	3.50	11 *	29.25	55.9 (1.07)	50.9 (1.18)	N/A	1.69	1.32	0.91
75	4.03	16.11	-0.26	7.5 *	45.36	43.6 (1.38)	42.4 (1.42)	N/A	2.38	1.44	0.83

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
100	3.87	16.07	-0.04	9 *	1:01.43	43.4 (1.38)	42.7 (1.41)	N/A	1.76	1.08	1.19
125	4.78	17.98	1.91	8 *	1:19.41	39.7 (1.51)	37.1 (1.62)	N/A	2.13	1.18	0.97
150	4.63	19.45	1.48	10 *	1:38.86	42.9 (1.40)	41.2 (1.46)	N/A	1.71	1.04	1.05
175	2.17	15.13	-4.33	9 *	1:53.99	49.5 (1.21)	47.4 (1.27)	N/A	2.36	1.65	0.77
200	2.22	14.74	-0.38	10 *	2:08.73	50.4 (1.19)	48.3 (1.24)	N/A	2.03	1.49	-
Totals	29.75			71.5							6.55

Event: 400 IM Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.41	14.05	-	7 *	14.05	51.5 (1.17)	N/A	N/A	1.71	1.17	1.00
50	3.23	16.38	2.34	10 *	30.43	51.2 (1.17)	48.2 (1.24)	N/A	1.80	1.31	1.06
75	3.09	17.30	0.92	10 *	47.73	49.5 (1.21)	46.3 (1.30)	N/A	1.75	1.23	1.20
100	3.22	18.39	1.08	11 *	1:06.12	47.6 (1.26)	44.8 (1.34)	N/A	1.69	1.14	1.28
125	4.03	18.49	0.10	7.5 *	1:24.61	36.7 (1.63)	35.1 (1.71)	N/A	2.27	1.13	0.91
150	3.78	17.13	-1.36	7 *	1:41.74	37.3 (1.61)	32.3 (1.86)	N/A	2.38	1.16	0.94
175	3.64	17.90	0.77	8 *	1:59.64	36.7 (1.63)	35.7 (1.68)	N/A	2.17	1.10	1.00
200	3.72	16.93	-0.97	8 *	2:16.57	36.7 (1.63)	34.1 (1.76)	N/A	2.23	1.14	1.33
225	4.72	19.57	2.64	7 *	2:36.14	32.1 (1.87)	29.5 (2.03)	N/A	2.43	1.08	1.24
250	4.69	19.41	-0.16	8 *	2:55.55	34.8 (1.72)	36.6 (1.64)	N/A	2.10	1.08	1.17
275	4.98	19.42	0.01	8 *	3:14.97	35.6 (1.69)	36.5 (1.64)	N/A	2.05	1.06	1.33
300	4.80	19.88	0.46	7 *	3:34.85	31.6 (1.90)	29.8 (2.01)	N/A	2.40	1.06	1.22
325	2.22	16.65	-3.23	9 *	3:51.50	45.3 (1.32)	44.5 (1.35)	N/A	2.14	1.38	0.95
350	1.94	15.62	-1.03	9 *	4:07.12	45.4 (1.32)	42.3 (1.42)	N/A	2.16	1.36	0.92
375	2.05	16.43	0.81	9.5 *	4:23.55	44.8 (1.34)	41.5 (1.45)	N/A	2.06	1.27	0.95
400	2.19	15.16	-1.26	9.5 *	4:38.71	45.0 (1.33)	42.5 (1.41)	N/A	2.08	1.34	-
Totals	57.70			135.5							16.50

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)**Name: Margaret Mcenerney Age:16 Club: DYNAMO****Event: 100 Fly Heat: Prelims**

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.25	12.98	-	9 *	12.98	60.5 (.99)	N/A	N/A	1.82	1.54	1.05
50	2.91	14.89	1.90	10 *	27.87	53.2 (1.13)	N/A	N/A	1.95	1.52	1.02
75	2.89	16.83	1.95	11 *	44.70	52.8 (1.14)	N/A	N/A	1.66	1.29	1.09
100	2.75	14.76	-2.08	9 *	59.46	51.4 (1.17)	N/A	N/A	2.05	1.54	-
Totals	12.80			39							3.16
15M Start: 7.88 sec 15M Velocity: 1.90 m/sec											

Event: 200 Fly Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.06	12.89	-	8 *	12.89	58.8 (1.02)	N/A	N/A	1.85	1.51	0.97
50	2.28	15.16	2.27	11 *	28.05	53.7 (1.12)	N/A	N/A	1.89	1.50	1.23
75	2.50	15.64	0.48	10 *	43.69	53.2 (1.13)	N/A	N/A	1.86	1.46	1.28
100	2.13	16.26	0.62	11 *	59.95	51.0 (1.18)	N/A	N/A	1.87	1.41	1.03
125	2.08	16.27	0.01	11 *	1:16.22	50.7 (1.18)	N/A	N/A	1.86	1.40	1.11
150	2.12	16.41	0.14	11 *	1:32.63	50.5 (1.19)	N/A	N/A	1.84	1.37	1.22
175	2.00	16.82	0.41	12 *	1:49.45	51.1 (1.17)	N/A	N/A	1.78	1.35	1.16
200	2.11	16.69	-0.14	12 *	2:06.14	52.1 (1.15)	N/A	N/A	1.75	1.35	-
Totals	19.28			86							8.00

Event: 200 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.89	13.09	-	8.5 *	13.09	61.4 (.98)	N/A	N/A	1.92	1.61	0.64
50	2.75	14.72	1.62	10 *	27.81	52.7 (1.14)	N/A	N/A	1.84	1.36	0.70
75	1.81	14.53	-0.18	10 *	42.34	50.2 (1.20)	N/A	N/A	2.05	1.48	0.69
100	2.17	15.27	0.73	10 *	57.61	49.3 (1.22)	N/A	N/A	1.92	1.36	0.66
125	1.95	15.25	-0.02	10.5 *	1:12.86	49.8 (1.20)	N/A	N/A	1.93	1.38	0.73
150	2.58	15.44	0.19	10 *	1:28.30	49.0 (1.22)	N/A	N/A	1.88	1.31	0.72
175	2.06	15.42	-0.02	10.5 *	1:43.72	49.6 (1.21)	N/A	N/A	1.91	1.36	0.77

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
200	2.28	14.84	-0.58	10 *	1:58.56	49.2 (1.22)	N/A	N/A	1.88	1.36	-
Totals	19.50			79.5							4.91
15M Start: 7.88 sec 15M Velocity: 1.90 m/sec											

* - denotes extrapolated value

Name: Andrew McIntosh Age:15 Club: DYNAMO

Event: 200 Free-Relay Free (B) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.06	12.09	-	6 *	12.09	52.2 (1.15)	N/A	N/A	2.30	1.54	0.99
50	1.84	13.19	1.09	8 *	25.28	46.5 (1.29)	N/A	N/A	2.51	1.67	0.95
75	1.89	13.91	0.72	8 *	39.19	44.1 (1.36)	N/A	N/A	2.50	1.58	1.03
100	1.86	14.17	0.26	7.5 *	53.36	41.0 (1.46)	N/A	N/A	2.62	1.54	1.05
125	1.22	14.48	0.31	8.5 *	1:07.84	41.6 (1.44)	N/A	N/A	2.60	1.57	1.11
150	1.66	14.55	0.06	8 *	1:22.39	39.5 (1.52)	N/A	N/A	2.66	1.51	1.06
175	1.56	14.73	0.19	8 *	1:37.13	40.1 (1.50)	N/A	N/A	2.60	1.50	1.13
200	1.53	13.64	-1.09	8 *	1:50.77	40.8 (1.47)	N/A	N/A	2.54	1.54	-
Totals	15.62			62							7.31

* - denotes extrapolated value

Name: Graham Munger Age:16 Club: DYNAMO

Event: 200 Free-Relay Free (A) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.47	11.34	-	6.5 *	11.34	56.3 (1.07)	N/A	N/A	2.41	1.79	0.84
50	1.97	12.88	1.53	9 *	24.22	53.3 (1.13)	N/A	N/A	2.24	1.71	0.88
75	1.66	13.09	0.22	9 *	37.31	50.1 (1.20)	N/A	N/A	2.34	1.68	0.83
100	1.59	13.49	0.39	9 *	50.80	50.3 (1.19)	N/A	N/A	2.26	1.64	0.86
125	1.48	13.84	0.36	9.5 *	1:04.64	49.2 (1.22)	N/A	N/A	2.25	1.60	0.86
150	1.55	13.98	0.14	9.5 *	1:18.63	49.0 (1.22)	N/A	N/A	2.21	1.56	0.83
175	1.16	14.39	0.41	10 *	1:33.02	48.6 (1.23)	N/A	N/A	2.19	1.55	0.88
200	1.42	13.38	-1.02	10 *	1:46.39	49.0 (1.22)	N/A	N/A	2.20	1.60	-
Totals	14.29			72.5							5.97

Event: 400 IM Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.66	11.98	-	8 *	11.98	58.0 (1.03)	N/A	N/A	1.87	1.49	1.05
50	2.53	15.31	3.32	10 *	27.29	51.6 (1.16)	N/A	N/A	1.92	1.46	1.17
75	2.13	15.21	-0.10	10 *	42.50	49.2 (1.22)	N/A	N/A	2.09	1.52	1.16
100	1.83	16.42	1.21	11 *	58.92	48.2 (1.24)	N/A	N/A	1.94	1.39	1.09
125	2.17	16.47	0.05	8 *	1:15.39	41.1 (1.46)	N/A	N/A	2.52	1.49	1.23
150	2.94	16.37	-0.10	8 *	1:31.76	40.6 (1.48)	N/A	N/A	2.30	1.33	1.28
175	3.00	15.96	-0.41	7.5 *	1:47.72	39.1 (1.53)	N/A	N/A	2.45	1.36	1.13
200	3.00	16.27	0.31	8.5 *	2:03.99	38.5 (1.56)	N/A	N/A	2.22	1.25	1.14
225	4.36	16.89	0.61	8 *	2:20.88	40.6 (1.48)	N/A	N/A	2.19	1.28	1.31
250	4.00	17.96	1.08	8 *	2:38.84	40.3 (1.49)	N/A	N/A	2.08	1.21	1.23
275	4.05	17.85	-0.12	8 *	2:56.69	40.0 (1.50)	N/A	N/A	2.11	1.22	1.27
300	4.41	18.38	0.54	8 *	3:15.07	39.0 (1.54)	N/A	N/A	2.04	1.15	1.06
325	1.61	14.54	-3.84	8.5 *	3:29.61	47.0 (1.28)	N/A	N/A	2.48	1.68	1.09
350	1.70	14.60	0.06	9 *	3:44.21	46.3 (1.30)	N/A	N/A	2.25	1.50	0.97
375	1.72	13.93	-0.67	9 *	3:58.14	47.0 (1.28)	N/A	N/A	2.33	1.58	0.89
400	1.66	13.31	-0.62	10 *	4:11.45	50.2 (1.20)	N/A	N/A	2.12	1.58	-

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
Totals	44.75			139.5							17.08
15M Start: 6.72 sec 15M Velocity: 2.23 m/sec											

Event: 500 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.28	11.97	-	6 *	11.97	46.0 (1.30)	N/A	N/A	2.68	1.66	0.95
50	1.75	13.53	1.56	8 *	25.50	44.6 (1.35)	N/A	N/A	2.52	1.61	1.02
75	1.86	13.97	0.44	8 *	39.47	44.1 (1.36)	N/A	N/A	2.44	1.54	1.00
100	1.70	14.03	0.06	8 *	53.50	42.8 (1.40)	N/A	N/A	2.54	1.56	1.03
125	1.81	14.16	0.13	8 *	1:07.66	43.4 (1.38)	N/A	N/A	2.47	1.54	1.05
150	1.86	14.09	-0.06	8 *	1:21.75	43.6 (1.38)	N/A	N/A	2.46	1.54	1.09
175	1.59	14.19	0.09	8.5 *	1:35.94	44.8 (1.34)	N/A	N/A	2.39	1.54	0.99
200	1.70	14.15	-0.04	8.5 *	1:50.09	44.5 (1.35)	N/A	N/A	2.42	1.54	1.05
225	1.55	14.50	0.35	9 *	2:04.59	43.8 (1.37)	N/A	N/A	2.39	1.51	0.97
250	1.80	14.15	-0.36	8.5 *	2:18.74	44.3 (1.35)	N/A	N/A	2.40	1.53	0.97
275	1.52	14.03	-0.12	8.5 *	2:32.77	45.1 (1.33)	N/A	N/A	2.41	1.57	0.95
300	1.64	13.87	-0.15	8.5 *	2:46.64	45.1 (1.33)	N/A	N/A	2.47	1.61	1.11
325	1.51	14.19	0.31	9 *	3:00.83	44.6 (1.35)	N/A	N/A	2.39	1.54	0.89
350	1.78	14.28	0.09	8.5 *	3:15.11	45.1 (1.33)	N/A	N/A	2.33	1.51	1.00
375	1.50	14.16	-0.13	9 *	3:29.27	44.8 (1.34)	N/A	N/A	2.37	1.53	0.81
400	1.70	14.09	-0.06	8.5 *	3:43.36	45.6 (1.32)	N/A	N/A	2.35	1.54	0.95
425	1.39	14.20	0.11	9 *	3:57.56	46.6 (1.29)	N/A	N/A	2.29	1.54	0.92
450	1.48	14.07	-0.14	9 *	4:11.63	47.5 (1.26)	N/A	N/A	2.27	1.55	0.92
475	1.51	14.10	0.04	9 *	4:25.73	47.0 (1.28)	N/A	N/A	2.28	1.55	0.88
500	1.91	12.82	-1.29	9.5 *	4:38.55	52.8 (1.14)	N/A	N/A	2.08	1.61	-
Totals	34.86			169							18.55
15M Start: 6.58 sec 15M Velocity: 2.28 m/sec											

* - denotes extrapolated value

Name: William Nemitz Age:15 Club: DYNAMO

Event: 200 Free-Relay Free (B) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	2.78	11.77	-	7 *	11.77	54.4 (1.10)	N/A	N/A	2.39	1.76	0.84
50	1.83	13.16	1.39	9 *	24.92	51.7 (1.16)	N/A	N/A	2.25	1.67	0.91
75	1.61	13.81	0.65	9.5 *	38.73	49.8 (1.20)	N/A	N/A	2.22	1.60	0.86
100	1.81	14.31	0.50	9.5 *	53.05	49.5 (1.21)	N/A	N/A	2.13	1.52	0.89
125	1.50	14.45	0.14	10 *	1:07.50	49.9 (1.20)	N/A	N/A	2.11	1.52	0.89
150	1.63	14.61	0.16	9.5 *	1:22.11	48.1 (1.25)	N/A	N/A	2.15	1.49	1.00
175	1.44	14.77	0.16	10 *	1:36.88	48.6 (1.23)	N/A	N/A	2.14	1.50	1.13
200	1.70	14.28	-0.48	10 *	1:51.16	47.6 (1.26)	N/A	N/A	2.07	1.46	-
Totals	14.30			74.5							6.52

* - denotes extrapolated value

Name: Sheila O'Neill Age:17 Club: DYNAMO

Event: 100 Fly Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.08	12.78	-	8 *	12.78	48.0 (1.25)	N/A	N/A	2.26	1.53	0.91
50	2.81	16.24	3.46	10 *	29.02	50.0 (1.20)	N/A	N/A	1.81	1.33	0.98
75	2.63	15.50	-0.74	10 *	44.52	49.7 (1.21)	N/A	N/A	1.97	1.44	1.16
100	2.67	17.06	1.57	11 *	1:01.58	51.7 (1.16)	N/A	N/A	1.70	1.29	-
Totals	11.19			39							3.05
15M Start: 7.66 sec 15M Velocity: 1.96 m/sec											

Event: 100 Free-Relay Free (A) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	2.44	11.67	-	7.5 *	11.67	56.3 (1.07)	N/A	N/A	2.39	1.85	0.78
50	1.80	13.70	2.03	9.5 *	25.37	52.7 (1.14)	N/A	N/A	2.10	1.59	0.81
75	1.75	13.46	-0.24	9 *	38.83	49.4 (1.21)	N/A	N/A	2.33	1.65	0.91
100	1.81	13.38	-0.08	9.5 *	52.21	50.1 (1.20)	N/A	N/A	2.11	1.57	-
Totals	7.80			35.5							2.50

Event: 100 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.06	11.00	-	6 *	11.00	54.9 (1.09)	N/A	N/A	2.67	1.96	0.88
50	2.03	13.44	2.44	9 *	24.44	52.3 (1.15)	N/A	N/A	2.18	1.63	0.89
75	1.81	13.34	-0.09	9 *	37.78	52.0 (1.15)	N/A	N/A	2.23	1.66	0.94
100	1.94	14.65	1.30	11 *	52.43	52.7 (1.14)	N/A	N/A	1.81	1.41	-
Totals	8.84			35							2.70

Event: 100 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.25	12.09	-	7.5 *	12.09	58.4 (1.03)	N/A	N/A	2.12	1.66	0.78
50	1.84	13.16	1.06	9.5 *	25.25	57.7 (1.04)	50.7 (1.18)	N/A	2.17	1.69	0.88
75	1.91	13.59	0.44	9.5 *	38.84	53.7 (1.12)	53.0 (1.13)	N/A	2.08	1.59	0.77

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
100	2.03	13.83	0.23	10 *	52.67	51.5 (1.17)	52.3 (1.15)	N/A	1.95	1.49	-
Totals	9.03			36.5							2.42

Event: 200 Free-Relay Free (A) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.03	12.11	-	6.5 *	12.11	50.9 (1.18)	44.2 (1.36)	N/A	2.75	1.78	0.86
50	2.19	14.08	1.97	9 *	26.19	49.2 (1.22)	47.4 (1.27)	N/A	2.22	1.53	0.88
75	1.78	13.83	-0.25	9 *	40.02	50.0 (1.20)	46.3 (1.30)	N/A	2.30	1.59	0.83
100	1.92	14.41	0.59	9 *	54.43	47.0 (1.28)	45.2 (1.33)	N/A	2.25	1.49	0.84
125	2.06	14.07	-0.34	8.5 *	1:08.50	49.7 (1.21)	44.1 (1.36)	N/A	2.28	1.53	0.84
150	2.19	14.44	0.37	9 *	1:22.94	48.2 (1.24)	45.0 (1.33)	N/A	2.25	1.49	0.97
175	2.13	14.58	0.14	9 *	1:37.52	48.5 (1.24)	44.6 (1.35)	N/A	2.20	1.46	0.91
200	2.17	13.93	-0.64	9 *	1:51.45	46.7 (1.28)	48.3 (1.24)	N/A	2.11	1.48	-
Totals	17.47			69							6.13

Event: 200 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.55	12.55	-	6.5 *	12.55	48.0 (1.25)	N/A	N/A	2.89	1.92	0.69
50	2.00	13.77	1.22	9 *	26.31	48.9 (1.23)	N/A	N/A	2.27	1.59	0.84
75	2.11	14.05	0.28	9 *	40.36	49.2 (1.22)	N/A	N/A	2.18	1.54	0.81
100	1.83	14.19	0.14	9 *	54.55	47.2 (1.27)	N/A	N/A	2.31	1.56	1.09
125	2.05	14.27	0.08	9 *	1:08.81	47.9 (1.25)	N/A	N/A	2.20	1.51	0.88
150	1.95	14.34	0.08	9 *	1:23.16	47.4 (1.27)	N/A	N/A	2.25	1.53	1.02
175	2.08	14.28	-0.06	9 *	1:37.44	49.2 (1.22)	N/A	N/A	2.15	1.51	0.89
200	2.06	14.01	-0.27	10 *	1:51.45	49.7 (1.21)	N/A	N/A	2.01	1.47	-
Totals	17.62			70.5							6.22

15M Start: 8.02 sec 15M Velocity: 1.87 m/sec

Event: 200 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	2.58	11.28	-	8 *	11.28	59.6 (1.01)	N/A	N/A	2.16	1.76	0.47

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
50	2.28	14.84	3.56	10 *	26.12	51.1 (1.17)	N/A	N/A	1.92	1.40	0.69
75	2.08	12.74	-2.10	8 *	38.86	49.0 (1.22)	N/A	N/A	2.44	1.71	0.64
100	2.37	15.41	2.67	10 *	54.27	48.4 (1.24)	N/A	N/A	1.92	1.32	0.69
125	2.41	13.15	-2.26	8 *	1:07.42	47.2 (1.27)	N/A	N/A	2.41	1.62	0.64
150	2.50	15.80	2.65	10 *	1:23.22	47.9 (1.25)	N/A	N/A	1.89	1.29	0.78
175	2.42	13.58	-2.22	8 *	1:36.80	46.8 (1.28)	N/A	N/A	2.34	1.56	0.66
200	2.49	15.80	2.23	11 *	1:52.60	48.8 (1.23)	N/A	N/A	1.74	1.25	-
Totals	19.13			73							4.56

15M Start: 6.64 sec 15M Velocity: 2.26 m/sec

Event: 50 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.28	11.66	-	7 *	11.66	58.7 (1.02)	N/A	N/A	2.24	1.76	0.77
50	2.06	12.38	0.73	10 *	24.04	59.1 (1.02)	N/A	N/A	1.96	1.71	-
Totals	5.34			17							0.77

Event: 50 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.22	11.64	-	8 *	11.64	62.0 (.97)	N/A	N/A	2.08	1.73	0.69
50	2.09	12.43	0.79	10 *	24.07	58.5 (1.03)	N/A	N/A	1.98	1.70	-
Totals	5.31			18							0.69

15M Start: 6.70 sec 15M Velocity: 2.24 m/sec

Event: 500 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	2.98	12.30	-	7 *	12.30	49.6 (1.21)	N/A	N/A	2.36	1.57	0.94
50	1.61	14.70	2.41	9.5 *	27.00	46.8 (1.28)	N/A	N/A	2.23	1.51	1.06
75	1.92	13.98	-0.72	8.5 *	40.98	45.6 (1.32)	N/A	N/A	2.39	1.56	0.94
100	2.09	15.69	1.70	9.5 *	56.67	45.4 (1.32)	N/A	N/A	2.05	1.33	0.94
125	1.86	14.60	-1.09	9 *	1:11.26	44.5 (1.35)	N/A	N/A	2.31	1.47	0.95
150	2.09	15.74	1.14	9 *	1:27.00	43.9 (1.37)	N/A	N/A	2.15	1.35	1.14

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
175	1.80	14.72	-1.02	8.5 *	1:41.72	43.6 (1.38)	N/A	N/A	2.35	1.47	0.97
200	2.19	15.94	1.22	9 *	1:57.66	43.3 (1.39)	N/A	N/A	2.10	1.30	0.94
225	1.87	14.70	-1.24	8.5 *	2:12.36	43.6 (1.38)	N/A	N/A	2.37	1.48	1.09
250	2.23	15.77	1.07	9 *	2:28.13	43.5 (1.38)	N/A	N/A	2.15	1.33	1.09
275	1.67	14.70	-1.07	8.5 *	2:42.83	43.4 (1.38)	N/A	N/A	2.39	1.49	1.06
300	2.26	15.87	1.17	9 *	2:58.70	43.9 (1.37)	N/A	N/A	2.08	1.30	1.03
325	1.75	14.71	-1.17	8.5 *	3:13.41	43.6 (1.38)	N/A	N/A	2.39	1.50	1.03
350	2.20	16.02	1.32	9 *	3:29.43	42.5 (1.41)	N/A	N/A	2.14	1.30	1.03
375	1.86	14.66	-1.36	8.5 *	3:44.09	43.1 (1.39)	N/A	N/A	2.39	1.48	1.06
400	2.05	15.86	1.19	9 *	3:59.95	43.4 (1.38)	N/A	N/A	2.13	1.32	1.08
425	1.81	14.55	-1.31	8.5 *	4:14.50	43.7 (1.37)	N/A	N/A	2.38	1.50	0.97
450	1.73	15.42	0.87	9 *	4:29.92	44.3 (1.35)	N/A	N/A	2.23	1.42	1.13
475	1.81	14.27	-1.15	8.5 *	4:44.19	44.9 (1.34)	N/A	N/A	2.39	1.54	1.02
500	2.02	14.63	0.37	10 *	4:58.82	46.6 (1.29)	N/A	N/A	2.03	1.40	-
Totals	39.83			176							19.47
15M Start: 6.66 sec 15M Velocity: 2.25 m/sec											

* - denotes extrapolated value

Name: Maxwell Randolph Age:17 Club: DYNAMO

Event: 100 Bk Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.66	12.58	-	6 *	12.58	50.7 (1.18)	N/A	N/A	2.51	1.65	0.89
50	2.30	12.98	0.40	7.5 *	25.56	47.7 (1.26)	N/A	N/A	2.62	1.79	1.00
75	1.99	13.55	0.57	8.5 *	39.11	47.1 (1.27)	N/A	N/A	2.47	1.67	0.89
100	2.03	13.13	-0.42	8.5 *	52.24	46.2 (1.30)	N/A	N/A	2.42	1.65	-
Totals	10.97			30.5							2.78

Event: 100 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.42	12.80	-	6 *	12.80	48.6 (1.23)	N/A	N/A	2.57	1.64	0.86
50	2.72	13.27	0.48	7.5 *	26.07	47.4 (1.27)	N/A	N/A	2.49	1.68	0.81
75	2.31	13.51	0.23	7.5 *	39.58	44.9 (1.34)	N/A	N/A	2.59	1.66	0.89
100	1.97	13.21	-0.30	8.5 *	52.79	45.4 (1.32)	N/A	N/A	2.43	1.63	-
Totals	11.42			29.5							2.56

Event: 100 Fly Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.83	11.44	-	6 *	11.44	53.2 (1.13)	N/A	N/A	2.24	1.64	1.02
50	2.33	13.64	2.21	9 *	25.08	54.3 (1.10)	N/A	N/A	2.09	1.66	1.09
75	2.28	13.86	0.21	9 *	38.94	53.8 (1.12)	N/A	N/A	2.07	1.63	1.16
100	1.89	14.35	0.50	10 *	53.29	53.7 (1.12)	N/A	N/A	2.02	1.60	-
Totals	10.33			34							3.27

15M Start: 6.63 sec 15M Velocity: 2.26 m/sec

Event: 100 Fly Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.25	11.23	-	7 *	11.23	58.2 (1.03)	N/A	N/A	2.18	1.79	0.89
50	2.31	13.40	2.17	9 *	24.64	55.5 (1.08)	N/A	N/A	2.06	1.68	0.94
75	2.28	13.52	0.11	9 *	38.16	53.7 (1.12)	N/A	N/A	2.11	1.66	1.02

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
100	2.36	14.36	0.85	10 *	52.52	55.4 (1.08)	N/A	N/A	1.91	1.56	-
Totals	10.20			35							2.84
15M Start: 6.84 sec 15M Velocity: 2.19 m/sec											

Event: 100 Free-Relay Free (A) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	2.80	10.48	-	6 *	10.48	54.9 (1.09)	N/A	N/A	2.78	2.05	0.80
50	1.70	11.91	1.42	8 *	22.39	52.2 (1.15)	N/A	N/A	2.53	1.89	0.91
75	1.61	12.47	0.56	8.5 *	34.86	52.2 (1.15)	N/A	N/A	2.39	1.79	0.91
100	1.62	12.31	-0.16	9 *	47.17	51.2 (1.17)	N/A	N/A	2.27	1.72	-
Totals	7.73			31.5							2.61

Event: 200 Bk Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.78	13.11	-	5.5 *	13.11	44.9 (1.34)	N/A	N/A	2.71	1.59	0.89
50	2.23	13.37	0.26	7 *	26.48	44.5 (1.35)	41.7 (1.44)	N/A	2.81	1.74	1.02
75	2.31	14.02	0.65	7 *	40.50	41.3 (1.45)	38.8 (1.55)	N/A	2.82	1.62	1.00
100	2.09	14.42	0.40	7 *	54.92	41.2 (1.46)	36.6 (1.64)	N/A	2.84	1.59	1.08
125	1.98	14.69	0.27	7 *	1:09.61	39.3 (1.53)	35.2 (1.70)	N/A	2.94	1.58	1.24
150	1.69	14.97	0.28	8 *	1:24.58	39.0 (1.54)	36.4 (1.65)	N/A	2.80	1.53	0.97
175	2.16	14.92	-0.05	7.5 *	1:39.50	40.0 (1.50)	38.6 (1.55)	N/A	2.71	1.53	1.13
200	1.78	13.91	-1.01	8.5 *	1:53.41	43.3 (1.39)	41.3 (1.45)	N/A	2.51	1.58	-
Totals	19.03			57.5							7.31

Event: 200 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.77	13.16	-	5.5 *	13.16	45.2 (1.33)	N/A	N/A	2.66	1.57	0.84
50	2.11	13.64	0.49	7.5 *	26.80	42.4 (1.42)	40.2 (1.49)	N/A	2.80	1.67	0.81
75	2.19	14.19	0.54	7 *	40.99	39.8 (1.51)	38.4 (1.56)	N/A	2.84	1.59	0.94
100	1.98	14.42	0.23	7 *	55.40	38.5 (1.56)	38.0 (1.58)	N/A	2.88	1.59	1.03
125	2.08	14.51	0.09	7.5 *	1:09.91	39.1 (1.53)	38.0 (1.58)	N/A	2.80	1.56	0.95

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
150	1.74	14.65	0.15	8 *	1:24.56	40.0 (1.50)	40.0 (1.50)	N/A	2.73	1.58	1.13
175	1.80	14.66	0.01	8 *	1:39.22	40.6 (1.48)	37.8 (1.59)	N/A	2.73	1.55	0.86
200	1.81	14.04	-0.62	8 *	1:53.26	41.2 (1.46)	40.2 (1.49)	N/A	2.58	1.56	-
Totals	18.47			58.5							6.56

Event: 200 Free-Relay Free (A) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.16	11.34	-	6 *	11.34	48.9 (1.23)	N/A	N/A	2.78	1.82	0.83
50	1.95	12.78	1.43	8 *	24.12	47.4 (1.27)	N/A	N/A	2.54	1.72	0.88
75	1.86	12.65	-0.13	7.5 *	36.77	44.6 (1.35)	N/A	N/A	2.73	1.75	0.84
100	1.81	13.73	1.09	8 *	50.50	44.6 (1.35)	N/A	N/A	2.49	1.60	0.89
125	1.52	12.97	-0.77	8 *	1:03.47	45.8 (1.31)	N/A	N/A	2.67	1.77	1.06
150	1.47	14.50	1.53	9.5 *	1:17.97	46.8 (1.28)	N/A	N/A	2.24	1.52	0.94
175	1.55	12.17	-2.33	7.5 *	1:30.14	47.3 (1.27)	N/A	N/A	2.75	1.87	0.94
200	1.39	14.36	2.19	10.5 *	1:44.50	48.0 (1.25)	N/A	N/A	2.06	1.47	-
Totals	14.70			65							6.37

Event: 200 IM Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.34	11.42	-	7 *	11.42	51.9 (1.16)	N/A	N/A	2.23	1.60	0.95
50	2.30	13.81	2.39	9 *	25.23	53.7 (1.12)	50.7 (1.18)	N/A	2.20	1.69	0.91
75	2.61	14.78	0.98	7 *	40.01	42.8 (1.40)	37.8 (1.59)	N/A	2.87	1.65	0.92
100	2.47	14.51	-0.28	8 *	54.52	40.0 (1.50)	38.8 (1.55)	N/A	2.33	1.34	1.11
125	3.72	17.51	3.01	9 *	1:12.03	44.7 (1.34)	39.7 (1.51)	N/A	1.98	1.21	0.92
150	3.28	18.04	0.53	9 *	1:30.07	43.1 (1.39)	39.4 (1.52)	N/A	1.96	1.18	1.08
175	1.51	14.10	-3.94	8.5 *	1:44.17	49.7 (1.21)	46.8 (1.28)	N/A	2.64	1.85	1.06
200	1.94	12.62	-1.48	8.5 *	1:56.79	47.6 (1.26)	N/A	N/A	2.50	1.77	-
Totals	21.17			66							6.95

15M Start: 6.50 sec 15M Velocity: 2.31 m/sec

Event: 200 IM Heat: Prelims

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.50	11.44	-	7 *	11.44	51.5 (1.17)	N/A	N/A	2.36	1.71	0.95
50	2.28	13.72	2.28	9 *	25.16	53.5 (1.12)	50.5 (1.19)	N/A	2.22	1.70	0.84
75	2.48	14.72	0.99	7 *	39.88	42.1 (1.43)	39.6 (1.52)	N/A	2.83	1.65	0.89
100	2.16	14.38	-0.34	8 *	54.25	40.3 (1.49)	38.4 (1.56)	N/A	2.39	1.38	1.14
125	3.73	17.36	2.99	9 *	1:11.61	44.4 (1.35)	40.3 (1.49)	N/A	2.00	1.23	1.08
150	3.45	17.85	0.49	9 *	1:29.46	44.9 (1.34)	40.0 (1.50)	N/A	1.92	1.19	1.02
175	1.72	13.96	-3.89	8 *	1:43.42	49.1 (1.22)	47.4 (1.27)	N/A	2.61	1.82	0.89
200	1.33	12.99	-0.97	9.5 *	1:56.41	48.6 (1.23)	47.6 (1.26)	N/A	2.40	1.72	-
Totals	20.65			66.5							6.81
15M Start: 6.85 sec 15M Velocity: 2.19 m/sec											

Event: 400 IM Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.47	12.38	-	6 *	12.38	50.5 (1.19)	47.4 (1.27)	N/A	2.14	1.41	1.13
50	2.14	14.10	1.73	8 *	26.48	48.2 (1.24)	45.7 (1.31)	N/A	2.41	1.67	1.08
75	2.39	15.60	1.49	9 *	42.08	48.3 (1.24)	44.3 (1.35)	N/A	2.10	1.43	1.23
100	2.36	15.20	-0.40	9 *	57.28	48.2 (1.24)	46.7 (1.28)	N/A	2.17	1.52	1.30
125	2.50	17.35	2.14	7.5 *	1:14.63	36.7 (1.63)	34.3 (1.75)	N/A	2.65	1.35	0.88
150	2.17	15.19	-2.15	7 *	1:29.82	34.9 (1.72)	33.5 (1.79)	N/A	3.03	1.49	1.05
175	1.87	16.60	1.41	8 *	1:46.42	34.1 (1.76)	33.5 (1.79)	N/A	2.73	1.33	0.95
200	2.33	15.43	-1.17	7.5 *	2:01.85	34.3 (1.75)	33.8 (1.78)	N/A	2.71	1.36	1.31
225	3.72	18.65	3.22	9 *	2:20.50	41.1 (1.46)	38.4 (1.56)	N/A	2.01	1.16	1.17
250	3.48	18.10	-0.55	9 *	2:38.60	39.8 (1.51)	39.7 (1.51)	N/A	2.09	1.22	1.16
275	3.61	19.16	1.06	9 *	2:57.76	38.9 (1.54)	38.0 (1.58)	N/A	1.99	1.12	1.22
300	3.63	18.65	-0.51	9 *	3:16.42	39.4 (1.52)	37.5 (1.60)	N/A	2.08	1.17	1.25
325	1.50	15.72	-2.93	9 *	3:32.14	45.0 (1.33)	43.0 (1.40)	N/A	2.40	1.52	0.92
350	1.69	13.85	-1.87	8 *	3:45.99	42.7 (1.41)	42.9 (1.40)	N/A	2.62	1.62	1.11
375	1.64	14.82	0.97	8.5 *	4:00.81	44.1 (1.36)	42.2 (1.42)	N/A	2.38	1.48	1.09
400	1.63	12.70	-2.12	9 *	4:13.51	47.4 (1.27)	N/A	N/A	2.36	1.66	-
Totals	41.12			132.5							16.85

Event: 400 IM Heat: Prelims

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.31	11.59	-	7 *	11.59	50.5 (1.19)	N/A	N/A	2.46	1.74	1.00
50	2.63	14.58	2.98	9 *	26.17	49.6 (1.21)	N/A	N/A	2.12	1.54	1.02
75	2.67	13.74	-0.84	8 *	39.91	49.0 (1.22)	N/A	N/A	2.34	1.68	1.31
100	2.28	15.60	1.87	10 *	55.51	47.9 (1.25)	N/A	N/A	2.08	1.47	0.94
125	2.55	15.82	0.21	7 *	1:11.33	35.3 (1.70)	N/A	N/A	2.87	1.45	0.69
150	2.53	15.94	0.12	7 *	1:27.27	33.7 (1.78)	N/A	N/A	2.83	1.37	0.89
175	2.67	15.45	-0.49	6.5 *	1:42.72	33.2 (1.81)	N/A	N/A	2.92	1.38	0.75
200	2.66	16.36	0.91	7.5 *	1:59.08	32.7 (1.83)	N/A	N/A	2.63	1.27	1.05
225	4.02	17.84	1.48	9 *	2:16.92	40.3 (1.49)	N/A	N/A	2.05	1.20	1.13
250	3.81	18.52	0.68	9 *	2:35.44	38.5 (1.56)	N/A	N/A	2.05	1.15	1.19
275	4.06	18.45	-0.07	9 *	2:53.89	40.1 (1.50)	N/A	N/A	1.97	1.14	1.06
300	3.91	18.97	0.52	9 *	3:12.86	38.9 (1.54)	N/A	N/A	1.97	1.11	0.95
325	1.86	14.75	-4.22	8 *	3:27.61	43.1 (1.39)	N/A	N/A	2.51	1.55	0.75
350	1.88	14.74	-0.01	8.5 *	3:42.35	42.6 (1.41)	N/A	N/A	2.38	1.45	0.91
375	1.80	13.68	-1.06	8.5 *	3:56.03	45.2 (1.33)	N/A	N/A	2.44	1.59	0.78
400	1.70	13.52	-0.16	9 *	4:09.55	45.4 (1.32)	N/A	N/A	2.31	1.55	-
Totals	44.33			132							14.40
15M Start: 7.08 sec 15M Velocity: 2.12 m/sec											

Event: 50 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.16	10.83	-	6.5 *	10.83	58.4 (1.03)	N/A	N/A	2.28	1.74	0.72
50	1.75	11.54	0.71	9 *	22.37	56.6 (1.06)	N/A	N/A	2.22	1.85	-
Totals	4.91			15.5							0.72

* - denotes extrapolated value

Name: Allison Ranzau Age:18 Club: DYNAMO

Event: 100 Fly Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.69	12.33	-	10 *	12.33	68.6 (.87)	N/A	N/A	1.76	1.70	1.11
50	2.47	15.47	3.14	10 *	27.80	50.4 (1.19)	N/A	N/A	1.97	1.46	0.81
75	2.50	16.83	1.35	11 *	44.63	47.7 (1.26)	N/A	N/A	1.83	1.28	1.03
100	2.36	14.56	-2.27	9 *	59.18	50.4 (1.19)	N/A	N/A	2.12	1.58	-
Totals	11.02			40							2.95
15M Start: 7.70 sec 15M Velocity: 1.95 m/sec											

Event: 100 Free-Relay Free (A) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.11	12.16	-	7.5 *	12.16	55.2 (1.09)	N/A	N/A	2.23	1.66	0.70
50	1.61	13.33	1.18	9 *	25.49	51.0 (1.18)	N/A	N/A	2.24	1.65	0.75
75	1.63	14.06	0.72	10 *	39.55	50.6 (1.19)	N/A	N/A	2.14	1.56	0.86
100	1.52	13.17	-0.88	10 *	52.72	50.8 (1.18)	N/A	N/A	2.15	1.62	-
Totals	7.86			36.5							2.31

Event: 100 Free-Relay Medley (B) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	2.84	11.95	-	7 *	11.95	56.0 (1.07)	51.2 (1.17)	N/A	2.42	1.77	0.84
50	1.73	13.25	1.30	9.5 *	25.20	54.3 (1.10)	49.1 (1.22)	N/A	2.17	1.62	0.47
75	1.50	13.92	0.67	9.5 *	39.13	51.2 (1.17)	48.3 (1.24)	N/A	2.23	1.60	0.95
100	1.49	13.75	-0.17	10 *	52.88	51.4 (1.17)	48.0 (1.25)	N/A	2.11	1.56	-
Totals	7.56			36							2.27

Event: 100 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.36	12.03	-	7 *	12.03	54.9 (1.09)	N/A	N/A	2.29	1.67	0.84
50	1.66	13.39	1.36	9.5 *	25.42	53.6 (1.12)	N/A	N/A	2.18	1.69	1.00
75	1.67	13.67	0.28	9.5 *	39.09	51.4 (1.17)	N/A	N/A	2.23	1.65	1.01

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
100	1.61	13.52	-0.15	10 *	52.61	50.4 (1.19)	N/A	N/A	2.09	1.56	-
Totals	8.30			36							2.86

Event: 100 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.31	11.95	-	7 *	11.95	58.2 (1.03)	51.2 (1.17)	N/A	2.28	1.67	0.64
50	1.89	13.39	1.43	9 *	25.34	53.7 (1.12)	49.7 (1.21)	N/A	2.23	1.66	0.86
75	1.70	13.75	0.37	9.5 *	39.09	51.7 (1.16)	49.4 (1.21)	N/A	2.17	1.58	0.72
100	1.70	13.51	-0.25	10 *	52.60	51.4 (1.17)	49.7 (1.21)	N/A	2.08	1.56	-
Totals	8.61			35.5							2.22

Event: 200 Free-Relay Free (A) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	2.98	12.02	-	6.5	12.02	50.5 (1.19)	N/A	N/A	2.69	1.83	0.92
50	1.72	14.27	2.25	9	26.29	49.9 (1.20)	49.5 (1.21)	N/A	2.28	1.54	0.95
75	1.53	13.43	-0.84	9.5	39.72	49.7 (1.21)	48.6 (1.23)	N/A	2.21	1.67	0.91
100	1.67	14.96	1.53	9	54.68	47.7 (1.26)	46.5 (1.29)	N/A	2.31	1.46	0.86
125	1.53	13.57	-1.39	9.5	1:08.25	49.9 (1.20)	46.1 (1.30)	N/A	2.21	1.63	0.80
150	1.75	15.14	1.57	9.5	1:23.39	48.5 (1.24)	48.2 (1.24)	N/A	2.16	1.43	0.92
175	1.63	13.72	-1.42	9.5	1:37.11	48.8 (1.23)	46.0 (1.30)	N/A	2.18	1.60	0.77
200	1.70	14.72	1.00	10	1:51.83	49.7 (1.21)	49.5 (1.21)	N/A	2.08	1.43	-
Totals	14.52			72.5							6.13

Event: 200 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.59	12.53	-	6.5 *	12.53	49.9 (1.20)	N/A	N/A	2.36	1.58	0.73
50	2.08	13.92	1.39	8.5 *	26.45	45.8 (1.31)	46.3 (1.30)	N/A	2.38	1.57	0.94
75	1.74	14.20	0.28	9 *	40.66	47.4 (1.27)	45.9 (1.31)	N/A	2.33	1.57	1.06
100	1.86	14.25	0.05	9 *	54.91	48.4 (1.24)	47.6 (1.26)	N/A	2.25	1.55	1.01
125	1.59	14.28	0.03	9.5 *	1:09.19	49.4 (1.21)	47.2 (1.27)	N/A	2.24	1.56	0.94
150	1.58	14.45	0.17	9 *	1:23.64	47.7 (1.26)	45.1 (1.33)	N/A	2.31	1.55	1.00

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
175	1.50	14.47	0.02	9.5 *	1:38.11	48.6 (1.23)	46.8 (1.28)	N/A	2.23	1.54	0.86
200	1.69	13.72	-0.75	9.5 *	1:51.83	48.0 (1.25)	48.6 (1.23)	N/A	2.16	1.55	-
Totals	15.63			70.5							6.55
15M Start: 7.14 sec 15M Velocity: 2.10 m/sec											

Event: 200 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.91	13.16	-	6.5 *	13.16	47.4 (1.27)	N/A	N/A	2.47	1.57	0.89
50	2.00	13.00	-0.15	8 *	26.16	47.2 (1.27)	N/A	N/A	2.52	1.71	0.83
75	1.69	15.65	2.65	10.5 *	41.81	48.5 (1.24)	N/A	N/A	1.96	1.37	0.76
100	1.75	12.87	-2.78	8 *	54.68	46.3 (1.30)	N/A	N/A	2.61	1.74	0.84
125	1.80	16.55	3.69	10.5 *	1:11.23	46.0 (1.30)	N/A	N/A	1.94	1.29	0.89
150	1.67	12.20	-4.36	7.5 *	1:23.43	47.3 (1.27)	N/A	N/A	2.80	1.91	1.03
175	1.50	17.35	5.15	12 *	1:40.78	48.0 (1.25)	N/A	N/A	1.79	1.25	0.94
200	1.64	10.91	-6.44	7.5 *	1:51.69	48.6 (1.23)	N/A	N/A	2.79	2.01	-
Totals	15.95			70.5							6.19
15M Start: 7.58 sec 15M Velocity: 1.98 m/sec											

Event: 50 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.27	11.70	-	7.5 *	11.70	59.5 (1.01)	N/A	N/A	2.15	1.73	0.76
50	1.87	12.65	0.94	10 *	24.35	55.3 (1.08)	N/A	N/A	2.06	1.68	-
Totals	5.14			17.5							0.76
15M Start: 6.69 sec 15M Velocity: 2.24 m/sec											

Event: 500 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.56	13.11	-	5.5 *	13.11	39.2 (1.53)	N/A	N/A	2.72	1.44	0.80
50	1.70	14.49	1.38	8.5 *	27.60	42.4 (1.42)	N/A	N/A	2.48	1.51	0.99
75	1.67	14.74	0.25	8.5 *	42.34	42.6 (1.41)	N/A	N/A	2.38	1.46	0.83
100	1.42	14.61	-0.14	9 *	56.95	43.0 (1.40)	N/A	N/A	2.45	1.52	0.97

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
125	1.70	14.61	0.00	8.5 *	1:11.56	43.0 (1.40)	N/A	N/A	2.41	1.49	0.92
150	1.69	14.94	0.33	8.5 *	1:26.50	41.8 (1.44)	N/A	N/A	2.42	1.46	1.00
175	1.67	14.97	0.03	8.5 *	1:41.47	42.1 (1.43)	N/A	N/A	2.40	1.45	1.00
200	1.47	14.94	-0.03	9 *	1:56.41	42.8 (1.40)	N/A	N/A	2.39	1.48	1.03
225	1.41	15.03	0.08	9 *	2:11.44	42.3 (1.42)	N/A	N/A	2.40	1.47	0.98
250	1.72	15.20	0.18	9 *	2:26.64	43.1 (1.39)	N/A	N/A	2.29	1.42	0.94
275	1.64	15.14	-0.06	9 *	2:41.78	42.5 (1.41)	N/A	N/A	2.36	1.45	1.00
300	1.48	15.23	0.09	9 *	2:57.01	43.1 (1.39)	N/A	N/A	2.32	1.44	1.03
325	1.39	15.32	0.09	9.5 *	3:12.33	43.5 (1.38)	N/A	N/A	2.28	1.44	1.00
350	1.55	15.31	-0.01	9.5 *	3:27.64	44.0 (1.36)	N/A	N/A	2.24	1.43	0.89
375	1.47	15.24	-0.08	9.5 *	3:42.88	43.9 (1.37)	N/A	N/A	2.24	1.42	0.84
400	1.63	15.21	-0.03	9 *	3:58.08	43.8 (1.37)	N/A	N/A	2.28	1.44	1.00
425	1.50	15.12	-0.08	9 *	4:13.20	43.3 (1.39)	N/A	N/A	2.29	1.43	0.81
450	1.45	15.43	0.30	9.5 *	4:28.63	44.1 (1.36)	N/A	N/A	2.25	1.44	1.01
475	1.45	15.03	-0.40	9 *	4:43.66	43.6 (1.38)	N/A	N/A	2.34	1.48	0.97
500	1.56	14.28	-0.74	10 *	4:57.94	46.3 (1.30)	N/A	N/A	2.13	1.46	-
Totals	33.14			177							18.02
15M Start: 7.19 sec 15M Velocity: 2.09 m/sec											

* - denotes extrapolated value

Name: Katherine Reinmann Age:17 Club: DYNAMO

Event: 100 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.28	14.61	-	6 *	14.61	45.9 (1.31)	N/A	N/A	2.40	1.45	0.98
50	3.06	14.93	0.32	8 *	29.54	45.1 (1.33)	N/A	N/A	2.26	1.44	0.86
75	3.53	15.21	0.28	8 *	44.75	45.0 (1.33)	N/A	N/A	2.21	1.40	0.89
100	3.38	14.95	-0.26	8.5 *	59.70	45.0 (1.33)	N/A	N/A	2.09	1.37	-
Totals	15.25			30.5							2.73

Event: 100 Fly Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.63	12.84	-	9 *	12.84	59.1 (1.02)	N/A	N/A	1.82	1.52	0.88
50	2.50	15.87	3.02	11 *	28.71	54.1 (1.11)	N/A	N/A	1.75	1.39	0.94
75	2.19	15.92	0.05	11 *	44.63	53.1 (1.13)	N/A	N/A	1.80	1.42	0.95
100	2.20	16.65	0.74	12 *	1:01.28	52.5 (1.14)	N/A	N/A	1.73	1.34	-
Totals	10.52			43							2.77

15M Start: 7.66 sec 15M Velocity: 1.96 m/sec

Event: 200 Bk Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.06	14.69	-	6 *	14.69	48.0 (1.25)	N/A	N/A	2.27	1.41	0.91
50	4.19	15.62	0.94	8 *	30.31	46.0 (1.30)	44.9 (1.34)	N/A	2.05	1.29	0.89
75	2.75	15.42	-0.20	8.5 *	45.73	44.1 (1.36)	42.8 (1.40)	N/A	2.28	1.41	0.91
100	3.05	16.17	0.74	8 *	1:01.90	42.3 (1.42)	40.3 (1.49)	N/A	2.24	1.31	1.05
125	2.61	15.94	-0.22	8.5 *	1:17.84	42.4 (1.42)	41.0 (1.46)	N/A	2.30	1.37	1.02
150	2.69	16.75	0.80	9 *	1:34.59	42.3 (1.42)	40.9 (1.47)	N/A	2.14	1.27	0.97
175	2.13	16.05	-0.69	9 *	1:50.64	42.4 (1.42)	40.1 (1.50)	N/A	2.32	1.38	0.97
200	2.61	16.38	0.33	9.5 *	2:07.02	42.2 (1.42)	41.1 (1.46)	N/A	2.05	1.26	-
Totals	26.08			66.5							6.70

Event: 200 Bk Heat: Prelims

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.42	14.78	-	6.5 *	14.78	47.3 (1.27)	45.2 (1.33)	N/A	2.34	1.43	0.88
50	3.77	15.34	0.56	8 *	30.12	45.9 (1.31)	45.4 (1.32)	N/A	2.15	1.37	1.08
75	3.20	15.61	0.27	8.5 *	45.73	44.0 (1.36)	44.8 (1.34)	N/A	2.16	1.36	0.91
100	3.22	15.99	0.37	8 *	1:01.72	42.9 (1.40)	40.7 (1.47)	N/A	2.28	1.35	1.19
125	2.80	16.12	0.14	8.5 *	1:17.84	42.2 (1.42)	42.0 (1.43)	N/A	2.23	1.34	1.09
150	2.61	16.28	0.15	8.5 *	1:34.12	42.3 (1.42)	39.6 (1.52)	N/A	2.30	1.35	1.14
175	2.25	16.46	0.18	9 *	1:50.58	42.9 (1.40)	41.5 (1.45)	N/A	2.19	1.33	0.98
200	2.37	15.92	-0.54	9 *	2:06.50	42.0 (1.43)	40.4 (1.49)	N/A	2.17	1.32	-
Totals	25.64			66							7.26

Event: 400 IM Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.34	13.08	-	8 *	13.08	57.3 (1.05)	N/A	N/A	1.89	1.52	0.84
50	2.64	16.45	3.37	11 *	29.53	51.5 (1.17)	N/A	N/A	1.74	1.32	0.98
75	2.63	16.14	-0.31	10 *	45.67	48.3 (1.24)	N/A	N/A	1.92	1.37	0.94
100	2.53	17.44	1.30	11 *	1:03.11	48.6 (1.23)	N/A	N/A	1.74	1.24	0.92
125	2.47	17.15	-0.28	8 *	1:20.26	37.6 (1.60)	N/A	N/A	2.43	1.31	0.70
150	2.97	17.35	0.20	8.5 *	1:37.62	37.3 (1.61)	N/A	N/A	2.23	1.18	0.76
175	2.78	16.51	-0.85	8 *	1:54.13	37.1 (1.62)	N/A	N/A	2.39	1.26	0.77
200	2.77	17.65	1.15	9 *	2:11.78	36.7 (1.63)	N/A	N/A	2.13	1.15	1.22
225	5.14	21.55	3.89	9 *	2:33.33	34.9 (1.72)	N/A	N/A	1.82	0.91	1.00
250	5.08	22.55	1.00	10 *	2:55.88	35.9 (1.67)	N/A	N/A	1.66	0.86	0.88
275	4.72	21.32	-1.23	9 *	3:17.20	35.9 (1.67)	N/A	N/A	1.79	0.93	1.05
300	4.83	22.72	1.39	10 *	3:39.92	35.8 (1.68)	N/A	N/A	1.65	0.85	1.00
325	1.89	15.89	-6.82	9 *	3:55.81	44.8 (1.34)	N/A	N/A	2.27	1.46	0.95
350	1.97	16.94	1.05	10.5 *	4:12.75	44.5 (1.35)	N/A	N/A	1.91	1.22	0.76
375	2.08	15.47	-1.47	9 *	4:28.22	43.7 (1.37)	N/A	N/A	2.17	1.36	0.76
400	1.95	16.33	0.86	11 *	4:44.55	45.4 (1.32)	N/A	N/A	1.85	1.24	-
Totals	50.78			151							13.54
15M Start: 7.89 sec 15M Velocity: 1.90 m/sec											

* - denotes extrapolated value

Name: Margaret Reynolds Age:17 Club: DYNAMO

Event: 100 Fly Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.63	13.17	-	9 *	13.17	56.5 (1.06)	N/A	N/A	1.92	1.54	0.95
50	2.69	14.97	1.80	10 *	28.14	52.0 (1.15)	N/A	N/A	1.95	1.49	1.16
75	2.66	17.75	2.78	11 *	45.89	49.5 (1.21)	N/A	N/A	1.69	1.23	1.08
100	2.69	15.71	-2.04	10 *	1:01.60	49.2 (1.22)	N/A	N/A	1.96	1.41	-
Totals	11.66			40							3.19
15M Start: 8.08 sec 15M Velocity: 1.86 m/sec											

Event: 100 Free-Relay Free (A) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.08	11.70	-	7.5 *	11.70	60.2 (1.00)	N/A	N/A	2.16	1.75	0.72
50	2.00	13.87	2.16	10.5 *	25.57	56.8 (1.06)	N/A	N/A	1.91	1.55	0.83
75	1.94	12.93	-0.94	9.5 *	38.50	55.9 (1.07)	N/A	N/A	2.15	1.72	0.89
100	2.34	15.09	2.16	12 *	53.59	55.3 (1.08)	N/A	N/A	1.63	1.32	-
Totals	9.36			39.5							2.44

Event: 100 Free Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.19	12.16	-	8.5 *	12.16	61.9 (.97)	N/A	N/A	1.82	1.52	0.55
50	1.98	13.19	1.03	10 *	25.34	57.7 (1.04)	N/A	N/A	2.02	1.67	0.83
75	1.97	13.95	0.77	10.5 *	39.30	56.4 (1.06)	N/A	N/A	1.93	1.56	0.86
100	1.81	14.11	0.16	11 *	53.41	55.0 (1.09)	N/A	N/A	1.81	1.47	-
Totals	8.95			40							2.23
15M Start: 6.77 sec 15M Velocity: 2.22 m/sec											

Event: 100 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.19	11.98	-	7.5 *	11.98	58.2 (1.03)	N/A	N/A	2.19	1.74	0.72
50	1.83	13.43	1.44	10.5 *	25.41	60.0 (1.00)	58.2 (1.03)	N/A	1.93	1.64	0.83

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
75	1.69	13.97	0.54	10.5 *	39.38	57.3 (1.05)	54.1 (1.11)	N/A	1.97	1.58	0.84
100	1.83	14.40	0.43	11.5 *	53.77	56.5 (1.06)	52.9 (1.13)	N/A	1.78	1.44	-
Totals	8.53			40							2.39
15M Start: 7.03 sec 15M Velocity: 2.13 m/sec											

Event: 200 Free-Relay Free (A) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.55	12.06	-	7 *	12.06	54.1 (1.11)	53.3 (1.13)	N/A	2.38	1.71	0.72
50	2.27	13.53	1.47	9 *	25.59	52.8 (1.14)	49.9 (1.20)	N/A	2.17	1.58	0.78
75	2.03	14.00	0.47	9 *	39.59	48.8 (1.23)	49.2 (1.22)	N/A	2.19	1.54	0.83
100	2.02	14.45	0.45	9.5 *	54.05	48.9 (1.23)	49.1 (1.22)	N/A	2.13	1.50	0.84
125	2.16	14.88	0.42	9.5 *	1:08.92	49.1 (1.22)	48.0 (1.25)	N/A	2.05	1.42	0.84
150	2.17	15.36	0.48	10 *	1:24.28	47.4 (1.27)	47.3 (1.27)	N/A	2.01	1.36	0.80
175	1.62	15.19	-0.17	10 *	1:39.47	48.5 (1.24)	48.6 (1.23)	N/A	2.04	1.43	0.91
200	2.20	14.64	-0.55	10 *	1:54.11	49.7 (1.21)	48.8 (1.23)	N/A	1.93	1.40	-
Totals	18.01			74							5.72

Event: 200 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.27	12.55	-	7.5 *	12.55	54.1 (1.11)	N/A	N/A	2.29	1.69	0.61
50	2.42	13.93	1.39	9 *	26.48	50.7 (1.18)	N/A	N/A	2.06	1.48	0.66
75	2.30	14.27	0.34	9 *	40.75	48.7 (1.23)	N/A	N/A	2.11	1.47	0.64
100	2.53	14.68	0.41	9 *	55.43	48.8 (1.23)	N/A	N/A	2.00	1.38	0.69
125	2.30	14.66	-0.02	9.5 *	1:10.09	48.4 (1.24)	N/A	N/A	2.06	1.42	0.66
150	2.44	15.27	0.60	10 *	1:25.36	48.0 (1.25)	N/A	N/A	1.94	1.32	0.63
175	2.05	15.45	0.19	10 *	1:40.81	47.7 (1.26)	N/A	N/A	1.98	1.35	0.76
200	1.94	15.27	-0.18	11 *	1:56.08	48.5 (1.24)	N/A	N/A	1.87	1.34	-
Totals	19.23			75							4.64
15M Start: 7.58 sec 15M Velocity: 1.98 m/sec											

Event: 50 Free Heat: Finals

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.41	11.95	-	8 *	11.95	61.9 (.97)	N/A	N/A	2.06	1.73	0.70
50	2.13	12.57	0.61	10 *	24.52	58.3 (1.03)	N/A	N/A	1.94	1.66	-
Totals	5.53			18							0.70
15M Start: 7.00 sec 15M Velocity: 2.14 m/sec											

Event: 50 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.05	12.02	-	8.5 *	12.02	64.2 (.93)	N/A	N/A	1.97	1.71	0.73
50	2.03	12.32	0.31	10 *	24.34	60.1 (1.00)	N/A	N/A	1.93	1.71	-
Totals	5.08			18.5							0.73

* - denotes extrapolated value

Name: Andrew Rutherford Age:18 Club: DYNAMO

Event: 100 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.69	13.14	-	5 *	13.14	48.0 (1.25)	N/A	N/A	2.44	1.45	1.00
50	3.03	13.28	0.14	7 *	26.42	46.9 (1.28)	N/A	N/A	2.53	1.67	0.91
75	2.67	13.80	0.52	8 *	40.22	45.8 (1.31)	N/A	N/A	2.46	1.60	0.91
100	2.64	13.56	-0.24	8.5 *	53.78	46.5 (1.29)	N/A	N/A	2.30	1.57	-
Totals	14.03			28.5							2.81

Event: 100 Br Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.63	12.61	-	5 *	12.61	57.3 (1.05)	N/A	N/A	1.61	1.10	0.77
50	4.20	14.70	2.09	9 *	27.31	56.7 (1.06)	N/A	N/A	1.84	1.50	1.09
75	3.89	15.63	0.92	9 *	42.94	53.4 (1.12)	N/A	N/A	1.84	1.42	1.06
100	3.83	15.67	0.05	10 *	58.61	58.1 (1.03)	N/A	N/A	1.69	1.42	-
Totals	18.55			33							2.92

Event: 100 Br Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.36	12.64	-	7 *	12.64	58.7 (1.02)	N/A	N/A	1.94	1.54	0.78
50	4.19	15.12	2.48	9 *	27.76	54.5 (1.10)	N/A	N/A	1.83	1.44	0.89
75	4.05	15.41	0.28	10 *	43.17	56.6 (1.06)	N/A	N/A	1.74	1.42	0.97
100	4.06	16.23	0.82	10 *	59.40	56.5 (1.06)	N/A	N/A	1.63	1.33	-
Totals	17.66			36							2.64

15M Start: 7.55 sec 15M Velocity: 1.99 m/sec

Event: 100 Free-Relay Free (A) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.25	10.81	-	6.5 *	10.81	60.0 (1.00)	N/A	N/A	2.41	1.91	0.84
50	2.55	12.28	1.47	8.5 *	23.09	58.2 (1.03)	N/A	N/A	2.12	1.73	0.88
75	2.16	12.50	0.22	9 *	35.59	56.9 (1.05)	N/A	N/A	2.14	1.73	0.88

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
100	2.17	12.13	-0.38	9.5 *	47.72	57.2 (1.05)	N/A	N/A	2.02	1.69	-
Totals	10.12			33.5							2.59

Event: 100 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.45	11.08	-	6.5 *	11.08	63.7 (.94)	55.6 (1.08)	N/A	2.27	1.78	0.67
50	2.36	12.22	1.14	8.5 *	23.30	61.2 (.98)	55.1 (1.09)	N/A	2.17	1.78	0.97
75	2.06	12.81	0.60	9 *	36.11	56.7 (1.06)	54.3 (1.10)	N/A	2.09	1.65	0.67
100	1.91	12.57	-0.24	9.5 *	48.68	55.9 (1.07)	53.6 (1.12)	N/A	2.05	1.65	-
Totals	9.78			33.5							2.31

Event: 200 Br Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.50	12.39	-	6 *	12.39	52.8 (1.14)	N/A	N/A	2.11	1.47	1.01
50	3.97	15.13	2.73	8 *	27.52	48.1 (1.25)	N/A	N/A	2.17	1.51	1.06
75	4.36	15.80	0.67	7 *	43.31	42.6 (1.41)	N/A	N/A	2.30	1.41	1.06
100	4.31	16.22	0.42	8 *	59.53	42.9 (1.40)	N/A	N/A	2.21	1.37	1.13
125	4.11	16.49	0.27	8 *	1:16.02	42.0 (1.43)	N/A	N/A	2.21	1.34	1.17
150	3.75	16.58	0.09	8 *	1:32.59	41.4 (1.45)	N/A	N/A	2.26	1.36	1.16
175	3.86	16.86	0.28	8 *	1:49.45	43.0 (1.40)	N/A	N/A	2.11	1.32	1.06
200	3.69	16.86	0.00	9 *	2:06.31	46.2 (1.30)	N/A	N/A	1.95	1.31	-
Totals	33.55			62							7.65

Event: 200 Br Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	5.64	12.95	-	5 *	12.95	44.9 (1.34)	N/A	N/A	2.29	1.35	1.03
50	4.42	15.59	2.64	7 *	28.55	40.3 (1.49)	N/A	N/A	2.48	1.44	1.09
75	4.67	15.81	0.22	6 *	44.36	37.6 (1.60)	N/A	N/A	2.61	1.40	1.09
100	4.67	16.33	0.52	7 *	1:00.69	38.8 (1.55)	N/A	N/A	2.40	1.34	1.02
125	4.38	15.89	-0.44	7 *	1:16.58	41.6 (1.44)	N/A	N/A	2.32	1.39	1.05
150	4.39	16.05	0.16	7 *	1:32.63	41.0 (1.46)	N/A	N/A	2.33	1.38	1.03

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
175	4.23	16.47	0.42	8 *	1:49.09	41.8 (1.44)	N/A	N/A	2.20	1.33	0.95
200	4.26	16.40	-0.07	8 *	2:05.49	43.1 (1.39)	N/A	N/A	2.14	1.33	-
Totals	36.67			55							7.27

Event: 200 Free-Relay Free (B) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.84	11.20	-	6 *	11.20	53.3 (1.13)	N/A	N/A	2.47	1.70	0.69
50	2.70	12.70	1.50	7.5 *	23.91	52.2 (1.15)	48.0 (1.25)	N/A	2.37	1.67	0.94
75	2.16	12.84	0.14	8 *	36.75	49.6 (1.21)	45.4 (1.32)	N/A	2.50	1.69	0.86
100	2.30	13.26	0.42	8 *	50.01	47.7 (1.26)	44.6 (1.35)	N/A	2.44	1.60	0.88
125	2.30	13.41	0.14	8 *	1:03.42	47.8 (1.26)	44.4 (1.35)	N/A	2.43	1.59	0.99
150	2.08	14.02	0.61	8 *	1:17.44	44.9 (1.34)	43.1 (1.39)	N/A	2.43	1.52	0.88
175	2.42	13.94	-0.08	8 *	1:31.38	47.6 (1.26)	44.5 (1.35)	N/A	2.33	1.52	1.06
200	2.19	13.26	-0.67	8.5 *	1:44.64	46.5 (1.29)	46.8 (1.28)	N/A	2.26	1.54	-
Totals	19.98			62							6.28

Event: 200 IM Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.48	11.16	-	7 *	11.16	57.7 (1.04)	54.8 (1.09)	N/A	2.21	1.71	0.89
50	2.69	13.31	2.16	9 *	24.47	54.7 (1.10)	55.1 (1.09)	N/A	2.16	1.73	1.05
75	2.83	15.56	2.25	7 *	40.03	39.7 (1.51)	40.4 (1.49)	N/A	2.70	1.54	0.92
100	2.72	14.19	-1.38	7 *	54.22	37.8 (1.59)	37.1 (1.62)	N/A	2.47	1.34	1.03
125	4.19	16.31	2.13	8 *	1:10.53	47.6 (1.26)	43.1 (1.39)	N/A	2.02	1.32	0.92
150	4.28	16.50	0.19	9 *	1:27.03	49.4 (1.21)	45.9 (1.31)	N/A	1.86	1.27	0.89
175	2.03	14.80	-1.70	8.5 *	1:41.83	46.3 (1.30)	45.4 (1.32)	N/A	2.48	1.64	0.70
200	1.87	13.05	-1.75	9 *	1:54.88	47.0 (1.28)	47.0 (1.28)	N/A	2.45	1.71	-
Totals	24.09			64.5							6.41

Event: 200 IM Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.67	11.48	-	7 *	11.48	56.2 (1.07)	N/A	N/A	2.10	1.63	0.89

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
50	2.66	13.52	2.03	9 *	25.00	52.8 (1.14)	52.1 (1.15)	N/A	2.20	1.69	1.05
75	2.98	16.08	2.56	7 *	41.08	37.7 (1.59)	N/A	N/A	2.75	1.47	0.94
100	2.49	14.24	-1.84	8 *	55.31	37.9 (1.58)	41.3 (1.45)	N/A	2.37	1.37	1.16
125	4.48	16.70	2.47	8 *	1:12.02	46.1 (1.30)	42.5 (1.41)	N/A	1.98	1.25	0.86
150	3.97	16.08	-0.62	8 *	1:28.09	46.5 (1.29)	40.0 (1.50)	N/A	2.12	1.32	1.01
175	2.48	15.01	-1.06	8 *	1:43.11	45.7 (1.31)	45.0 (1.33)	N/A	2.50	1.62	0.83
200	2.20	13.43	-1.58	8.5 *	1:56.54	46.4 (1.29)	42.9 (1.40)	N/A	2.48	1.64	-
Totals	24.94			63.5							6.73

15M Start: 6.67 sec 15M Velocity: 2.25 m/sec

Event: 400 IM Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.64	11.67	-	6 *	11.67	56.5 (1.06)	N/A	N/A	2.01	1.51	1.03
50	2.77	13.89	2.22	8 *	25.56	48.6 (1.23)	N/A	N/A	2.32	1.65	1.38
75	2.89	15.41	1.52	9 *	40.97	46.6 (1.29)	N/A	N/A	2.16	1.47	1.11
100	2.84	15.20	-0.20	9 *	56.17	46.5 (1.29)	N/A	N/A	2.14	1.45	1.23
125	2.69	17.23	2.03	6.5 *	1:13.41	33.0 (1.82)	N/A	N/A	2.90	1.36	1.14
150	3.34	15.77	-1.47	6 *	1:29.17	31.7 (1.89)	N/A	N/A	3.04	1.36	1.13
175	2.81	15.81	0.05	6.5 *	1:44.98	33.4 (1.80)	N/A	N/A	2.89	1.38	1.11
200	2.44	15.09	-0.72	7 *	2:00.08	32.7 (1.83)	N/A	N/A	2.89	1.39	1.44
225	4.61	17.77	2.67	8 *	2:17.84	39.4 (1.52)	N/A	N/A	2.13	1.20	1.14
250	4.03	17.47	-0.30	8 *	2:35.31	39.5 (1.52)	N/A	N/A	2.18	1.25	1.27
275	4.14	17.74	0.27	8 *	2:53.05	39.3 (1.53)	N/A	N/A	2.15	1.23	1.19
300	4.19	17.88	0.14	8 *	3:10.92	38.8 (1.55)	N/A	N/A	2.15	1.21	1.30
325	2.38	15.59	-2.28	8 *	3:26.51	42.0 (1.43)	N/A	N/A	2.45	1.46	0.88
350	2.25	14.33	-1.26	7.5 *	3:40.84	40.9 (1.47)	N/A	N/A	2.57	1.50	1.14
375	2.17	14.30	-0.03	8 *	3:55.14	42.4 (1.42)	N/A	N/A	2.45	1.48	0.92
400	2.27	13.50	-0.80	8 *	4:08.64	43.4 (1.38)	N/A	N/A	2.36	1.50	-
Totals	50.46			121.5							17.39

* - denotes extrapolated value

Name: Samantha Smith Age:18 Club: DYNAMO

Event: 100 Bk Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.44	13.58	-	6.5 *	13.58	48.0 (1.25)	N/A	N/A	2.53	1.63	0.80
50	3.45	14.45	0.87	7.5 *	28.03	45.1 (1.33)	N/A	N/A	2.36	1.49	0.88
75	2.67	14.75	0.30	8 *	42.78	43.5 (1.38)	N/A	N/A	2.42	1.50	0.86
100	2.22	14.94	0.19	8.5 *	57.72	40.7 (1.47)	N/A	N/A	2.37	1.42	-
Totals	12.78			30.5							2.53

Event: 100 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.19	13.73	-	7 *	13.73	47.8 (1.26)	N/A	N/A	2.47	1.60	0.75
50	3.14	14.87	1.13	8 *	28.60	44.8 (1.34)	N/A	N/A	2.28	1.44	0.74
75	2.66	14.99	0.13	8 *	43.59	40.9 (1.47)	N/A	N/A	2.48	1.45	0.72
100	2.89	14.87	-0.13	8 *	58.46	41.0 (1.46)	N/A	N/A	2.34	1.41	-
Totals	12.87			31							2.20

Event: 200 Bk Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.55	13.92	-	6 *	13.92	45.5 (1.32)	N/A	N/A	2.70	1.66	1.03
50	2.92	15.23	1.31	8 *	29.15	42.0 (1.43)	40.8 (1.47)	N/A	2.42	1.42	1.00
75	2.78	15.07	-0.16	7.5 *	44.22	41.1 (1.46)	38.4 (1.56)	N/A	2.56	1.45	1.00
100	2.39	16.20	1.13	8 *	1:00.42	38.2 (1.57)	37.3 (1.61)	N/A	2.51	1.36	1.05
125	2.41	15.74	-0.46	7.5 *	1:16.16	39.0 (1.54)	33.1 (1.81)	N/A	2.75	1.42	1.13
150	2.06	16.29	0.56	8 *	1:32.45	37.8 (1.59)	34.6 (1.73)	N/A	2.61	1.36	1.11
175	2.03	16.18	-0.12	8 *	1:48.63	36.8 (1.63)	35.1 (1.71)	N/A	2.68	1.39	1.13
200	2.53	16.15	-0.02	8 *	2:04.78	36.8 (1.63)	36.4 (1.65)	N/A	2.39	1.29	-
Totals	21.67			61							7.44

Event: 200 Bk Heat: Prelims

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.25	14.47	-	6.5 *	14.47	43.5 (1.38)	N/A	N/A	2.38	1.41	0.92
50	2.81	15.39	0.92	7.5 *	29.86	40.9 (1.47)	38.0 (1.58)	N/A	2.52	1.41	1.02
75	2.03	15.81	0.42	8 *	45.67	38.7 (1.55)	37.0 (1.62)	N/A	2.60	1.42	1.05
100	2.34	16.24	0.43	8 *	1:01.91	37.1 (1.62)	36.7 (1.63)	N/A	2.56	1.36	1.11
125	2.14	16.18	-0.05	8 *	1:18.09	37.1 (1.62)	36.6 (1.64)	N/A	2.59	1.38	1.06
150	2.30	16.50	0.31	8 *	1:34.59	36.7 (1.63)	36.4 (1.65)	N/A	2.55	1.34	1.05
175	2.50	16.39	-0.10	8 *	1:50.98	37.2 (1.61)	35.4 (1.69)	N/A	2.58	1.34	1.13
200	2.41	15.75	-0.65	8.5 *	2:06.73	37.7 (1.59)	37.7 (1.59)	N/A	2.40	1.34	-
Totals	20.78			62.5							7.33

15M Start: 8.31 sec 15M Velocity: 1.81 m/sec

Event: 200 IM Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.48	13.08	-	9 *	13.08	56.1 (1.07)	N/A	N/A	1.90	1.50	0.98
50	2.92	16.18	3.10	11 *	29.26	55.2 (1.09)	53.7 (1.12)	N/A	1.72	1.37	1.13
75	2.75	16.18	0.00	7.5 *	45.44	40.4 (1.49)	39.0 (1.54)	N/A	2.67	1.52	1.03
100	2.70	15.79	-0.38	8 *	1:01.23	37.9 (1.58)	36.9 (1.63)	N/A	2.22	1.21	1.23
125	3.86	19.28	3.49	10 *	1:20.51	43.9 (1.37)	42.6 (1.41)	N/A	1.75	1.10	1.17
150	3.70	20.60	1.32	11 *	1:41.12	43.5 (1.38)	43.7 (1.37)	N/A	1.58	1.01	1.25
175	2.59	16.15	-4.46	8 *	1:57.26	43.1 (1.39)	40.6 (1.48)	N/A	2.58	1.55	0.95
200	2.13	14.85	-1.29	9 *	2:12.12	43.9 (1.37)	41.9 (1.43)	N/A	2.33	1.48	-
Totals	24.14			73.5							7.75

* - denotes extrapolated value

Name: Kevin Spiwak Age:16 Club: DYNAMO

Event: 100 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.59	13.25	-	3.5 *	13.25	39.8 (1.51)	N/A	N/A	2.84	1.31	1.05
50	5.00	13.81	0.56	5 *	27.06	39.7 (1.51)	N/A	N/A	2.74	1.45	1.00
75	4.95	14.35	0.54	5.5 *	41.41	38.3 (1.57)	N/A	N/A	2.68	1.38	0.95
100	4.53	14.59	0.25	6 *	56.00	37.4 (1.60)	N/A	N/A	2.42	1.28	-
Totals	21.08			20							3.00

Event: 200 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	6.55	13.64	-	3 *	13.64	32.5 (1.85)	N/A	N/A	3.32	1.28	0.95
50	4.36	14.20	0.56	5.5 *	27.84	36.1 (1.66)	N/A	N/A	2.99	1.48	0.98
75	4.25	14.80	0.60	5.5 *	42.64	34.1 (1.76)	N/A	N/A	3.00	1.41	1.08
100	3.89	15.06	0.26	5.5 *	57.70	34.4 (1.74)	N/A	N/A	2.99	1.43	1.31
125	3.19	15.35	0.29	6.5 *	1:13.05	34.5 (1.74)	35.6 (1.69)	N/A	2.82	1.40	1.00
150	3.13	15.66	0.32	6 *	1:28.71	33.7 (1.78)	31.0 (1.94)	N/A	3.02	1.38	1.06
175	3.42	16.03	0.36	6.5 *	1:44.74	34.3 (1.75)	34.6 (1.73)	N/A	2.71	1.31	1.11
200	2.47	16.07	0.04	7.5 *	2:00.80	34.2 (1.75)	33.4 (1.80)	N/A	2.60	1.30	-
Totals	31.25			46							7.50

Event: 200 IM Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.56	12.33	-	7 *	12.33	50.7 (1.18)	48.0 (1.25)	N/A	2.15	1.47	0.83
50	3.11	14.53	2.20	8 *	26.86	49.9 (1.20)	41.5 (1.45)	N/A	2.28	1.52	0.92
75	4.64	15.48	0.95	5 *	42.34	33.5 (1.79)	N/A	N/A	3.18	1.46	0.94
100	4.64	14.91	-0.58	5.5 *	57.25	32.5 (1.85)	N/A	N/A	2.27	1.01	1.19
125	4.89	18.06	3.16	7 *	1:15.31	38.3 (1.57)	28.9 (2.08)	N/A	2.29	1.09	0.95
150	5.06	18.75	0.68	7 *	1:34.06	37.6 (1.60)	27.0 (2.22)	N/A	2.21	1.01	1.23
175	2.55	14.36	-4.38	6.5 *	1:48.42	42.0 (1.43)	39.6 (1.52)	N/A	3.10	1.81	0.98
200	2.22	13.11	-1.25	8.5 *	2:01.53	47.4 (1.27)	44.9 (1.34)	N/A	2.47	1.69	-

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
Totals	30.67			54.5							7.05

* - denotes extrapolated value

Name: Grace Walker Age:16 Club: DYNAMO

Event: 100 Bk Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.16	14.77	-	9 *	14.77	55.5 (1.08)	N/A	N/A	1.93	1.45	0.91
50	2.78	15.72	0.96	10 *	30.49	50.9 (1.18)	N/A	N/A	1.91	1.39	0.99
75	2.81	15.43	-0.29	10 *	45.92	51.6 (1.16)	N/A	N/A	1.91	1.40	0.95
100	3.12	16.18	0.75	11 *	1:02.10	49.6 (1.21)	N/A	N/A	1.73	1.25	-
Totals	12.87			40							2.85

Event: 50 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	2.91	12.61	-	9 *	12.61	65.1 (.92)	N/A	N/A	1.84	1.65	0.88
50	1.72	13.22	0.61	12 *	25.83	63.3 (.95)	N/A	N/A	1.70	1.60	-
Totals	4.62			21							0.88
15M Start: 7.28 sec 15M Velocity: 2.06 m/sec											

* - denotes extrapolated value

Name: Alexis Weber Age:16 Club: DYNAMO

Event: 100 Free-Relay Free (B) Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	2.95	12.44	-	8.5 *	12.44	61.0 (.98)	N/A	N/A	1.99	1.65	0.76
50	1.69	13.31	0.88	10.5 *	25.75	59.4 (1.01)	N/A	N/A	1.99	1.71	1.02
75	1.80	14.25	0.94	11 *	40.00	56.6 (1.06)	N/A	N/A	1.88	1.53	0.95
100	1.66	14.09	-0.16	11.5 *	54.09	56.3 (1.07)	N/A	N/A	1.79	1.50	-
Totals	8.09			41.5							2.73

Event: 200 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	2.38	12.34	-	9 *	12.34	57.3 (1.05)	N/A	N/A	2.13	1.69	0.58
50	1.77	15.11	2.76	11 *	27.45	52.4 (1.15)	N/A	N/A	1.86	1.40	0.59
75	1.83	14.58	-0.53	10 *	42.03	51.4 (1.17)	N/A	N/A	1.98	1.46	0.72
100	1.42	15.47	0.89	11 *	57.50	50.0 (1.20)	N/A	N/A	1.93	1.39	0.70
125	1.95	14.86	-0.61	10 *	1:12.36	48.4 (1.24)	N/A	N/A	2.04	1.41	0.63
150	2.09	16.05	1.19	11 *	1:28.41	49.4 (1.21)	N/A	N/A	1.83	1.29	0.74
175	1.66	15.42	-0.63	10.5 *	1:43.83	48.7 (1.23)	N/A	N/A	1.97	1.38	0.67
200	1.70	15.86	0.44	11.5 *	1:59.69	48.9 (1.23)	N/A	N/A	1.81	1.31	-
Totals	14.80			84							4.63

15M Start: 7.41 sec 15M Velocity: 2.02 m/sec

Event: 50 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	2.59	12.14	-	9.5 *	12.14	66.5 (.90)	N/A	N/A	1.88	1.72	0.75
50	1.91	12.82	0.68	12 *	24.96	65.1 (.92)	N/A	N/A	1.70	1.64	-
Totals	4.50			21.5							0.75

* - denotes extrapolated value

Name: Chris Wilson Age:15 Club: DYNAMO

Event: 100 Fly Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	4.13	11.38	-	7 *	11.38	57.0 (1.05)	N/A	N/A	2.04	1.57	1.00
50	2.03	13.17	1.80	9 *	24.55	53.0 (1.13)	52.6 (1.14)	N/A	2.26	1.76	1.13
75	2.19	13.76	0.59	9 *	38.31	51.5 (1.17)	49.2 (1.22)	N/A	2.25	1.66	1.11
100	2.05	13.91	0.14	9 *	52.22	51.9 (1.16)	48.4 (1.24)	N/A	2.25	1.66	-
Totals	10.39			34							3.23

Event: 100 Fly Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.41	11.17	-	7 *	11.17	54.1 (1.11)	N/A	N/A	2.38	1.81	1.03
50	2.05	13.60	2.43	9 *	24.77	52.8 (1.14)	N/A	N/A	2.18	1.70	0.91
75	2.23	13.29	-0.31	9 *	38.06	51.9 (1.16)	N/A	N/A	2.24	1.71	1.06
100	2.06	14.26	0.97	9 *	52.32	50.5 (1.19)	N/A	N/A	2.15	1.60	-
Totals	9.75			34							3.00

15M Start: 6.83 sec 15M Velocity: 2.20 m/sec

Event: 100 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.39	11.39	-	6.5 *	11.39	56.0 (1.07)	N/A	N/A	2.43	1.82	0.86
50	1.94	12.29	0.90	8.5 *	23.68	55.5 (1.08)	51.0 (1.18)	N/A	2.35	1.78	0.76
75	2.05	12.73	0.44	8.5 *	36.41	52.2 (1.15)	51.9 (1.16)	N/A	2.30	1.71	0.80
100	1.52	12.35	-0.37	9.5 *	48.76	53.3 (1.13)	50.3 (1.19)	N/A	2.24	1.72	-
Totals	8.89			33							2.42

15M Start: 6.49 sec 15M Velocity: 2.31 m/sec

Event: 200 Fly Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.50	11.94	-	7 *	11.94	51.4 (1.17)	N/A	N/A	2.15	1.52	0.98
50	1.80	14.55	2.61	9 *	26.49	46.8 (1.28)	N/A	N/A	2.31	1.60	1.06

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
75	2.00	14.62	0.07	9 *	41.11	45.5 (1.32)	N/A	N/A	2.36	1.59	1.14
100	1.78	15.29	0.67	9 *	56.40	45.3 (1.32)	N/A	N/A	2.27	1.52	1.22
125	1.80	15.02	-0.27	9 *	1:11.42	44.4 (1.35)	N/A	N/A	2.38	1.57	1.11
150	1.70	15.46	0.44	9 *	1:26.88	44.5 (1.35)	N/A	N/A	2.28	1.51	1.13
175	1.69	15.12	-0.34	9 *	1:42.00	44.9 (1.34)	N/A	N/A	2.33	1.55	1.16
200	1.59	15.88	0.76	10 *	1:57.88	44.7 (1.34)	N/A	N/A	2.19	1.46	-
Totals	15.86			71							7.80
15M Start: 6.78 sec 15M Velocity: 2.21 m/sec											

Event: 200 Free Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.59	11.23	-	6 *	11.23	55.7 (1.08)	N/A	N/A	2.60	1.94	0.70
50	1.91	12.99	1.75	8 *	24.22	46.3 (1.30)	N/A	N/A	2.51	1.66	0.64
75	1.92	12.95	-0.03	8 *	37.17	46.2 (1.30)	N/A	N/A	2.52	1.66	0.75
100	1.70	13.63	0.68	8.5 *	50.80	44.3 (1.35)	N/A	N/A	2.48	1.58	0.64
125	1.94	13.06	-0.57	8 *	1:03.86	45.3 (1.32)	N/A	N/A	2.52	1.63	0.66
150	1.91	13.83	0.77	8.5 *	1:17.69	46.3 (1.30)	N/A	N/A	2.34	1.56	0.76
175	1.80	13.36	-0.47	8.5 *	1:31.05	47.1 (1.27)	N/A	N/A	2.39	1.62	0.66
200	2.22	13.53	0.18	9 *	1:44.58	47.4 (1.27)	N/A	N/A	2.14	1.49	-
Totals	16.98			64.5							4.81
15M Start: 6.74 sec 15M Velocity: 2.23 m/sec											

Event: 200 IM Heat: Finals

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.91	11.16	-	6 *	11.16	51.2 (1.17)	N/A	N/A	2.36	1.67	0.91
50	1.94	14.83	3.68	10 *	25.99	51.9 (1.16)	50.5 (1.19)	N/A	2.05	1.55	1.09
75	2.11	13.73	-1.10	7 *	39.72	44.3 (1.35)	44.4 (1.35)	N/A	2.97	1.89	0.97
100	1.94	17.85	4.12	11 *	57.57	41.2 (1.46)	42.7 (1.41)	N/A	1.79	1.11	1.17
125	3.09	13.71	-4.14	7 *	1:11.28	45.8 (1.31)	45.7 (1.31)	N/A	2.63	1.76	1.08
150	3.16	23.22	9.51	14 *	1:34.50	46.5 (1.29)	45.6 (1.32)	N/A	1.29	0.87	1.17
175	1.42	9.39	-13.83	5 *	1:43.89	49.7 (1.21)	N/A	N/A	4.59	3.29	0.91

* - denotes extrapolated value

DYNAMO : Southeast Sr. Sectional, 3/8/2007. (Yards)

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
200	1.34	13.33	3.94	9.5 *	1:57.22	49.4 (1.21)	46.3 (1.30)	N/A	2.35	1.68	-
Totals	18.91			69.5							7.30

15M Start: 6.44 sec 15M Velocity: 2.33 m/sec

Event: 200 IM Heat: Prelims

Dist	Breakout, (sec)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
25	3.27	11.27	-	7 *	11.27	54.1 (1.11)	N/A	N/A	2.27	1.73	0.88
50	1.94	13.86	2.59	9 *	25.12	49.5 (1.21)	48.8 (1.23)	N/A	2.31	1.69	1.09
75	2.16	14.85	0.99	7.5 *	39.97	42.4 (1.42)	41.3 (1.45)	N/A	2.84	1.71	1.01
100	1.86	14.70	-0.15	8.5 *	54.67	39.3 (1.53)	41.3 (1.45)	N/A	2.34	1.39	1.16
125	3.20	17.25	2.55	10 *	1:11.92	45.4 (1.32)	46.5 (1.29)	N/A	1.89	1.27	1.02
150	3.33	18.15	0.90	10 *	1:30.07	44.8 (1.34)	46.2 (1.30)	N/A	1.76	1.17	1.16
175	1.20	13.93	-4.22	9 *	1:44.00	50.5 (1.19)	48.8 (1.23)	N/A	2.56	1.85	0.84
200	1.44	12.95	-0.98	9.5 *	1:56.95	51.2 (1.17)	46.3 (1.30)	N/A	2.37	1.73	-
Totals	18.39			70.5							7.16

15M Start: 6.72 sec 15M Velocity: 2.23 m/sec

* - denotes extrapolated value