

Event	50 Free	Garrett Weber-Gale		21.47	2008 Oly. Trials		
<u>50</u>		<u>100</u>	<u>Race Analysis</u>		<u>150</u>		<u>200</u>
2.56			Break out time				
8.75			Break out Meters				
21.47			Run time				
N/A			Drop off				
17.5			Cycles				
N/A			Splits				
1.02			Tempo 1/3				
1.06			Tempo 2/3				
1.09			Tempo 3/3				
2.34			DPC Mtrs				
2.19			Velocity				
N/A			Turntime				
N/A			Tot turns				
2.56			Tot. Bk Time				
8.75			Tot. BK Dist.				
17.5			Tot. Cycles				
2.74			15 mtr velocity				
5.47			15 mtr. Time				
18.91			Tot. Swim Time				

Event	100 Free	Jason Lezak		47.58	2009 Oly. Trials	
<u>50</u>		<u>100</u>	<u>Race Analysis</u>		<u>150</u>	<u>200</u>
2.64		1.36	Break out time			
9		5	Break out Meters			
22.83		47.58	Run time			
N/A		1.92	Drop off			
14		17	Cycles			
22.83		24.75	Splits			
1.28		1.32	Tempo 1/3			
1.38		1.33	Tempo 2/3			
1.39		1.36	Tempo 3/3			
2.96		2.64	DPC Mtrs			
2.15		1.97	Velocity			
1.26		0	Turntime			
N/A		1.26	Tot turns			
2.56		4.5	Tot. Bk Time			
8.75		14	Tot. BK Dist.			
17.5		31	Tot. Cycles			
2.74		2.72	15 mtr velocity			
5.47		5.51	15 mtr. Time			
18.91		41.82	Tot. Swim Time			

Event	200 M Free	Michael Phelps	01:43.0	2008 Olympics		
<u>50</u>	<u>100</u>	<u>Race Analysis</u>		<u>150</u>		<u>200</u>
4.7	4.97	Break out time		4.08		4.66
13	13.25	Break out Meters		10.75		12.25
24.31	50.29	Run time		01:16.9		01:43.0
N/A	1.67		Drop off	0.57		-0.43
12	12.5		Cycles	13.5		14
24.31	25.98		Splits	26.55		26.12
1.5	1.62	Tempo 1/3		1.58		1.58
1.58	1.62	Tempo 2/3		1.56		1.5
1.51	1.54	Tempo 3/3		1.62		1.5
3.14	2.97	DPC Mtrs		2.96		2.67
2	1.84		Velocity	1.84		1.76
1.31	1.35	Turntime		1.39		N/A
		Tot turns				4.05
		Tot. Bk Time				18.41
		Tot. BK Dist.				49.25
		Tot. Cycles				52
		15 mtr velocity				2.6
		15 mtr. Time				5.77
		Tot. Swim Time				01:20.5

Event	400 M Free			Larsen Jensen	03:42.8	2008 Olympics		
<u>50</u>	<u>100</u>	<u>150</u>	<u>200</u>	<u>Race Analysis</u>	<u>250</u>	<u>300</u>	<u>350</u>	<u>400</u>
3.63	1.89	1.91	2.09	Break out time	2.01	1.97	1.93	2.03
10	5.25	5.25	5.75	Break out Meters	5.5	5.5	5.5	5.75
26.5	54.8	01:23.4	01:51.9	Run time	2:20	02:48.0	03:15.3	3:42.78
N/A	1.68	0.31	-0.11	Drop off	-0.28	-0.22	-0.51	-0.21
14.5	16	16.5	16	Cycles	16.5	16.5	17.5	18
26.59	28.27	28.58	28.4	Splits	28.9	27.9	27.46	27.26
1.45	1.56	1.58	1.58	Tempo 1/3	1.5	1.5	1.4	1.4
1.54	1.58	1.58	1.58	Tempo 2/3	1.5	1.5	1.4	1.4
1.54	1.58	1.54	1.58	Tempo 3/3	1.5	1.5	1.4	1.4
2.78	2.81	2.74	2.74	DPC Mtrs	2.7	2.7	2.5	2.4
1.83	1.76	1.74	1.75	Velocity	1.7	1.7	1.8	1.75
1.29	1.17	1.26	1.31	Turntime	1.09	1.21	1.14	0
				Tot turns				5.47
				Tot. Bk Time				17.46
				Tot. BK Dist.				48.5
				Tot. Cycles				131.5
				15 mtr velocity				2.34
				15 mtr. Time				6.42
				Tot. Swim Time				3:16.89

Event	800 Free	Larsen Jensen	7:45.63	2005 World Champ.		
<u>200</u>	<u>400</u>	<u>Race Analysis</u>		<u>600</u>	<u>800</u>	
1.76	1.97	Break out time		1.64	2.02	
5	5.5	Break out Meters		4.5	5.75	
1:55.07	3:53.0	Run time		5:50.4	7:45.63	
0.1	0.11	Drop off		0.08	-0.98	
15	15.5	Cycles		16	17	
29.5	29.4	Splits		29.4	27.9	
1.68	1.68	Tempo 1/3		1.62	1.47	
1.74	1.67	Tempo 2/3		1.62	1.51	
1.74	1.66	Tempo 3/3		1.64	1.56	
2.96	2.84	DPC Mtrs		2.8	2.59	
1.7	1.71	Velocity		1.7	1.71	
1.55	1.5	Turntime		1.22	0	
		Tot turns			20.24	
		Tot. Bk Time			31.64	
		Tot. BK Dist.			88.25	
		Tot. Cycles			250.5	
		15 mtr velocity			2.36	
		15 mtr. Time			6.35	
		Tot. Swim Time			6:53.75	

Event	1500 Free	Larsen Jensen		14.45.21	2004 Olymp.	
<u>400</u>		<u>800</u>	<u>Race Analysis</u>		<u>1200</u>	<u>1500</u>
2.67		2.04	Break out time		1.8	1.97
5.75		6.75	Break out Meters		5	5.5
3:56.74		7:54.5	Run time		11:56.2	14:45.21
-0.12		0.4	Drop off		1.36	-0.69
15		15.5	Cycles		16	16
29.83		29.71	Splits		29.71	28.36
1.72		1.77	Tempo 1/3		1.64	1.62
1.79		1.7	Tempo 2/3		1.71	1.63
1.76		1.75	Tempo 3/3		1.69	1.65
2.95		2.85	DPC Mtrs		2.81	2.78
1.64		1.62	Velocity		1.66	1.67
1.13		0.84	Turntime		1.1	0
			Tot turns			34.67
			Tot. Bk Time			1:00.71
			Tot. BK Dist.			170.25
			Tot. Cycles			460.5
			15 mtr velocity			
			15 mtr. Time			
			Tot. Swim Time			13:58.7

Event	100 Back	Aaron Peirsol		52.54	2009 Oly.		
<u>50</u>		<u>100</u>	<u>Race Analysis</u>		<u>150</u>		<u>200</u>
6.0		5.30	Break out time				
14 m		11.5	Break out Meters				
25.65		52.54	Run time				
N/A		1.24	Drop off				
14.5		17.5	Cycles				
25.65		26.89	Splits				
1.22		1.20	Tempo 1/3				
1.22		1.25	Tempo 2/3				
1.30		1.25	Tempo 3/3				
2.49		2.19	DPC Mtrs				
1.94		1.78	Velocity				
1.23		00	Turntime				
		1.23	Tot turns				
		11.30	Tot. Bk Time				
		25.5	Tot. BK Dist.				
		32	Tot. Cycles				
		2.27	15 mtr velocity				
		6.61	15 mtr. Time				
		40.01	Tot. Swim Time				

Event	200 Back	Ryan Lochte	1:53.94	2008 Olympics	
<u>50</u>	<u>100</u>	<u>Race Analysis</u>		<u>150</u>	<u>200</u>
5.58	5.59	Break out time		5.13	4.97
13.5	11.75	Break out Meters		10.75	10.5
27.24	55.77	Run time		1:25.06	1:53.94
N/A	1.29	Drop off		.76	-.41
14	14.5	Cycles		15.5	16.5
27.24	28.53	Splits		29.29	28.88
1.40	1.46	Tempo 1/3		1.50	1.43
1.40	1.50	Tempo 2/3		1.59	1.43
1.46	1.54	Tempo 3/3		1.54	1.50
2.58	2.61	DPC Mtrs		2.57	2.41
1.79	1.73	Velocity		1.69	1.65
1.53	1.14	Turntime		1.29	0
		Tot turns			3.96
		Tot. Bk Time			21.27
		Tot. BK Dist.			46.5
		Tot. Cycles			60.5
		15 mtr velocity			2.34
		15 mtr. Time			6.42
		Tot. Swim Time			1:28.71

Event	100 Breast	Brndan Hansen	59.13	2006 SRS	
<u>50</u>	<u>100</u>	<u>Race Analysis</u>		<u>150</u>	<u>200</u>
5.16	4.24	Break out time			
13	8.5	Break out Meters			
27.66	59.13	Run time			
N/A	3.81	Drop off			
19	21	Cycles			
27.66	31.47	Splits			
1.16	1.21	Tempo 1/3			
1.21	1.24	Tempo 2/3			
1.15	1.29	Tempo 3/3			
1.94	1.97	DPC Mtrs			
1.64	1.56	Velocity			
.70	0	Turntime			
	.70	Tot turns			
	9.40	Tot. Bk Time			
	21.6	Tot. BK Dist.			
	40	Tot. Cycles			
		15 mtr velocity			
		15 mtr. Time			
	49.03	Tot. Swim Time			

Event	200 Breast	Brendan Hansen	2:08.50	2006 Pan Pac	
<u>50</u>	<u>100</u>	<u>Race Analysis</u>		<u>150</u>	<u>200</u>
5.02	4.62	Break out time		4.44	4.13
13	8.75	Break out Meters		8.25	7.75
29.10	1:02.26	Run time		1:35.12	2:08.50
N/A	4.06	Drop off		-.30	.52
17	18	Cycles		17	20
29.10	33.16	Splits		32.86	33.38
1.35	1.52	Tempo 1/3		1.53	1.44
1.45	1.60	Tempo 2/3		1.57	1.48
1.53	1.55	Tempo 3/3		1.59	1.41
2.17	2.29	DPC Mtrs		2.45	2.11
1.54	1.48	Velocity		1.52	1.49
.70	1.03	Turntime		.82	00
		Tot turns			2.55
		Tot. Bk Time			18.21
		Tot. BK Dist.			37.75
		Tot. Cycles			72
		15 mtr velocity			
		15 mtr. Time			
		Tot. Swim Time			1:47.47

Event	100 Fly		Ian Crocker	50.40	2005 World Champ		
<u>50</u>		<u>100</u>	<u>Race Analysis</u>		<u>150</u>		<u>200</u>
4.50		5.46	Break out time				
13.5		13.25	Break out Meters				
23.51		50.40	Run time				
n/a		3.38		Drop off			
17		19		Cycles			
23.51		26.89		Splits			
1.03		1.07	Tempo 1/3				
1.13		1.09	Tempo 2/3				
1.09		1.09	Tempo 3/3				
2.11		1.95	DPC Mtrs				
1.93		00		Velocity			
.93		00	Turntime				
		.93	Tot turns				
		9.96	Tot. Bk Time				
		26.75	Tot. BK Dist.				
		36	Tot. Cycles				
		2.8	15 mtr velocity				
		5.35	15 mtr. Time				
		39.51	Tot. Swim Time				

Event	200 Fly		Michael Phelps	1:52.03	2008 Olympics	
<u>50</u>		<u>100</u>	<u>Race Analysis</u>		<u>150</u>	<u>200</u>
5.14		4.02	Break out time		3.50	3.45
14		9	Break out Meters		7.75	7.75
25.36		53.53	Run time		1:22.75	1:52.03
n/a		2.81	Drop off		1.05	.06
16		18	Cycles		20	20
25.36		28.17	Splits		29.22	29.28
1.25		1.28	Tempo 1/3		1.25	1.50
1.28		1.30	Tempo 2/3		1.25	1.25
1.25		1.25	Tempo 3/3		1.25	1.20
2.24		2.22	DPC Mtrs		2.12	2.06
1.79		1.76	Velocity		1.71	1.70
.89		1.03	Turntime		.96	00
			Tot turns			2.88
			Tot. Bk Time			16.11
			Tot. BK Dist.			38.6
			Tot. Cycles			74
			15 mtr velocity			2.57
			15 mtr. Time			5.83
			Tot. Swim Time			1:33.04

Event	200 IM		Michael Phelps	1:54.23	2008 Olympics	
<u>50</u>		<u>100</u>	<u>Race Analysis</u>		<u>150</u>	<u>200</u>
4.97		3.92	Break out time		4.36	4.22
14		8.75	Break out Meters		8.75	11.5
24.59		53.40	Run time		1:26.9	1:54.23
n/a		4.22	Drop off		4.69	-6.17
16		16.5	Cycles		19	14.5
24.59		28.81	Splits		33.50	27.33
1.25		1.46	Tempo 1/3		1.50	1.54
1.25		1.46	Tempo 2/3		1.50	1.54
1.22		1.46	Tempo 3/3		1.50	1.50
2.29		2.52	DPC Mtrs		2.17	2.64
1.84		1.72	Velocity		1.46	1.74
.90		.85	Turntime		.96	00
			Tot turns			2.71
			Tot. Bk Time			17.47
			Tot. BK Dist.			43
			Tot. Cycles			66
			15 mtr velocity			2.68
			15 mtr. Time			5.59
			Tot. Swim Time			1:34.05

Event	400 IM		Michael Phelps	4:03.84	2008 Olympics			
<u>50</u>	<u>100</u>	<u>150</u>	<u>200</u>	<u>Race Analysis</u>	<u>250</u>	<u>300</u>	<u>350</u>	<u>400</u>
4.98	3.72	3.66	2.98	Break out time	4.39	4.45	2.36	2.78
13.5	8.25	7.75	6.25	Break out Meters	8.25	8.25	6.25	7.60
25.73	54.93	1.26	1.56	Run time	2:31.2	3:07.0	3:35.9	4:03.84
n/a	3.46	2.18	-1.17	Drop off	4.57	1.02	-6.85	-1.09
16	19	15.5	17	Cycles	18	19	15	15.5
25.7	29.1	31.3	30.2	Splits	34.77	35.79	28.9	27.8
1.30	1.28	37.9	38.3	Tempo 1/3	1.71	1.71	1.67	1.62
1.30	1.30	1.67	1.62	Tempo 2/3	1.62	1.62	1.62	1.62
1.28	1.28	1.58	1.67	Tempo 3/3	1.67	1.67	1.6	1.5
2.27	2.19	2.54	2.70	DPC Mtrs	2.35	2.23	2.97	2.72
1.76	1.70	1.65	1.61	Velocity	1.42	1.38	1.80	1.70
.96	.89	1.48	.93	Turntime	1.03	1.04	00	00
				Tot turns				7.89
				Tot. Bk Time				29.28
				Tot. BK Dist.				66
				Tot. Cycles				135
				15 mtr velocity				2.58
				15 mtr. Time				5.81
				Tot. Swim Time				3:26.89

Event	50 Free	Dara Torres		24.07	2008 Oly		
<u>50</u>		<u>100</u>	<u>Race Analysis</u>		<u>150</u>		<u>200</u>
2.97			Break out time				
8.75			Break out Meters				
24.07			Run time				
N/A			Drop off				
19.5			Cycles				
N/A			Splits				
1.02			Tempo 1/3				
1.06			Tempo 2/3				
1.09			Tempo 3/3				
2.11			DPC Mtrs				
1.96			Velocity				
N/A			Turntime				
N/A			Tot turns				
2.97			Tot. Bk Time				
8.75			Tot. BK Dist.				
19.5			Tot. Cycles				
2.42			15 mtr velocity				
6.2			15 mtr. Time				
21.1			Tot. Swim Time				

Event	100 Free	Natalie Coughlin		53.39	2008 Santa Clara	
<u>50</u>		<u>100</u>	<u>Race Analysis</u>		<u>150</u>	<u>200</u>
4.87		4.8	Break out time			
12.5		12.25	Break out Meters			
25.7		53.39	Run time			
N/A		1.97	Drop off			
17		19	Cycles			
25.71		27.68	Splits			
1.03		1.15	Tempo 1/3			
1.14		1.21	Tempo 2/3			
1.2		1.2	Tempo 3/3			
2.19		1.97	DPC Mtrs			
1.92		1.65	Velocity			
		0	Turntime			
		1.45	Tot turns			
		9.67	Tot. Bk Time			
		24.75	Tot. BK Dist.			
		36	Tot. Cycles			
		2.4	15 mtr velocity			
		6.26	15 mtr. Time			
		42.27	Tot. Swim Time			

Event	200 M Free	Katie Hoff	01:55.8	2008 Olympics	
<u>50</u>	<u>100</u>	<u>Race Analysis</u>		<u>150</u>	<u>200</u>
3.44	2.36	Break out time		2.06	2.26
9.25	6	Break out Meters		5.25	5.75
27.57	56.67	Run time		01:26.2	01:55.8
N/A	1.53	Drop off		0.43	0.05
18.5	20	Cycles		20	21
27.57	29.1	Splits		29.53	29.58
		Tempo 1/3			
		Tempo 2/3			
		Tempo 3/3			
2.19	2.23	DPC Mtrs		2.22	2.11
1.74	1.69	Velocity		1.67	1.62
0.92	1.06	Turntime		0.93	N/A
		Tot turns			2.91
		Tot. Bk Time			10.16
		Tot. BK Dist.			26.25
		Tot. Cycles			79.5
		15 mtr velocity			2.21
		15 mtr. Time			6.8
		Tot. Swim Time			01:42.7

Event	400 M Free			Katie Hoff	4:02.20	08 Mo. Grand Prix		
<u>50</u>	<u>100</u>	<u>150</u>	<u>200</u>	<u>Race Analysis</u>	<u>250</u>	<u>300</u>	<u>350</u>	<u>400</u>
3.2	2.0	2.27	1.63	Break out time	2.03	1.78	1.72	1.89
8.25	5.5	6	4.25	Break out Meters	5.25	4.75	4.5	5
28.7	58.8	1:29.3	1:59.6	Run time	2:29.5	3:00.3	3:31.3	4:02.20
N/A	1.38	.44	-.17	Drop off	-.16	.30	.43	-.05
18.5	20	19.5	20	Cycles	20	20	21	21.5
28.7	30.0	30.5	30.3	Splits	30.2	30.5	30.9	30.8
1.3	1.36	1.36	1.43	Tempo 1/3	1.33	1.36	1.33	1.36
1.36	1.36	1.40	1.36	Tempo 2/3	1.36	1.33	1.36	1.33
1.36	1.36	1.40	1.40	Tempo 3/3	1.33	1.40	1.36	1.33
2.26	2.22	2.26	2.29	DPC Mtrs	2.24	2.26	2.17	2.09
1.69	1.62	1.60	1.64	Velocity	1.64	1.63	1.61	1.55
.96	.90	1.00	1.09	Turntime	1.18	1.32	1.23	00
				Tot turns				7.68
				Tot. Bk Time				16.60
				Tot. BK Dist.				43.6
				Tot. Cycles				160.5
				15 mtr velocity				2.05
				15 mtr. Time				7.33
				Tot. Swim Time				3:37.92

Event	800 Free	Kate Ziegler	8:18.52	07 Worlds	
<u>200</u>	<u>400</u>	<u>Race Analysis</u>		<u>600</u>	<u>800</u>
1.72	2.16	Break out time		1.78	1.56
4.5	5.75	Break out Meters		4.75	4.25
2:01.9	4:08.04	Run time		6:14.9	8:18.52
.13	.61	Drop off		.30	-2.43
22	21.5	Cycles		22	22
31.2	31.9	Splits		32.0	28.8
1.26	1.30	Tempo 1/3		1.31	1.25
1.28	1.33	Tempo 2/3		1.32	1.24
1.30	1.35	Tempo 3/3		1.32	1.22
2.07	2.07	DPC Mtrs		2.06	2.08
1.59	1.54	Velocity		1.55	1.68
1.26	1.36	Turntime		1.28	0
		Tot turns			20.19
		Tot. Bk Time			31.35
		Tot. BK Dist.			82.5
		Tot. Cycles			348
		15 mtr velocity			
		15 mtr. Time			
		Tot. Swim Time			7:26.98

Event	1500 Free	Kate Ziegler		15:42.54	2007		
<u>400</u>		<u>800</u>	<u>Race Analysis</u>		<u>1200</u>		<u>1500</u>
2.18		2.27	Break out time		1.96		2.01
5.75		6	Break out Meters		5.25		5.25
4:09.90		8:22.59	Run time		12:35.10		15:42.54
0.12		0.09	Drop off		0.13		-1.93
21.5		21	Cycles		22		22
31.6		31.5	Splits		31.8		29.38
1.29		1.33	Tempo 1/3		1.3		1.23
1.32		1.31	Tempo 2/3		1.28		1.26
1.33		1.32	Tempo 3/3		1.3		1.25
2.07		2.09	DPC Mtrs		2.04		2.05
1.56		1.56	Velocity		1.56		1.64
1.41		1.41	Turntime		1.41		0
			Tot turns				40.89
			Tot. Bk Time				1:05.01
			Tot. BK Dist.				170
			Tot. Cycles				645
			15 mtr velocity				2.09
			15 mtr. Time				7.16
			Tot. Swim Time				13:56.64

Event	100 Back	Natalie Coughlin		58.91	08 Olympics		
<u>50</u>		<u>100</u>	<u>Race Analysis</u>		<u>150</u>		<u>200</u>
6.06		6.55	Break out time				
14		13.5	Break out Meters				
28.59		58.91	Run time				
N/A		1.73	Drop off				
15		16	Cycles				
28.59		30.32	Splits				
1.43		1.43	Tempo 1/3				
1.46		1.54	Tempo 2/3				
1.46		1.50	Tempo 3/3				
2.44		2.28	DPC Mtrs				
1.66		1.54	Velocity				
1.01		00	Turntime				
1.0		1.01	Tot turns				
		12.61	Tot. Bk Time				
		27.5	Tot. BK Dist.				
		31	Tot. Cycles				
		2.21	15 mtr velocity				
		6.8	15 mtr. Time				
		45.29	Tot. Swim Time				

Event	200 Back	Margaret Hoelzer	2:06.09	2008 Olympics		
<u>50</u>	<u>100</u>	<u>Race Analysis</u>		<u>150</u>		<u>200</u>
5.71	4.17	Break out time		4.11		3.57
12.75	8.75	Break out Meters		8.5		7.5
30.57	1:02.17		Run time	1:34.02		2:06.09
N/A	1.03		Drop off	.25		.22
13.5	15.5		Cycles	16		18
30.57	31.60		Splits	31.85		32.07
1.65	1.63	Tempo 1/3		1.64		1.53
1.69	1.69	Tempo 2/3		1.63		1.55
1.60	1.73	Tempo 3/3		1.70		1.60
2.74	2.67		DPC Mtrs	2.62		2.33
1.57	1.57		Velocity	1.55		1.49
1.31	1.42		Turntime	1.34		0
			Tot turns			4.07
		Tot. Bk Time				17.56
		Tot. BK Dist.				37.5
		Tot. Cycles				63
		15 mtr velocity				2.07
		15 mtr. Time				7.26
		Tot. Swim Time				1:44.46

Event	100 Breast	Jessica Hardy	1:06.20			
<u>50</u>	<u>100</u>	<u>Race Analysis</u>		<u>150</u>		<u>200</u>
4.99	4.63	Break out time				
10.75	8.5	Break out Meters				
31.03	1:06.20	Run time				
N/A	4.14	Drop off				
24	26	Cycles				
31.03	35.17	Splits				
1.06	1.11	Tempo 1/3				
1.07	1.13	Tempo 2/3				
1.09	1.11	Tempo 3/3				
1.63	1.57	DPC Mtrs				
1.51	1.40	Velocity				
.89	0	Turntime				
	.89	Tot turns				
	9.62	Tot. Bk Time				
	19.25	Tot. BK Dist.				
	50	Tot. Cycles				
	1.91	15 mtr velocity				
	7.85	15 mtr. Time				
	55.69	Tot. Swim Time				

Event	200 Breast	Rebecca Soni	2:20.22	08 Olympics		
<u>50</u>		<u>100</u>	<u>Race Analysis</u>	<u>150</u>		<u>200</u>
2.89		4.11	Break out time	4.14		4.13
8		7.25	Break out Meters	7.25		7.25
32.17		1:07.46	Run time	1:43.70		2:20.22
N/A		3.12	Drop off	.95		.28
23		22	Cycles	21		26
32.17		35.29	Splits	36.24		36.52
1.40		1.56	Tempo 1/3	1.6		1.36
1.40		1.56	Tempo 2/3	1.6		1.36
1.40		1.56	Tempo 3/3	1.6		1.36
1.79		1.97	DPC Mtrs	2.0		1.64
1.44		1.41	Velocity	1.37		1.36
.93		.87	Turntime	.92		00
			Tot turns			2.72
			Tot. Bk Time			15.27
			Tot. BK Dist.			29.75
			Tot. Cycles			92
			15 mtr velocity			1.9
			15 mtr. Time			7.91
			Tot. Swim Time			2:02.22

Event	100 Fly		Christine Magnuson	57.08	09 Olympics		
<u>50</u>		<u>100</u>		<u>Race Analysis</u>		<u>150</u>	<u>200</u>
4.01		3.58		Break out time			
11		7.75		Break out Meters			
26.79		57.08		Run time			
n/a		3.50		Drop off			
20		23		Cycles			
26.79		30.29		Splits			
1.11		1.09		Tempo 1/3			
1.13		1.11		Tempo 2/3			
1.11		1.13		Tempo 3/3			
1.93		1.82		DPC Mtrs			
1.72		1.64		Velocity			
.98		00		Turntime			
		.98		Tot turns			
		7.59		Tot. Bk Time			
		18.75		Tot. BK Dist.			
		43		Tot. Cycles			
		2.33		15 mtr velocity			
		6.45		15 mtr. Time			
		48.51		Tot. Swim Time			

Event	200 Fly		Misty Hyman	2:05.88		
<u>50</u>		<u>100</u>	<u>Race Analysis</u>		<u>150</u>	<u>200</u>
5.30		4.90	Break out time		4.40	4.49
14.25		9.5	Break out Meters		9.25	9
28.38		59.91	Run time		1:32.44	2:05.88
n/a		3.15	Drop off		1.00	.91
20		22	Cycles		23	24
28.38		31.53	Splits		32.53	33.44
1.05		1.13	Tempo 1/3		1.16	1.16
1.12		1.17	Tempo 2/3		1.19	1.18
1.14		1.17	Tempo 3/3		1.17	1.17
1.78		1.84	DPC Mtrs		1.77	1.70
1.55		1.58	Velocity		1.50	1.46
1.02		.94	Turntime		.94	00
			Tot turns			2.90
			Tot. Bk Time			19.09
			Tot. BK Dist.			42
			Tot. Cycles			89
			15 mtr velocity			
			15 mtr. Time			
			Tot. Swim Time			1:43.89

Event	200 IM		Katie Hoff	2:09.71	2008 Olympics	
<u>50</u>		<u>100</u>	<u>Race Analysis</u>		<u>150</u>	<u>200</u>
3.55		3.12	Break out time		3.22	1.98
9.5		6.5	Break out Meters		6	5
28.30		1:01.41	Run time		1:39.23	2:09.71
n/a		4.81	Drop off		4.71	-7.34
24		20	Cycles		27	21.5
28.30		33.11	Splits		37.82	30.48
1.00		1.40	Tempo 1/3		1.23	1.24
1.04		1.45	Tempo 2/3		1.24	1.28
1.07		1.46	Tempo 3/3		1.27	1.29
1.71		2.16	DPC Mtrs		1.63	2.09
1.64		1.50	Velocity		1.30	1.64
.97		.76	Turntime		.98	00
			Tot turns			2.71
			Tot. Bk Time			11.87
			Tot. BK Dist.			27
			Tot. Cycles			92.5
			15 mtr velocity			2.15
			15 mtr. Time			6.99
			Tot. Swim Time			1:55.13

Event	400 IM		Katie Hoff		4:31.12	09 Trials		
<u>50</u>	<u>100</u>	<u>150</u>	<u>200</u>	<u>Race Analysis</u>	<u>250</u>	<u>300</u>	<u>350</u>	<u>400</u>
3.9	3.4	3.38	3.20	Break out time	3.47	3.53	1.83	1.96
10	7.5	7	6.75	Break out Meters	6	6.25	4.75	5
30.1	1:03.6	1:39.1	2:13.3	Run time	2:50.7	3:28.6	3:59.6	4:31.12
n/a	3.49	1.88	-1.30	Drop off	3.28	.42	-6.86	.45
23	25	18	19	Cycles	25	26	20.5	22
30.1	33.5	35.4	34.1	Splits	37.4	37.8	31.01	31.46
1.10	1.17	1.62	1.64	Tempo 1/3	1.30	1.28	1.31	1.32
1.13	1.17	1.63	1.65	Tempo 2/3	1.30	1.28	1.34	1.37
1.15	1.19	1.62	1.64	Tempo 3/3	1.30	1.31	1.31	1.39
1.74	1.71	2.37	2.30	DPC Mtrs	1.73	1.70	2.22	2.08
1.54	1.45	1.44	1.40	Velocity	1.33	1.32	1.65	1.53
.95	1.17	1.34	.85	Turntime	1.07	1.06	1.06	00
				Tot turns				7.50
				Tot. Bk Time				24.77
				Tot. BK Dist.				53.25
				Tot. Cycles				178.5
				15 mtr velocity				2.03
				15 mtr. Time				7.38
				Tot. Swim Time				3:58.86