
Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Akhnoukh, John		25 Free	50 Free	100 Free	200 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 Fly	100 IM	200 IM	
G.I.L.L.S vs HF-11/16/09	Nov-16-09	36.95				x44.99											
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09	x44.20				40.31											
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09	x44.16				x40.40											
PASS vs. GILS	Oct-15-09	x53.62										1:01.24					

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Akhnoukh, Virina		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM	
G.I.L.L.S vs HF-11/16/09	Nov-16-09															2:30.01		
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09								1:16.68									
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09	1:00.77							1:15.89									
PASS vs. GILS	Oct-15-09								1:26.99			1:28.89						

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Allen, Danielle		50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S 2009 Pentathlon	Nov-21-09		2:06.38					2:40.52		2:05.46				4:36.87			
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09							2:23.45						4:16.15			
2009 LWSA Swim Your Own Age Sprint	Oct-25-09	51.36						2:15.38				2:29.29					
PASS vs. GILS	Oct-15-09									2:02.34							

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Baumgartner, Kelly		50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S 2009 Pentathlon	Nov-21-09		1:01.88					1:13.38		1:29.66		1:15.47		2:36.50			

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Boutros, Charles		50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S 2009 Pentathlon	Nov-21-09		1:00.78					1:12.82		1:14.76		1:14.67		2:39.30			
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09		x57.57							x1:14.84							
North Aquatics Club Tri Meet	Oct-22-09									1:13.31							

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Brandt, Madison		25 Free	50 Free	100 Free	200 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 Fly	100 IM	200 IM	
G.I.L.L.S 2009 Pentathlon	Nov-21-09	25.32	58.37			30.22			35.53								
G.I.L.L.S vs HF-11/16/09	Nov-16-09											28.29					
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09	x26.02							35.09								
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09	27.28							36.09								
2009 LWSA Swim Your Own Age Sprint	Oct-25-09	25.88				30.01						29.24					

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Carter, Madison		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S 2009 Pentathlon	Nov-21-09	42.53				46.69			51.30								
G.I.L.L.S vs HF-11/16/09	Nov-16-09								x54.02			47.53					
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09	x41.60							x53.61						1:43.54		
2009 LWSA Swim Your Own Age Sprint	Oct-25-09	41.24				48.94			49.38			43.57					
PASS vs. GILS	Oct-15-09	x42.17				48.56									1:44.32		

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Cox, Santeh		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S 2009 Pentathlon	Nov-21-09	33.57				42.79						42.28			1:43.13		
G.I.L.L.S vs HF-11/16/09	Nov-16-09	33.57				45.71											
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09	33.30										44.07					
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09	35.48										42.50					
2009 LWSA Swim Your Own Age Sprint	Oct-25-09	34.74				43.76						41.19					
PASS vs. GILS	Oct-15-09	33.70										44.44					

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Fisher, Allison		50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S 2009 Pentathlon	Nov-21-09		1:07.65					1:08.85		1:29.45		1:15.45		2:36.63			

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Fitzgerald, John		50	100	200	500	1000	1650	100	200	100	200	100	200	200	400		
		Free	Free	Free	Free	Free	Free	Back	Back	Breast	Breast	Fly	Fly	IM	IM		
G.I.L.L.S 2009 Pentathlon	Nov-21-09		1:03.13					1:16.28		1:27.45		1:17.55		2:45.08			
G.I.L.L.S vs HF-11/16/09	Nov-16-09		1:03.40							1:28.18							
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09		1:04.84					1:17.47									
North Aquatics Club Tri Meet	Oct-22-09							1:16.98									
PASS vs. GILS	Oct-15-09							x1:20.49		x1:27.21							

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Fitzgerald, Kyle		50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S 2009 Pentathlon	Nov-21-09		57.32					1:09.25		1:16.32		1:04.53		2:27.73			
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09		58.69									1:06.73					
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09									1:18.17		1:05.19					
2009 LWSA Swim Your Own Age Sprint	Oct-25-09	26.08						1:11.31		1:16.89		1:04.66					
North Aquatics Club Tri Meet	Oct-22-09	26.41										1:06.29					
PASS vs. GILS	Oct-15-09											1:04.98		2:29.75			

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Gannon, Mark		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S 2009 Pentathlon	Nov-21-09	33.89										43.76					
G.I.L.L.S vs HF-11/16/09	Nov-16-09	x34.35				x43.78											
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09	x36.58				x46.06											
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09					x43.32			x54.44								
PASS vs. GILS	Oct-15-09														1:39.52		

Seasonal Spreadsheet Report

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Convert To: Yards Print: Yards

Gomez, Jason		25 Free	50 Free	100 Free	200 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 Fly	100 IM	200 IM	
G.I.L.L.S 2009 Pentathlon	Nov-21-09	18.02	37.11			21.48			28.95			19.59					
G.I.L.L.S vs HF-11/16/09	Nov-16-09	17.83							29.06								
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09	17.72	36.90														
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09	17.11							31.15								
2009 LWSA Swim Your Own Age Sprint	Oct-25-09	16.43				21.70			26.52								
PASS vs. GILS	Oct-15-09											21.92					

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Gomez, Jessica		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S 2009 Pentathlon	Nov-21-09	35.64				40.58			49.55			40.39					
G.I.L.L.S vs HF-11/16/09	Nov-16-09	37.10														1:35.12	
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09					43.33										1:31.05	
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09					43.13										1:34.64	
2009 LWSA Swim Your Own Age Sprint	Oct-25-09	37.82							52.43			44.24					
PASS vs. GILS	Oct-15-09					44.23										1:34.25	

Seasonal Spreadsheet Report

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Convert To: Yards Print: Yards

Gurka, Mary Kate		25 Free	50 Free	100 Free	200 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 Fly	100 IM	200 IM	
GILL.S vs POSA - 11/12/2009	Nov-12-09	19.96										26.13					
PASS vs. GILS	Oct-15-09		44.29									23.81					

Seasonal Spreadsheet Report

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Convert To: Yards Print: Yards

Hoelzel, Jonathan		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S 2009 Pentathlon	Nov-21-09	33.51				38.40			42.50			38.21			1:22.20		
G.I.L.L.S vs HF-11/16/09	Nov-16-09					38.52						40.74					
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09					39.96									1:22.03		
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09					39.17						38.31					
PASS vs. GILS	Oct-15-09											40.64			1:24.49		

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Hofer, Brett		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S 2009 Pentathlon	Nov-21-09	36.23				42.34			47.83			41.53			1:29.97		
G.I.L.L.S vs HF-11/16/09	Nov-16-09	37.37				46.23											
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09	36.48							49.06								
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09								50.11						1:31.86		
PASS vs. GILS	Oct-15-09														1:31.86		

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Hofer, Megan		50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S 2009 Pentathlon	Nov-21-09		1:08.97					1:16.43				1:24.36		2:49.30			
G.I.L.L.S vs HF-11/16/09	Nov-16-09							1:16.80		1:25.93							
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09							1:16.55		1:24.96							
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09							1:16.44		1:26.01							
PASS vs. GILS	Oct-15-09							1:16.87		1:29.37							

Seasonal Spreadsheet Report

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Jannak, Jarun		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09					x59.32											
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09															2:17.25	
PASS vs. GILS	Oct-15-09	46.62														2:23.24	

Seasonal Spreadsheet Report

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Convert To: Yards Print: Yards

Kessler, Mandi		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S 2009 Pentathlon	Nov-21-09	35.34				41.01			48.98			40.37			1:30.87		
G.I.L.L.S vs HF-11/16/09	Nov-16-09	x36.03				43.47											
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09											48.98			1:35.21		

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Knight, Lexy		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S 2009 Pentathlon	Nov-21-09	35.71				47.90			48.31			45.54			1:36.79		
G.I.L.L.S vs HF-11/16/09	Nov-16-09	37.25							48.62								
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09	35.62										44.87					

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Convert To: Yards Print: Yards

		50	100	200	500	1000	1650	100	200	100	200	100	200	200	400		
		Free	Free	Free	Free	Free	Free	Back	Back	Breast	Breast	Fly	Fly	IM	IM		
G.I.L.L.S 2009 Pentathlon	Nov-21-09		1:12.56					1:23.80		1:32.06		1:24.15		2:56.33			

Seasonal Spreadsheet Report

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Convert To: Yards Print: Yards

Lettiere, Elise		25 Free	50 Free	100 Free	200 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 Fly	100 IM	200 IM	
G.I.L.L.S 2009 Pentathlon	Nov-21-09	24.83	52.39			27.83			39.47			34.67					
G.I.L.L.S vs HF-11/16/09	Nov-16-09	27.09				x28.98											
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09	x27.02	55.47														
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09					28.10						35.90					
2009 LWSA Swim Your Own Age Sprint	Oct-25-09	25.86				26.42			36.65								
PASS vs. GILS	Oct-15-09					27.69						36.43					

Seasonal Spreadsheet Report

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Convert To: Yards Print: Yards

Martinez, Stella		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S 2009 Pentathlon	Nov-21-09	1:04.65				1:08.10			1:05.32						2:34.19		

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Convert To: Yards Print: Yards

Mohaimani, Arya		50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S 2009 Pentathlon	Nov-21-09		53.34					59.33		1:08.61		59.91		2:11.62			
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09							x1:00.08		x1:07.83							
North Aquatics Club Tri Meet	Oct-22-09													2:12.62			

Seasonal Spreadsheet Report

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Convert To: Yards Print: Yards

Munoz, Drew	50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09								1:20.27							
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09								x1:20.97							

Seasonal Spreadsheet Report

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Convert To: Yards Print: Yards

Murphy, Aiden		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S 2009 Pentathlon	Nov-21-09	34.33				46.30			54.20						1:35.81		
G.I.L.L.S vs HF-11/16/09	Nov-16-09	35.21															
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09								51.47								
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09					46.53						48.07					
2009 LWSA Swim Your Own Age Sprint	Oct-25-09	35.39				44.40			52.09			52.42					
PASS vs. GILS	Oct-15-09	35.46										49.13					

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Convert To: Yards Print: Yards

Novaski, Rich		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S 2009 Pentathlon	Nov-21-09	35.18				48.43			43.75			39.44			1:36.39		
G.I.L.L.S vs HF-11/16/09	Nov-16-09											43.86					
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09	36.18							47.03								
PASS vs. GILS	Oct-15-09								46.82			45.55					

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Convert To: Yards Print: Yards

O'Brien, Megan		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S vs HF-11/16/09	Nov-16-09	35.25										40.16					
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09					41.54						38.82					
PASS vs. GILS	Oct-15-09								49.35						1:32.17		

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Convert To: Yards Print: Yards

Osty, Nick	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S 2009 Pentathlon Nov-21-09	30.96							42.12			38.00			1:24.33		
G.I.L.L.S vs HF-11/16/09 Nov-16-09	x32.59										38.04					
G.I.L.L.S vs POSA - 11/12/2009 Nov-12-09	32.30															
G.I.L.L.S vs RASC - 11/05/2009 Nov-05-09	31.09							43.49								
2009 LWSA Swim Your Own Age Sprint Oct-25-09	30.78				39.96			41.24			39.08					

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Osty, Rick		50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S 2009 Pentathlon	Nov-21-09		55.70					1:08.52		1:13.93		59.70		2:19.64			
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09		54.42														
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09		x54.74														
North Aquatics Club Tri Meet	Oct-22-09											58.97					

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Convert To: Yards Print: Yards

Pappas, Mark		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09	x43.46				x58.80											
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09	x44.86				x58.50											
PASS vs. GILS	Oct-15-09	x46.00										1:18.37					

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Convert To: Yards Print: Yards

Plys, Nicholas	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S vs HF-11/16/09 Nov-16-09											52.98					
G.I.L.L.S vs RASC - 11/05/2009 Nov-05-09	40.69										51.29					

Seasonal Spreadsheet Report

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Convert To: Yards Print: Yards

Postupaka, Dasha	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S vs HF-11/16/09 Nov-16-09											49.34			1:43.26		
G.I.L.L.S vs POSA - 11/12/2009 Nov-12-09	40.21										53.78					
PASS vs. GILS Oct-15-09											55.13			1:46.53		

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Convert To: Yards Print: Yards

Price, Brett		50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S 2009 Pentathlon	Nov-21-09		1:00.65					1:14.76		1:18.84		1:12.17		2:37.11			
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09									1:18.09							
North Aquatics Club Tri Meet	Oct-22-09									1:16.55							

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Rissler, Colleen	50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S 2009 Pentathlon Nov-21-09	37.25				45.68			46.18			44.59			1:33.00		
G.I.L.L.S vs POSA - 11/12/2009 Nov-12-09								x45.35			43.29					
G.I.L.L.S vs RASC - 11/05/2009 Nov-05-09								x45.06						1:33.79		
2009 LWSA Swim Your Own Age Sprint Oct-25-09	38.59				46.48			47.02			43.87					

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Rohead, Taylor		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S 2009 Pentathlon	Nov-21-09	34.81				37.31			43.85			38.15			1:25.30		
G.I.L.L.S vs HF-11/16/09	Nov-16-09	x35.29										39.19					
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09					39.24									1:25.24		
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09					40.42						39.78					
PASS vs. GILS	Oct-15-09											40.07			1:31.05		

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Sifuentes, Alison		50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S 2009 Pentathlon	Nov-21-09		1:10.40					1:22.60		1:33.73		1:28.53		2:58.09			
G.I.L.L.S vs HF-11/16/09	Nov-16-09							1:25.47						2:57.43			
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09		1:08.92											2:57.28			

Seasonal Spreadsheet Report

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Convert To: Yards Print: Yards

Tamulonis, Anna		50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S 2009 Pentathlon	Nov-21-09		1:00.44					1:13.18		1:23.11		1:08.51		2:33.78			
G.I.L.L.S vs HF-11/16/09	Nov-16-09		1:00.63											2:36.08			
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09		1:01.69									1:08.34					
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09		1:01.98									1:10.11					
2009 LWSA Swim Your Own Age Sprint	Oct-25-09	27.59						1:13.43		1:22.87		1:09.66					

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Tamulonis, Lindsey		50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S 2009 Pentathlon	Nov-21-09		57.75					1:08.55		1:16.15		1:12.21		2:25.50			

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Tamulonis, Michael		50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S 2009 Pentathlon	Nov-21-09		58.65					1:14.35		1:12.47		1:10.49		2:28.15			
G.I.L.L.S vs HF-11/16/09	Nov-16-09									1:15.62							
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09		59.79							1:17.15							
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09											1:12.78		2:30.63			
2009 LWSA Swim Your Own Age Sprint	Oct-25-09	27.34						1:15.78		1:16.86							
North Aquatics Club Tri Meet	Oct-22-09									1:19.06							

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Valkenburg, Lorelei	50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S vs HF-11/16/09	Nov-16-09		1:14.39				1:27.90									
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09		1:15.10						1:35.84							

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Valkenburg, Mel	50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S 2009 Pentathlon Nov-21-09		59.43					1:14.93		1:31.14		1:15.13		2:51.94			
G.I.L.L.S vs HF-11/16/09 Nov-16-09											1:22.63		2:48.41			
G.I.L.L.S vs POSA - 11/12/2009 Nov-12-09											1:15.62					
G.I.L.L.S vs RASC - 11/05/2009 Nov-05-09		1:01.82														
2009 LWSA Swim Your Own Age Sprint Oct-25-09	26.73						1:13.67		1:30.73		1:13.89					
PASS vs. GILS Oct-15-09		1:03.74											2:50.37			

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Walters, Alyssa		50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S 2009 Pentathlon	Nov-21-09		1:06.98					1:19.76		1:28.24		1:23.69		2:52.52			

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Walters, Chuck		50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S 2009 Pentathlon	Nov-21-09		1:06.55					1:27.91		1:23.89		1:26.62		2:58.98			
G.I.L.L.S vs HF-11/16/09	Nov-16-09									1:24.69							
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09		x1:07.46							1:25.51							
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09									1:23.84							

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Winston, Colin		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S 2009 Pentathlon	Nov-21-09	34.82				43.44			52.89			43.00			1:38.56		
G.I.L.L.S vs HF-11/16/09	Nov-16-09	34.68				x43.24											
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09	x36.42							x54.28								
2009 LWSA Swim Your Own Age Sprint	Oct-25-09	36.10				43.73			54.99			47.47					
PASS vs. GILS	Oct-15-09														1:44.14		

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Winston, Ian		50 Free	100 Free	200 Free	500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
G.I.L.L.S 2009 Pentathlon	Nov-21-09	48.44				53.82			1:08.26								
G.I.L.L.S vs HF-11/16/09	Nov-16-09	51.73				55.85											
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09					57.22											
2009 LWSA Swim Your Own Age Sprint	Oct-25-09	46.66							1:03.94								
PASS vs. GILS	Oct-15-09					1:01.17									2:23.67		

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Winston, Kyle		25 Free	50 Free	100 Free	200 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 Fly	100 IM	200 IM	
G.I.L.L.S 2009 Pentathlon	Nov-21-09	26.09	1:02.58			30.07						38.20					
G.I.L.L.S vs HF-11/16/09	Nov-16-09					32.62						45.84					
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09		1:02.53									42.55					
2009 LWSA Swim Your Own Age Sprint	Oct-25-09	28.86				28.02											
PASS vs. GILS	Oct-15-09	29.69										40.91					

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Wojdyla, Andrew		50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S 2009 Pentathlon	Nov-21-09		1:03.33					1:14.25		1:26.35		1:16.66					
G.I.L.L.S vs HF-11/16/09	Nov-16-09		1:03.39					1:15.22									
G.I.L.L.S vs POSA - 11/12/2009	Nov-12-09							1:14.50									
G.I.L.L.S vs RASC - 11/05/2009	Nov-05-09		1:03.13					1:16.13		1:25.77							
PASS vs. GILS	Oct-15-09							1:15.55		1:25.77							

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Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Wojdyla, Kristian		50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S 2009 Pentathlon	Nov-21-09		1:01.12					1:14.03		1:16.74				2:45.62			

Seasonal Spreadsheet Report

Times since: 01-Oct-09 Times until: 21-Nov-09

Convert To: Yards Print: Yards

Wrobel, Abby		50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
G.I.L.L.S 2009 Pentathlon	Nov-21-09		1:04.80					1:11.58		1:28.37		1:22.98		2:43.61			

