



BENCHMARK TRAINING SETS

50 Kick

WOMEN						
#	NAME	AGE	CLUB	COURSE	DISTANCE	TIME
1	HUANG, Elina	16	PSW	Back	SCM	0:39.11
2	NGUYEN, Kieu-vy	15	GATOR	Back	SCM	0:40.60
3	HOANG, Kaylee	16	GATOR	Back	SCM	0:41.66
4	RUTTEN, Hannah	15	KISU	Back	SCM	0:43.68
5	LEE, Sephora	16	GATOR	Back	SCM	0:43.80
6	SUKKAU, Uma	15	GATOR	Back	SCM	0:43.99
7	ZENG, Melissa	15	GATOR	Back	SCM	0:43.99
8	GLYNES, Charlotte	15	KISU	Back	SCM	0:45.59
9	RONQUE, Rachel Anne	16	GATOR	Back	SCM	0:47.47
10	CLARK, Adriene	16	KISU	Back	SCM	0:47.78
11	ISAAK, Hope	16	KISU	Back	SCM	0:48.58
12	LEONG, Ella	16	GATOR	Back	SCM	0:49.79
13	SHEN, Helen	15	GATOR	Back	SCM	1:00.10
1	TIAN, Xinyi	12	PSW	Breast	SCM	0:42.84
2	SHEN, Helen	15	GATOR	Breast	SCM	0:44.59
3	ZHANG, Mofan	16	PSW	Breast	SCM	0:44.93
4	HAMILTON, Norah	16	KISU	Breast	SCM	0:45.54
5	HOANG, Kaylee	16	GATOR	Breast	SCM	0:48.59
6	RONQUE, Rachel Anne	16	GATOR	Breast	SCM	0:49.55
7	NGUYEN, Kieu-vy	15	GATOR	Breast	SCM	0:51.42
8	LEE, Sephora	16	GATOR	Breast	SCM	0:53.27
9	LEONG, Ella	16	GATOR	Breast	SCM	0:53.59
10	ZENG, Melissa	15	GATOR	Breast	SCM	0:55.07
11	SUKKAU, Uma	15	GATOR	Breast	SCM	0:56.67
1	FIRTH, Kailyn	16	PSW	Fly	SCM	0:36.21
2	NGUYEN, Kieu-vy	15	GATOR	Fly	SCM	0:37.88
3	SUKKAU, Uma	15	GATOR	Fly	SCM	0:41.71
4	JIANG, Rhianna	13	PSW	Fly	SCM	0:42.60
5	RONQUE, Rachel Anne	16	GATOR	Fly	SCM	0:42.62
6	HOANG, Kaylee	16	GATOR	Fly	SCM	0:44.57
7	LEONG, Ella	16	GATOR	Fly	SCM	0:45.18
8	ZENG, Melissa	15	GATOR	Fly	SCM	0:47.20
9	LEE, Sephora	16	GATOR	Fly	SCM	0:49.22
10	BURTON-SMITH, Hope	14	PSW	Fly	SCM	0:51.02
11	SHEN, Helen	15	GATOR	Fly	SCM	0:53.14



BENCHMARK TRAINING SETS

50 Kick

WOMEN						
#	NAME	AGE	CLUB	COURSE	DISTANCE	TIME
1	LEE, Sephora	16	GATOR	Free	SCM	0:38.96
2	WEATHERHEAD, Taryn	15	KISU	Free	SCM	0:39.25
3	ROH, Hyewon	15	PSW	Free	SCM	0:39.78
4	GRECOFF, Isabelle	17	KISU	Free	SCM	0:39.80
5	DE MITRI, Kyah	15	KISU	Free	SCM	0:39.91
6	WINSER, Marlee	15	KISU	Free	SCM	0:40.46
7	NGUYEN, Kieu-vy	15	GATOR	Free	SCM	0:40.66
8	ZENG, Melissa	15	GATOR	Free	SCM	0:41.41
9	YABLONSKY, Heidi	13	WSC	Free	SCM	0:42.33
10	CHEN, Alia	9	WSC	Free	SCM	0:42.84
11	TONG, Serena	10	WSC	Free	SCM	0:42.85
12	WANG, Angelica	14	PSW	Free	SCM	0:43.10
13	SHEN, Helen	15	GATOR	Free	SCM	0:43.16
14	SUKKAU, Uma	15	GATOR	Free	SCM	0:43.20
15	MCEACHERN, Nina	14	KISU	Free	SCM	0:44.04
16	LIN, Claire	10	WSC	Free	SCM	0:45.09
17	HOANG, Kaylee	16	GATOR	Free	SCM	0:45.29
18	ORGE, Chloe	17	KISU	Free	SCM	0:45.33
19	XIE, Chelsea	8	WSC	Free	SCM	0:45.39
20	SLATER, Isla	13	PSW	Free	SCM	0:45.70
21	LEONG, Ella	16	GATOR	Free	SCM	0:45.75
22	WANG, Stella	11	WSC	Free	SCM	0:46.44
23	ZHANG, Dolly	15	PSW	Free	SCM	0:46.51
24	MENG, Chuyi	15	PSW	Free	SCM	0:46.75
25	ALLEN, Sarocha	13	PSW	Free	SCM	0:47.30
26	YABLONSKY, Kelly	12	WSC	Free	SCM	0:48.48
27	CHEN, Ella	12	PSW	Free	SCM	0:48.50
28	DU, Amelie	9	WSC	Free	SCM	0:49.05
29	HAN, Mandy	9	WSC	Free	SCM	0:49.06
30	DUAN, Diana	10	WSC	Free	SCM	0:49.47
31	RONQUE, Rachel Anne	16	GATOR	Free	SCM	0:49.55
32	HANNA, Elizabeth	17	KISU	Free	SCM	0:49.80
33	MA, Emma	12	WSC	Free	SCM	0:50.49
34	SHAO, Sabrina	11	PSW	Free	SCM	0:51.30
35	HE, Tiffany	11	WSC	Free	SCM	0:51.49
36	DUAN, Liliana	10	WSC	Free	SCM	0:51.66
37	XIE, Christina	15	PSW	Free	SCM	0:54.14
38	BARTON, Paige	15	KISU	Free	SCM	0:58.63