



BENCHMARK TRAINING SETS

Distance Swims

WOMEN								
#	NAME	AGE	CLUB	COURSE	DISTANCE	TIME	SCM	LCM
1	SHAO, Sabrina	11	PSW	SCM	2000m	0:31:49.76	0:31:49.76	0:32:27.95
2	MECIA, Eva	11	CDSC	LCM	2000m	0:34:19.03	0:33:37.84	0:34:19.03
3	POYSTILA, Grace	11	CDSC	LCM	2000m	0:34:20.45	0:33:39.24	0:34:20.45
4	ZHAI, Yuxin	10	CDSC	LCM	2000m	0:34:31.00	0:33:49.58	0:34:31.00
1	CHEN, Ella	12	PSW	SCM	3000m	0:46:23.45	0:46:23.45	0:47:19.11
2	TIAN, Xinyi	12	PSW	SCM	3000m	0:46:29.00	0:46:29.00	0:47:24.78
3	ROSNIESKI VERSCHOOR, Rafaela	12	CDSC	LCM	3000m	0:51:08.00	0:50:06.64	0:51:08.00
4	DOSEN, Claire	12	CDSC	LCM	3000m	0:51:20.00	0:50:18.40	0:51:20.00
5	VILLANUEVA, Melissa	12	CDSC	LCM	3000m	0:51:43.00	0:50:40.94	0:51:43.00
6	TAO, Baoqi	12	CDSC	LCM	3000m	0:51:52.00	0:50:49.76	0:51:52.00
7	HOSKINSON, Elise	12	CDSC	LCM	3000m	0:52:29.00	0:51:26.02	0:52:29.00
1	CHOW, Audrey	13	CDSC	LCM	4000m	0:56:10.25	0:55:02.84	0:56:10.25
2	PALAU, Camila	13	CDSC	LCM	4000m	0:59:20.00	0:58:08.80	0:59:20.00
3	ALLEN, Sarocha	13	PSW	SCM	4000m	0:59:47.60	0:59:47.60	1:00:59.35
4	CHEUNG, Tera	13	CDSC	LCM	4000m	1:01:52.00	1:00:37.76	1:01:52.00
5	JIANG, Rhianna	13	PSW	SCM	4000m	1:01:07.99	1:01:07.99	1:02:21.34
6	LIN, Mia	13	CDSC	LCM	4000m	1:03:12.00	1:01:56.16	1:03:12.00
7	NG, Hana	13	CDSC	LCM	4000m	1:04:15.00	1:02:57.90	1:04:15.00
1	SALDANA RIEBELING, Maria	17	CDSC	LCM	5000m	1:03:42.59	1:02:26.13	1:03:42.59
2	SUN, Cici	15	CDSC	LCM	5000m	1:07:19.00	1:05:58.22	1:07:19.00
3	SKINDER, Abigail	16	CDSC	LCM	5000m	1:08:35.37	1:07:13.06	1:08:35.37
4	BIJELIC, Katarina	16	CDSC	LCM	5000m	1:09:30.00	1:08:06.60	1:09:30.00
5	HUANG, Elina	16	PSW	SCM	5000m	1:08:43.28	1:08:43.28	1:10:05.74
6	FIRTH, Kailyn	16	PSW	SCM	5000m	1:08:50.00	1:08:50.00	1:10:12.60
7	CHEUNG, Luna	15	CDSC	LCM	5000m	1:10:15.01	1:08:50.70	1:10:15.01
8	LIU, Ziyun	15	CDSC	LCM	5000m	1:10:55.02	1:09:29.91	1:10:55.02
9	DAY, Lauren	14	CDSC	LCM	5000m	1:11:03.52	1:09:38.24	1:11:03.52
10	LIU, Yingxuan Lucy	14	CDSC	LCM	5000m	1:12:09.13	1:10:42.54	1:12:09.13
11	AUSTIN, Avery	16	CDSC	LCM	5000m	1:12:13.00	1:10:46.34	1:12:13.00
12	YAO, Angel	18	CDSC	LCM	5000m	1:12:24.00	1:10:57.12	1:12:24.00
13	SANIDAS, Isabella	16	CDSC	LCM	5000m	1:12:38.00	1:11:10.84	1:12:38.00
14	CHEN, Yunyi	14	CDSC	LCM	5000m	1:13:42.30	1:12:13.85	1:13:42.30
15	PLATA, Jobia	14	CDSC	LCM	5000m	1:14:29.00	1:12:59.62	1:14:29.00
16	SKINDER, Anna-Marie	17	CDSC	LCM	5000m	1:15:39.00	1:14:08.22	1:15:39.00
17	YUAN, Celine	13	CDSC	LCM	5000m	1:16:21.00	1:14:49.38	1:16:21.00
18	LAMBKE, Danica	14	CDSC	LCM	5000m	1:16:54.00	1:15:21.72	1:16:54.00
19	BURTON-SMITH, Hope	14	PSW	SCM	5000m	1:15:57.00	1:15:57.00	1:17:28.14
20	WANG, Angelica	14	PSW	SCM	5000m	1:22:01.36	1:22:01.36	1:23:39.78