



# BENCHMARK TRAINING SET

## Timed 50m Kick

### WOMEN - FREESTYLE

#	NAME	AGE	CLUB	STROKE	COURSE	TIME
1	KO, Ashley	17	LOSC	Free	SCM	0:34.30
2	JIA, Carlyne	15	LOSC	Free	SCM	0:38.16
3	LEE, Sephora	16	GATOR	Free	SCM	0:38.96
4	WEATHERHEAD, Taryn	15	KISU	Free	SCM	0:39.25
5	THAI, Kayla	14	LOSC	Free	SCM	0:39.30
6	ROH, Hyewon	15	PSW	Free	SCM	0:39.78
7	GRECOFF, Isabelle	17	KISU	Free	SCM	0:39.80
8	DE MITRI, Kyah	15	KISU	Free	SCM	0:39.91
9	WINSER, Marlee	15	KISU	Free	SCM	0:40.46
10	NGUYEN, Kieu-vy	15	GATOR	Free	SCM	0:40.66
11	ZENG, Melissa	15	GATOR	Free	SCM	0:41.41
12	YABLONSKY, Heidi	13	WSC	Free	SCM	0:42.33
13	CHEN, Alia	9	WSC	Free	SCM	0:42.84
14	TONG, Serena	10	WSC	Free	SCM	0:42.85
15	WANG, Angelica	14	PSW	Free	SCM	0:43.10
16	SHEN, Helen	15	GATOR	Free	SCM	0:43.16
17	SUKKAU, Uma	15	GATOR	Free	SCM	0:43.20
18	SIDANA, Aanya	13	PSW	Free	SCM	0:43.37
19	KIMANI, Princess	14	PSW	Free	SCM	0:43.37
20	MCEACHERN, Nina	14	KISU	Free	SCM	0:44.04
21	CHEY, Yoori	13	PSW	Free	SCM	0:44.51
22	WANG, Yuhan	13	PSW	Free	SCM	0:44.54
23	LIN, Claire	10	WSC	Free	SCM	0:45.09
24	HOANG, Kaylee	16	GATOR	Free	SCM	0:45.29
25	ORGE, Chloe	17	KISU	Free	SCM	0:45.33
26	XIE, Chelsea	8	WSC	Free	SCM	0:45.39
27	SLATER, Isla	13	PSW	Free	SCM	0:45.70
28	LEONG, Ella	16	GATOR	Free	SCM	0:45.75
29	WANG, Stella	11	WSC	Free	SCM	0:46.44
30	ZHANG, Dolly	15	PSW	Free	SCM	0:46.51
31	MENG, Chuyi	15	PSW	Free	SCM	0:46.75
32	ALLEN, Sarocha	13	PSW	Free	SCM	0:47.30
33	LEE, Isabelle	9	PSW	Free	SCM	0:47.58
34	YABLONSKY, Kelly	12	WSC	Free	SCM	0:48.48
35	CHEN, Ella	12	PSW	Free	SCM	0:48.50
36	LEE, Seoyoon Chloe	10	CDSC	Free	SCM	0:48.96
37	DU, Amelie	9	WSC	Free	SCM	0:49.05
38	HAN, Mandy	9	WSC	Free	SCM	0:49.06
39	HAN WISEMAN, Amica	10	PSW	Free	SCM	0:49.16
40	WANG, Mandy	10	PSW	Free	SCM	0:49.21
41	DUAN, Diana	10	WSC	Free	SCM	0:49.47
42	RONQUE, Rachel Anne	16	GATOR	Free	SCM	0:49.55
43	HANNA, Elizabeth	17	KISU	Free	SCM	0:49.80
44	HURSH, Everly	9	CDSC	Free	SCM	0:49.86
45	MA, Emma	12	WSC	Free	SCM	0:50.49
46	SHAO, Sabrina	11	PSW	Free	SCM	0:51.30
47	HE, Tiffany	11	WSC	Free	SCM	0:51.49
48	ZHOU, Ziva	10	CDSC	Free	SCM	0:51.54
49	DUAN, Liliana	10	WSC	Free	SCM	0:51.66
50	BONN, Charlotte	10	CDSC	Free	SCM	0:51.74

September 1, 2023 – February 20, 2024



# BENCHMARK TRAINING SET

## Timed 50m Kick

### WOMEN – FREESTYLE (CONTINUED)

#	NAME	AGE CLUB	STROKE	COURSE	TIME
51	KIM, Soyool	11 CDSC	Free	SCM	0:51.74
52	LU, Emma	10 CDSC	Free	SCM	0:51.74
53	RANA, Tara	10 PSW	Free	SCM	0:52.96
54	NOH, Olivia	12 PSW	Free	SCM	0:53.40
55	XIE, Christina	15 PSW	Free	SCM	0:54.14
56	HILTS, Kensington	11 CDSC	Free	SCM	0:54.55
57	CHUA, Lauren	11 CDSC	Free	SCM	0:54.91
58	WANG, Shuhe	10 PSW	Free	SCM	0:55.00
59	HAYRE, Sophie	14 PSW	Free	SCM	0:55.10
60	GAO, Felicia	9 PSW	Free	SCM	0:55.76
61	WU, Wanhua	12 CDSC	Free	SCM	0:55.91
62	KERR, Alexa	10 CDSC	Free	SCM	0:56.71
63	ZENG, Angela	11 PSW	Free	SCM	0:58.40
64	KOUTSOUMBOS, Aria	11 PSW	Free	SCM	0:58.50
65	BARTON, Paige	15 KISU	Free	SCM	0:58.63
66	WU, May-Lynn	11 PSW	Free	SCM	1:00.10
67	SMITH, Ashley	11 CDSC	Free	SCM	1:00.67
68	LI, Sophia	10 PSW	Free	SCM	1:00.72
69	HADID, Leia	10 CDSC	Free	SCM	1:08.17
70	ANDREWS, Lily	11 PSW	Free	SCM	1:08.30

### WOMEN - BACKSTROKE

#	NAME	AGE CLUB	STROKE	COURSE	TIME
1	BATOG, Dominika	18 LOSC	Back	SCM	0:36.20
2	HUANG, Elina	16 PSW	Back	SCM	0:39.11
3	NGUYEN, Kieu-vy	15 GATOR	Back	SCM	0:40.60
4	HOANG, Kaylee	16 GATOR	Back	SCM	0:41.66
5	RUTTEN, Hannah	15 KISU	Back	SCM	0:43.68
6	LEE, Sephora	16 GATOR	Back	SCM	0:43.80
7	ZENG, Melissa	15 GATOR	Back	SCM	0:43.99
8	SUKKAU, Uma	15 GATOR	Back	SCM	0:43.99
9	GLYNES, Charlotte	15 KISU	Back	SCM	0:45.59
10	RONQUE, Rachel Anne	16 GATOR	Back	SCM	0:47.47
11	CLARK, Adriene	16 KISU	Back	SCM	0:47.78
12	ISAAK, Hope	16 KISU	Back	SCM	0:48.58
13	LEONG, Ella	16 GATOR	Back	SCM	0:49.79
14	SHEN, Helen	15 GATOR	Back	SCM	1:00.10



# BENCHMARK TRAINING SET

## Timed 50m Kick

### WOMEN - BREASTSTROKE

#	NAME	AGE CLUB	STROKE	COURSE	TIME
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	LIN, Vivienne	13 LOSC	Breast	SCM	0:45.10
5	MURTHA, Shae	13 LOSC	Breast	SCM	0:45.40
6	HAMILTON, Norah	16 KISU	Breast	SCM	0:45.54
7	HOANG, Kaylee	16 GATOR	Breast	SCM	0:48.59
8	RONQUE, Rachel Anne	16 GATOR	Breast	SCM	0:49.55
9	NGUYEN, Kieu-vy	15 GATOR	Breast	SCM	0:51.42
10	LEE, Sephora	16 GATOR	Breast	SCM	0:53.27
11	LEONG, Ella	16 GATOR	Breast	SCM	0:53.59
12	ZENG, Melissa	15 GATOR	Breast	SCM	0:55.07
13	SUKKAU, Uma	15 GATOR	Breast	SCM	0:56.67

### WOMEN - BUTTERFLY

#	NAME	AGE CLUB	STROKE	COURSE	TIME
1	FIRTH, Kailyn	16 PSW	Fly	SCM	0:36.21
2	HAIGH, Rebecca	13 LOSC	Fly	SCM	0:36.70
3	NGUYEN, Kieu-vy	15 GATOR	Fly	SCM	0:37.88
4	SUKKAU, Uma	15 GATOR	Fly	SCM	0:41.71
5	JIANG, Rhianna	13 PSW	Fly	SCM	0:42.60
6	RONQUE, Rachel Anne	16 GATOR	Fly	SCM	0:42.62
7	HOANG, Kaylee	16 GATOR	Fly	SCM	0:44.57
8	LEONG, Ella	16 GATOR	Fly	SCM	0:45.18
9	ZENG, Melissa	15 GATOR	Fly	SCM	0:47.20
10	LEE, Sephora	16 GATOR	Fly	SCM	0:49.22
11	BURTON-SMITH, Hope	14 PSW	Fly	SCM	0:51.02
12	SHEN, Helen	15 GATOR	Fly	SCM	0:53.14