



# BENCHMARK TRAINING SET

## 8 X 50 Swim – Fastest Possible Average

### MEN - FREESTYLE

#	NAME	AGE	CLUB	STROKE	COURSE	TIME
1	TURNACLIFF, Owen	18	LOSC	Free	SCM	0:26.94
2	WU, Elden	17	PSW	Free	SCM	0:28.32
3	LAM, Bosco	19	LOSC	Free	SCM	0:28.64
4	GILMAN, Hercules	16	KISU	Free	SCM	0:28.86
5	BRIGGS, Ren	16	LOSC	Free	SCM	0:29.14
6	PARK, Yejun	16	KISU	Free	SCM	0:29.36
7	CANON, Daniel	18	LOSC	Free	SCM	0:29.38
8	CAO, Ray	17	PSW	Free	SCM	0:29.40
9	MONTAKHAB, Manny	16	LOSC	Free	SCM	0:29.48
10	ZHOU, Haoran	17	PSW	Free	SCM	0:29.54
11	WU, Max	14	PSW	Free	SCM	0:29.89
12	BARTKOWICZ, Julius	14	KISU	Free	SCM	0:29.90
13	MATHEW, Prehan	15	KISU	Free	SCM	0:30.17
14	SANDQUIST, Vaughn	16	LOSC	Free	SCM	0:30.18
15	LEUNG, Jaden	14	GATOR	Free	SCM	0:30.56
16	ZENG, Bowen	15	PSW	Free	SCM	0:31.45
17	WANG, EDWARD	13	PSW	Free	SCM	0:31.49
18	CHUNG, Jayden	15	GATOR	Free	SCM	0:31.50
19	ZHANG, TianYi	14	PSW	Free	SCM	0:31.68
20	ISAAK, Casey	16	KISU	Free	SCM	0:31.73
21	WESTERKOWSKY, Michael	16	KISU	Free	SCM	0:31.97
22	ATILANO, Lorenzo	15	KISU	Free	SCM	0:32.01
23	ZHANG, Jinghan	14	PSW	Free	SCM	0:32.29
24	LEE, Kohan	14	GATOR	Free	SCM	0:32.42
25	LIU, Xizhou	14	PSW	Free	SCM	0:32.96
26	ILLINGWORTH, Miles	15	KISU	Free	SCM	0:34.35
27	HAGEL, Emmanuel	13	KISU	Free	SCM	0:35.58
28	GLYNES, Fraser	13	KISU	Free	SCM	0:35.92
29	SCHARICH, Connor	17	PSW	Free	SCM	0:36.57
30	ZHANG, Ian	16	PSW	Free	SCM	0:39.47
31	KIM, Yejun	15	PSW	Free	SCM	0:43.35

September 1, 2023 – February 20, 2024



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### MEN - BACKSTROKE

#	NAME	AGE	CLUB	STROKE	COURSE	TIME
1	WANG, Matthew	17	PSW	Back	SCM	0:29.91
2	ZHANG, Borui	14	PSW	Back	SCM	0:31.14
3	GUDELJ, Andrej	17	LOSC	Back	SCM	0:32.26
4	KROPIVNY, Tymofiy	16	LOSC	Back	SCM	0:33.40
5	CHAMBERS, Cameron	26	KISU	Back	SCM	0:33.59
6	WANG, Ryan	15	GATOR	Back	SCM	0:34.01
7	XU, Curtis	13	PSW	Back	SCM	0:34.89
8	MA, Ryan	13	PSW	Back	SCM	0:34.91
9	AN, Jialin	13	PSW	Back	SCM	0:35.01
10	YOFONOFF, Kai	15	KISU	Back	SCM	0:37.22
11	LOUW, Lezandro	13	KISU	Back	SCM	0:41.38

### MEN - BREASTSTROKE

#	NAME	AGE	CLUB	STROKE	COURSE	TIME
1	LAI, Jonathan	17	PSW	Breast	SCM	0:34.24
2	CAO, Matthew	13	PSW	Breast	SCM	0:35.48
3	ZHOU, Neil	14	PSW	Breast	SCM	0:35.92
4	BOURNE, Charlie	15	KISU	Breast	SCM	0:37.41
5	WEI, Kevin	20	LOSC	Breast	SCM	0:37.58
6	GUO, Ethan	14	PSW	Breast	SCM	0:37.58
7	DEMMLER, Reuben	17	KISU	Breast	SCM	0:37.82
8	WEN, Terrance	17	GATOR	Breast	SCM	0:37.85
9	DODDS, Jack	13	KISU	Breast	SCM	0:39.89
10	ZHANG, Li	14	PSW	Breast	SCM	0:40.46
11	BENAVIDES, Thiago	16	LOSC	Breast	SCM	0:41.70
12	VAN DER MERWE, Seth	13	KISU	Breast	SCM	0:42.08



# BENCHMARK TRAINING SET

*8 X 50 Swim – Fastest Possible Average*

## MEN - BUTTERFLY

#	NAME	AGE	CLUB	STROKE	COURSE	TIME
1	MENG, Jiankun	13	PSW	Fly	SCM	0:31.34
2	CHEUNG, Rain	18	LOSC	Fly	SCM	0:31.59
3	CHEN, George	13	PSW	Fly	SCM	0:32.55
4	OTKE, Simon	17	KISU	Fly	SCM	0:32.64
5	LI, Nio Xuchen	13	PSW	Fly	SCM	0:32.74
6	SUN, Steven	15	LOSC	Fly	SCM	0:33.30
7	ALLEN, Oliver	16	PSW	Fly	SCM	0:33.32
8	AGUIRRE, Fernando	17	LOSC	Fly	SCM	0:33.81
9	PARK, Eugene	16	GATOR	Fly	SCM	0:36.98
10	CRIBB, Sean	13	KISU	Fly	SCM	0:41.32

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