



# BENCHMARK TRAINING SET

## 8 X 50 Swim – Fastest Possible Average

### WOMEN - FREESTYLE

#	NAME	AGE	CLUB	STROKE	COURSE	TIME
1	WINSER, Marlee	15	KISU	Free	SCM	0:31.00
2	OH, Eunsoo	17	PSW	Free	SCM	0:31.78
3	RUTTEN, Hannah	15	KISU	Free	SCM	0:31.93
4	GRECOFF, Isabelle	17	KISU	Free	SCM	0:32.05
5	LEE, Sephora	16	GATOR	Free	SCM	0:32.81
6	ISAAK, Hope	16	KISU	Free	SCM	0:34.03
7	ZENG, Melissa	15	GATOR	Free	SCM	0:34.30
8	WANG, Angelica	14	PSW	Free	SCM	0:34.30
9	HAMILTON, Norah	16	KISU	Free	SCM	0:34.48
10	ALLEN, Sarocha	13	PSW	Free	SCM	0:34.55
11	CLARK, Adriene	16	KISU	Free	SCM	0:34.72
12	NGUYEN, Kieu-vy	15	GATOR	Free	SCM	0:34.79
13	SHEN, Helen	15	GATOR	Free	SCM	0:36.14
14	KIMANI, Princess	14	PSW	Free	SCM	0:36.30
15	WANG, Yuhan	13	PSW	Free	SCM	0:36.52
16	GARCIA NAVA, Lucia	14	KISU	Free	SCM	0:37.62
17	BARTON, Paige	15	KISU	Free	SCM	0:38.02
18	ZHANG, Dolly	15	PSW	Free	SCM	0:38.87
19	MENG, Chuyi	15	PSW	Free	SCM	0:38.91

### WOMEN - BACKSTROKE

#	NAME	AGE	CLUB	STROKE	COURSE	TIME
1	FIRTH, Kailyn	16	PSW	Back	SCM	0:32.16
2	SEDDON, Olivia	13	KISU	Back	SCM	0:38.72
3	HAWKINS, Amy	13	KISU	Back	SCM	0:38.90
4	LEONG, Ella	16	GATOR	Back	SCM	0:39.61
5	ROH, Hyewon	15	PSW	Back	SCM	0:40.48
6	BOONE, Charlotte	13	KISU	Back	SCM	0:43.01
7	PARK, Seohyeong	15	PSW	Back	SCM	0:49.70



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### WOMEN - BREASTSTROKE

#	NAME	AGE	CLUB	STROKE	COURSE	TIME
1	YANG, Vivian	17	LOSC	Breast	SCM	0:39.38
2	GLYNES, Charlotte	15	KISU	Breast	SCM	0:39.41
3	ZHANG, Mofan	16	PSW	Breast	SCM	0:39.56
4	DE MITRI, Kyah	15	KISU	Breast	SCM	0:39.83
5	MCEACHERN, Nina	14	KISU	Breast	SCM	0:39.90
6	HOANG, Kaylee	16	GATOR	Breast	SCM	0:42.72
7	HANNA, Elizabeth	17	KISU	Breast	SCM	0:43.25

### WOMEN - BUTTERFLY

#	NAME	AGE	CLUB	STROKE	COURSE	TIME
1	WEATHERHEAD, Taryn	15	KISU	Fly	SCM	0:32.44
2	BURTON-SMITH, Hope	14	PSW	Fly	SCM	0:37.81
3	SCOTT, Ellie	13	KISU	Fly	SCM	0:39.18
4	JIANG, Rhianna	13	PSW	Fly	SCM	0:39.85
5	SUKKAU, Uma	15	GATOR	Fly	SCM	0:40.69
6	MOLACHYK, Anne-Marie	13	KISU	Fly	SCM	0:41.91