

JUNIOR CAMP**May-18****12 x 25**

	Noah	James	Josh	Tyler	Charles	Collyn	Nina	Bailey
1	10.8	10.5	11.1	12.8	12.1	13.1	14.7	15.0
2	11.0	10.7	11.0	12.8	12.3	13.2	14.4	15.0
3	10.9	10.6	11.1	12.8	12.1	13.1	15	15.0
4	10.9	10.7	11.0	12.7	12.1	13.1	14.4	14.8
5	10.9	10.6	11.1	12.6	12.1	12.8	14.9	15.1
6	11.0	10.7	11.2	12.6	12.1	13.4	14.7	15.1
7	10.7	10.6	11.0	13.0	12.4	13.3	14.7	15.0
8	10.9	10.8	11.1	12.7	12.3	13.5	14.7	15.0
9	10.9	10.7	11.1	12.7	12.2	13.5	14.7	15.1
10	11.0	10.7	11.1	12.8	12.1	13.5	14.8	15.0
11	10.9	10.7	11.2	12.9	12.3	13.5	14.7	14.8
12	10.8	10.8	11.0	12.8	12.2	13.7	15.0	15.2

Average	10.89	10.68	11.08	12.77	12.19	13.31	14.73	15.01
Best	10.7	10.5	11.0	12.6	12.1	12.8	14.4	14.8
Worst	11.0	10.8	11.2	13.0	12.4	13.7	15.0	15.2

JUNIOR CAMP**May-18****12 x 25**

	Liz	Chantel	Raphaelle	Alicia	Victoria	Nicholas	Finlay
1	15.6	12.7	12.2	12.9	12.3	13.9	13.4
2	15.3	12.9	12.3	13.7	14.0	14.0	13.7
3	15.6	12.7	12.1	12.2	12.7	14.2	14.0
4	15.2	12.7	12.2	12.3	13.1	14.2	13.8
5	15.6	12.6	12.2	12.4	12.9	14.3	13.9
6	15.5	12.7	12.3	12.2	12.7	14.1	14.0
7	15.5	12.9	12.3	12.3	12.9	14.2	13.9
8	15.6	12.9	12.5	12.5	12.8	14.1	14.1
9	15.1	12.4	12.3	12.2	12.8	14.2	13.8
10	15.2	12.7	12.1	12.1	12.7	14.4	14.0
11	15.0	12.8	12.1	12.3	12.8	14.1	13.9
12	15.4	12.7	12.2	12.4	12.9	14.2	13.9

Average	15.38	12.73	12.23	12.46	12.88	14.16	13.87
Best	15.0	12.4	12.1	12.1	12.3	13.9	13.4
Worst	15.6	12.9	12.5	13.7	14.0	14.4	14.1

JUNIOR CAMP**May-18****STEP TEST RESULTS****5 x 400 D1-5 on 6:30**

ATHLETE	PB+60	PB+50	PB+40	PB+30	ALLOUT
Noah	4:53	4:41	4:31	4:23	4:11
Collyn	4:59	4:51	4:37	4:26	4:10
Tyler	5:04	4:53	4:42	4:32	4:16
Josh	4:58	4:48	4:37	4:27	4:09
James	5:03	4:58	4:42	4:32	4:26
Fin	5:15	5:02	4:55	4:49	4:40
Chantel	5:12	5:05	4:47	4:32	4:23
Nic	5:10	4:57	4:57	4:49	4:38
Charles	5:10	4:54	4:46	4:41	4:31
Kyla	5:10	5:00	4:46	4:30	4:22
Nina	5:15	5:05	4:53	4:42	4:32
Liz	5:30	5:16	5:05	4:32	4:42
Alicia	5:10	5:00	4:52	4:42	4:31
Raph (PULL)	5:10	5:14	5:04	5:04	4:53
Bailey	5:10	5:09	4:57	4:46	4:25
Victoria	5:16	5:05	4:54	4:36	4:28

JUNIOR CAMP

May-18

3 rounds of [8 x Dive 50 as 4 on 2, 2 on 1:30, 2 on 1]

NAME	Finlay	Noah	James	Chantel	Raphaelle	Kyla	Tyler	Charles
R1 STROKE	FREE	FREE	FREE	FREE	FREE	FREE	BACK	FLY
1	26.2	26.2	26.8	29.1	29	27.5	30.5	28.7
2	27.2	26.9	29.3	29.1	28.8	28.4	31.4	28.9
3	26.3	26	27.4	29.5	29.2	27.9	31	28.8
4	26.2	26.1	27.8	29.6	29.1	27.5	31.6	29.2
5	26.4	26	27	29.4	29.2	27.9	31	28.8
6	27	26.7	28.6	29.4	29.3	28.1	31.4	29
7	26.2	25.9	-	29.4	29.4	28.4	31.3	28.9
8	27	26.5	-	29.2	30.2	28.9	32	29.9
R2 STROKE	BACK	FREE	BREAST	FREE	FREE PULL	FREE	BACK	BACK
1	33.3	27.2	34.8		32	28.9	30.7	33.3
2	31.1	26.1	35.9	28.6	31.4	29.8	31.8	31.2
3	31.2	26.4	34.9	29.4	31.5	28.2	31.4	31.2
4	31.1	26.6	34.2	29	31.5	28.2	30.7	31
5	31	26.1	34.9	28.9	31.8	28.1	30.2	31
6	29.9	25.4 (False Start)	35.6	29.3	31.2	28.1	30.8	30.9
7	31.4	26.4	35.4	28.9	31.9	28	29.9	31.1
8	31.7	26.7	36.7	29.3	32.1	28.4	30.5	31.6
R3 STROKE	BREAST	FREE	FREE	FREE	FREE PULL	FREE	FREE	BREAST
1	34.1	26.8	29.9	29.2	32.1	28.7	27.1	37.5
2	33.1	26.5	28.2	28.2	29.3	28.2	27.4	36.1
3	33.1	26.3	28.2	29.3	32.2	28	26.3	35.9
4	34.1	26.1	28.2	28.7	31.5	27.8	26.3	35.5
5	34.6	26.2	28.7	28.9	32.7	27.8	26.5	36
6	34	27	28.4	28.3	32	28.3	26.3	35.4
7	34.8	26.6	29	28.8	32.5	28.4	27.1	36.1
8	35.7	26.9	28.6	28.5	32.7	28.6	27.8	37.2

JUNIOR CAMP**May-18****3 rounds of [8 x Dive 50 as 4 on 2, 2 on 1:30, 2 on 1]**

NAME	Collyn	Josh	Alicia	Elizabeth	Victoria	Nicholas	Bailey	Nina
R1 STROKE	FLY	FLY	FLY	FLY	FLY	BREAST	BREAST	Breast
1	30.1	27.6	29.8	31.8	31.2	33.4	35.7	34.7
2	30.2	28.5	31.1	32.5	31.7	33.4	36.4	35.1
3	30	28.1	30.4	32	31.5	33.9	36.1	35.3
4	30.3	28.6	30.8	31.9	31.5	33.8	35.7	35.4
5	30.4	28.1	31.1	32.4	31.5	33.8	36.5	35.4
6	30.1	28.6	30.9	32.5	31.5	33.4	36.6	34.7
7	29.6	28.8	31.5	32.8	31.8	34.2	37.4	35
8	30	28.8	33.1	32.8	33.1	33.5	38.3	34.8
R2 STROKE	BACK	BACK	BACK	FREE	FREE	BREAST	FLY	BREAST
1	31.2	32.2	33.3	31.6	29.8	33.5	31.5	35
2	31.2	31	-	30.9	30.4	34	31.7	35.6
3	31.2	31.2	33	30.9	29.6	31.3	31.5	34.9
4	29.7	31.1	-	30.8	30.7	32.6	31.6	34.5
5	30.2	30.9	32.8	30.9	29.8	33.3	31.2	34.7
6	30.1	30.3	32.5	30.5	29.2	33.8	31.2	34.4
7	30.3	30.4	33	31.1	29.2	33.7	31.3	-
8	30.8	31.9	34.8	31.9	30.2	33.8	31.7	34.9
R3 STROKE	FREE	FREE	BACK	FLY	FLY	BREAST	BREAST	FREE
1	28.7	26.6	34	33.3	31.8	34	37.3	30.1
2	27.8	26.5	33.8	32	31.2	33.2	36.7	29.1
3	28.2	26.3	33.1	32.2	31.6	34.1	36.2	29.7
4	28.4	26.3	33.2	32.1	31.1	33.1	36.3	28.7
5	28.3	26.2	32.7	31.9	31.2	33.8	35.6	28.9
6	28.5	26.8	32.6	32.1	31.5	33.8	35.8	29.4
7	28.5	26.5	33.7	32.6	31.2	34.7	35.8	29.2
8	29	26.9	33.9	33.6	31.4	34.6	36.5	28.7