

## PROGRESSION for Short Course Yards

<b>Annika Abbott</b>	8&UN	25 FR	25 BA									
TIME TRIALS 2010	05/01/2010 Finals	:34.72	:40.06									
TW @ ROLLING HILLS	05/08/2010 Finals		:37.26									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:34.27									
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:26.42	:32.11									
TW @ ORCAS	06/05/2010 Finals	:25.32	:34.75									
MARINWOOD @ TW	06/12/2010 Finals	:23.09	:33.95									
STRAWBERRY SEALS @ T	06/19/2010 Finals	:23.94	:30.22									
SWIMARIN @ TW	06/26/2010 Finals	:23.60	:28.35									
<b>Claire Bildsoe</b>	8&UN	25 FR	25 BA	25 FLY	100 I.M.							
TIME TRIALS 2010	05/01/2010 Finals	:22.11	:25.25	:31.82	2:19.55							
TW @ ROLLING HILLS	05/08/2010 Finals	:23.38	:25.18	:29.10								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:26.34	:28.49								
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:22.97	:27.27	:26.69								
TW @ ORCAS	06/05/2010 Finals	:23.11	:28.07	:24.68								
MARINWOOD @ TW	06/12/2010 Finals	:20.87	:28.50	:25.22								
STRAWBERRY SEALS @ T	06/19/2010 Finals	:22.73	:28.58	:28.57								
SWIMARIN @ TW	06/26/2010 Finals	:20.42	:27.43	:27.15								
CHAMPS 2010	07/10/2010 Finals	:21.48	:27.00	:28.70								
<b>Devin Bosley</b>	8&UN	25 FR	25 BA									
TIME TRIALS 2010	05/01/2010 Finals	:33.12	:36.09									
TW @ ROLLING HILLS	05/08/2010 Finals	:27.28	:42.90									
TW @ SLEEPY HOLLOW	05/15/2010 Finals	:25.48	:35.08									
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:24.47	:35.37									
TW @ ORCAS	06/05/2010 Finals	:24.41	:39.37									
SWIMARIN @ TW	06/26/2010 Finals	:28.40	:31.48									
<b>Grace Bouton</b>	8&UN	25 FR	25 BA	25 BR	25 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals	:22.84	:24.79	:26.13	:31.31							
TW @ ROLLING HILLS	05/08/2010 Finals		:27.07	:25.00		2:10.05						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:26.01	:25.20		2:10.39						
TW @ ORCAS	06/05/2010 Finals		:23.12	:25.83		2:03.68						
ALL STARS 2010	06/16/2010 Finals		:24.14	:24.98								

## PROGRESSION for Short Course Yards

<b>Alexandra Fister</b>		8&UN	25 FR	25 BA	25 BR	25 FLY						
TIME TRIALS 2010	05/01/2010 Finals		:30.16		:37.20	:51.17						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:31.35	:36.28	:32.96							
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:31.42	:34.05	:33.13							
TW @ ORCAS	06/05/2010 Finals		:31.34	:38.22	:33.13							
MARINWOOD @ TW	06/12/2010 Finals		:29.81	:34.85	:31.71							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:30.48	:32.91	:33.94							
SWIMARIN @ TW	06/26/2010 Finals		:30.59	:40.22	:32.23							
CHAMPS 2010	07/10/2010 Finals		:32.49	:36.03	:35.12							
<b>Sarah Frascetti</b>		8&UN	25 FR	25 BA	25 BR	25 FLY						
TIME TRIALS 2010	05/01/2010 Finals		:31.76	:38.09	:46.18							
TW @ ROLLING HILLS	05/08/2010 Finals		:30.10	:41.26								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:29.80	:35.09								
TW @ ORCAS	06/05/2010 Finals		:30.82	:36.91								
MARINWOOD @ TW	06/12/2010 Finals		:28.77	:34.02								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:28.84	:36.28								
SWIMARIN @ TW	06/26/2010 Finals		:27.83	:37.83		:36.02						
<b>Cate Gorski</b>		8&UN	25 FR	25 BA	25 BR	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:19.39	:27.42	:30.96	2:22.27						
TW @ ROLLING HILLS	05/08/2010 Finals		:20.33	:26.58	:28.93							
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:19.30	:25.49	:27.61							
TW @ ORCAS	06/05/2010 Finals		:20.56	:25.48	:26.66							
MARINWOOD @ TW	06/12/2010 Finals		:19.50	:24.60	:26.96							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:20.09		:27.25	2:02.73						

## PROGRESSION for Short Course Yards

<b>Olivia Greenberg</b>		8&UN	25 FR	25 BA	25 BR	25 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:19.06	:22.93	:30.78	:25.74	2:06.00						
TW @ ROLLING HILLS	05/08/2010 Finals		:18.53	:23.21		:22.25							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:18.35	:23.31		:22.50							
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:18.70	:23.58									
TW @ ORCAS	06/05/2010 Finals		:17.07	:21.56		:21.21							
MARINWOOD @ TW	06/12/2010 Finals		:16.59	:22.12		:21.48	1:46.50						
ALL STARS 2010	06/16/2010 Finals		:16.50	:21.30		:20.13							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:16.77	:22.35		:19.57							
SWIMARIN @ TW	06/26/2010 Finals		:16.99	:22.89		:20.31							
CHAMPS 2010	07/10/2010 Finals		:17.51	:21.65		:22.28							
<b>Alicia Helmer</b>		8&UN	25 FR	25 BA	25 BR								
TIME TRIALS 2010	05/01/2010 Finals		:27.60	:33.77									
TW @ ROLLING HILLS	05/08/2010 Finals		:22.28	:25.42	:39.20								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:21.85	:26.39	:33.56								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:23.56	:28.24	:34.08								
TW @ ORCAS	06/05/2010 Finals		:21.30	:26.96	:32.81								
MARINWOOD @ TW	06/12/2010 Finals		:21.31	:24.97	:32.09								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:23.33	:25.22	:31.80								
CHAMPS 2010	07/10/2010 Finals		:22.12	:24.69	:28.20								
<b>Caitlin Kawamura</b>		8&UN	25 FR	25 BA	25 BR								
TIME TRIALS 2010	05/01/2010 Finals		:33.34	:36.85									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:29.02	:30.17									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:29.21	:32.86									
TW @ ORCAS	06/05/2010 Finals		:26.81	:32.56									
MARINWOOD @ TW	06/12/2010 Finals		:26.33	:31.07									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:25.91	:34.12									
SWIMARIN @ TW	06/26/2010 Finals		:23.72	:31.87									
CHAMPS 2010	07/10/2010 Finals		:24.73	:31.19	:35.45								

## PROGRESSION for Short Course Yards

<b>Prudence Kelly-Andre 8&amp;UN</b>		<b>25 FR</b>	<b>25 BA</b>	<b>25 FLY</b>							
TIME TRIALS 2010	05/01/2010 Finals	:30.62	:37.75	:42.47							
TW @ ROLLING HILLS	05/08/2010 Finals	:32.08	:33.56	:37.90							
TW @ SLEEPY HOLLOW	05/15/2010 Finals	:27.18	:31.95								
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:28.07	:28.23	:39.91							
TW @ ORCAS	06/05/2010 Finals	:26.32	:30.06	:41.13							
STRAWBERRY SEALS @ T	06/19/2010 Finals	:27.33	:29.49	:41.30							
SWIMARIN @ TW	06/26/2010 Finals	:28.08									
<b>Caroline Koblick 8&amp;UN</b>		<b>25 FR</b>	<b>25 BA</b>	<b>25 BR</b>	<b>25 FLY</b>						
TIME TRIALS 2010	05/01/2010 Finals	:29.97	:30.78	:41.72	:34.57						
TW @ ROLLING HILLS	05/08/2010 Finals	:26.21	:33.53								
TW @ SLEEPY HOLLOW	05/15/2010 Finals	:26.80	:32.49		:37.61						
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:24.47	:29.62		:32.41						
TW @ ORCAS	06/05/2010 Finals	:25.75	:30.54		:32.13						
STRAWBERRY SEALS @ T	06/19/2010 Finals	:25.54	:32.00		:32.20						
CHAMPS 2010	07/10/2010 Finals	:26.41	:31.30		:29.35						
<b>Brooke Leslie 8&amp;UN</b>		<b>25 FR</b>	<b>25 BA</b>	<b>25 FLY</b>							
TIME TRIALS 2010	05/01/2010 Finals	:42.57	:39.33	:46.73							
TW @ ROLLING HILLS	05/08/2010 Finals	:35.63	:40.30	:44.98							
TW @ SLEEPY HOLLOW	05/15/2010 Finals	:33.56	:40.91	:44.71							
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:33.80	:38.29	:47.21							
TW @ ORCAS	06/05/2010 Finals	:31.33	:36.91	:38.74							
STRAWBERRY SEALS @ T	06/19/2010 Finals	:28.62	:36.87	:36.97							
CHAMPS 2010	07/10/2010 Finals	:25.33	:40.81	:34.67							
<b>Taylor Leslie 8&amp;UN</b>		<b>25 FR</b>	<b>25 BA</b>	<b>25 BR</b>	<b>25 FLY</b>	<b>100 I.M.</b>					
TIME TRIALS 2010	05/01/2010 Finals	:18.34	:24.49	:27.80	:25.89	1:58.82					
TW @ ROLLING HILLS	05/08/2010 Finals	:19.29		:25.54		2:00.44					
TW @ SLEEPY HOLLOW	05/15/2010 Finals	:19.66		:25.21		2:00.22					
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:19.90		:27.09		2:02.57					
TW @ ORCAS	06/05/2010 Finals	:18.52	:23.62			1:51.51					
ALL STARS 2010	06/16/2010 Finals			:24.05		1:51.72					
STRAWBERRY SEALS @ T	06/19/2010 Finals	:18.90	:24.61	:24.17							
CHAMPS 2010	07/10/2010 Finals	:18.21		:24.84		1:49.20					

## PROGRESSION for Short Course Yards

<b>Anna Liu</b>	8&UN	<b>25 FR</b>	<b>25 BA</b>	<b>25 BR</b>									
TIME TRIALS 2010	05/01/2010 Finals	:31.27		:44.93									
TW @ SLEEPY HOLLOW	05/15/2010 Finals	:29.59	:42.60										
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:32.47	:38.24	:48.73									
TW @ ORCAS	06/05/2010 Finals	:31.76	:37.65										
STRAWBERRY SEALS @ T	06/19/2010 Finals	:26.06	:46.25	:38.28									
CHAMPS 2010	07/10/2010 Finals	:26.20		:37.99									
<b>Amelia Love</b>	8&UN	<b>25 FR</b>	<b>25 BA</b>	<b>25 FLY</b>									
TIME TRIALS 2010	05/01/2010 Finals	:18.85	:25.17	:25.91									
TW @ ROLLING HILLS	05/08/2010 Finals	:21.67	:27.12										
TW @ SLEEPY HOLLOW	05/15/2010 Finals	:21.22	:27.64	:24.98									
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:20.79	:28.91	:30.36									
TW @ ORCAS	06/05/2010 Finals	:21.39	:26.10	:25.23									
MARINWOOD @ TW	06/12/2010 Finals	:19.97	:26.53	:25.05									
STRAWBERRY SEALS @ T	06/19/2010 Finals	:19.16	:28.37	:25.89									
SWIMARIN @ TW	06/26/2010 Finals	:21.15	:30.52	:27.56									
CHAMPS 2010	07/10/2010 Finals	:19.95	:29.02	:25.48									
<b>Natalie Love</b>	8&UN	<b>25 FR</b>	<b>25 BA</b>										
TIME TRIALS 2010	05/01/2010 Finals	:25.44	:32.68										
TW @ ROLLING HILLS	05/08/2010 Finals	:26.86	:31.49										
TW @ SLEEPY HOLLOW	05/15/2010 Finals	:25.07	:30.42										
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:24.98	:29.11										
MARINWOOD @ TW	06/12/2010 Finals	:25.24	:30.36										
STRAWBERRY SEALS @ T	06/19/2010 Finals	:26.03	:29.08										
SWIMARIN @ TW	06/26/2010 Finals	:24.62	:29.16										

## PROGRESSION for Short Course Yards

<b>Maddie Lowe</b>		8&UN	25 FR	25 BA	25 BR								
TIME TRIALS 2010	05/01/2010 Finals		:25.48	:31.18	:30.99								
TW @ ROLLING HILLS	05/08/2010 Finals		:24.81	:27.01	:30.37								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:23.07	:28.10	:27.74								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:24.06	:27.24	:31.23								
TW @ ORCAS	06/05/2010 Finals		:23.64	:24.90	:28.45								
MARINWOOD @ TW	06/12/2010 Finals		:22.25	:27.46	:30.96								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:22.88	:26.27	:28.61								
SWIMARIN @ TW	06/26/2010 Finals		:22.59	:26.19	:26.26								
CHAMPS 2010	07/10/2010 Finals		:21.19	:25.04	:25.90								
<b>Katherine O'Connor</b>		8&UN	25 FR	25 BA									
TIME TRIALS 2010	05/01/2010 Finals		:28.88	:35.86									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:28.65	:32.55									
TW @ ORCAS	06/05/2010 Finals		:28.10	:38.35									
MARINWOOD @ TW	06/12/2010 Finals		:29.80	:42.01									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:25.49	:37.84									
SWIMARIN @ TW	06/26/2010 Finals		:26.63	:36.68									
<b>Cassidy Rodgers</b>		8&UN	25 FR	25 BA	25 BR								
TIME TRIALS 2010	05/01/2010 Finals		:26.65	:31.62	:44.07								
TW @ ROLLING HILLS	05/08/2010 Finals		:25.24	:34.42	:47.78								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:23.53	:28.60									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:24.71	:27.34	:43.62								
TW @ ORCAS	06/05/2010 Finals		:25.02	:28.82	:40.53								
MARINWOOD @ TW	06/12/2010 Finals		:21.36	:27.94									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:21.97	:27.30									
CHAMPS 2010	07/10/2010 Finals		:25.83	:26.97									
<b>Paige Scherer</b>		8&UN	25 FR	25 BA	25 BR								
TIME TRIALS 2010	05/01/2010 Finals		:24.24	:26.79	:34.44								
TW @ ROLLING HILLS	05/08/2010 Finals		:22.88	:26.47									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:23.22	:28.23									

## PROGRESSION for Short Course Yards

<b>Miya Schilz</b>		8&UN	25 FR	25 BA	25 BR	25 FLY							
TIME TRIALS 2010	05/01/2010 Finals		:24.70	:28.08	:32.47								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:21.80	:25.20	:31.71								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:22.40	:26.97	:33.80								
TW @ ORCAS	06/05/2010 Finals		:22.24	:26.34		:29.57							
MARINWOOD @ TW	06/12/2010 Finals		:20.78	:24.95									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:25.03	:27.00		:29.91							
SWIMARIN @ TW	06/26/2010 Finals		:22.14	:27.24		:27.80							
CHAMPS 2010	07/10/2010 Finals		:22.86	:29.51		:26.78							
<b>Abigail Shannon</b>		8&UN	25 FR	25 BA									
TIME TRIALS 2010	05/01/2010 Finals		:24.48	:29.58									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:24.81	:25.73									
MARINWOOD @ TW	06/12/2010 Finals		:25.58	:28.28									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:24.26										
<b>Abby Smith</b>		8&UN	25 FR	25 BA									
TIME TRIALS 2010	05/01/2010 Finals		:38.26	:45.48									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:37.65	:40.12									
TW @ ORCAS	06/05/2010 Finals		:33.31	:38.84									
MARINWOOD @ TW	06/12/2010 Finals		:34.44	:39.44									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:33.86	:36.35									
SWIMARIN @ TW	06/26/2010 Finals		:30.90	:34.21									
<b>Ella Spaethling</b>		8&UN	25 FR	25 BA	25 BR	25 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:18.23	:23.53	:26.53	:22.27	1:51.39						
TW @ ROLLING HILLS	05/08/2010 Finals		:19.13			DQ	1:49.32						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:19.37	:23.18			1:52.93						
TW @ ORCAS	06/05/2010 Finals		:18.34			:20.19	1:44.21						
MARINWOOD @ TW	06/12/2010 Finals			:24.24		:21.16	1:42.54						
ALL STARS 2010	06/16/2010 Finals			:21.65		:21.45	1:41.41						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:17.55			:20.25	1:38.64						
SWIMARIN @ TW	06/26/2010 Finals		:17.70			:20.57	1:42.24						
CHAMPS 2010	07/10/2010 Finals			:23.68		:19.97	1:43.90						

## PROGRESSION for Short Course Yards

<b>Lauren Sterne</b>	8&UN	<b>25 FR</b>	<b>25 BA</b>									
TIME TRIALS 2010	05/01/2010 Finals	:35.39	:43.58									
TW @ ROLLING HILLS	05/08/2010 Finals	:31.04	:45.59									
TW @ SLEEPY HOLLOW	05/15/2010 Finals	:38.43	:41.65									
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:39.67	:38.30									
STRAWBERRY SEALS @ T	06/19/2010 Finals	:31.84	:36.66									
SWIMARIN @ TW	06/26/2010 Finals	:34.11	:37.96									
<b>Aisling Swayne</b>	8&UN	<b>25 FR</b>	<b>25 BA</b>	<b>25 BR</b>	<b>25 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals	:21.67	:24.52	:26.14	:25.33	2:02.91						
TW @ ROLLING HILLS	05/08/2010 Finals		:23.89	:25.87	:26.13							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:23.48	:25.58		1:54.54						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:26.27	:26.99		1:52.69						
TW @ ORCAS	06/05/2010 Finals		:23.36	:25.51		1:53.33						
MARINWOOD @ TW	06/12/2010 Finals		:24.22	:26.20		1:56.19						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:24.48	:25.87		1:53.37						
SWIMARIN @ TW	06/26/2010 Finals		:28.20	:25.46		1:55.96						
CHAMPS 2010	07/10/2010 Finals		:24.67	:25.51		1:55.52						
<b>Ilea Walters</b>	8&UN	<b>25 FR</b>										
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:41.23										
<b>Zoe Baumbach</b>	9-10	<b>50 FR</b>	<b>50 BA</b>									
TIME TRIALS 2010	05/01/2010 Finals	:56.73	1:01.24									
TW @ ROLLING HILLS	05/08/2010 Finals	:55.96	1:03.39									
TW @ SLEEPY HOLLOW	05/15/2010 Finals	:55.82	1:03.30									
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:53.15	1:04.99									
TW @ ORCAS	06/05/2010 Finals	:53.03	1:02.38									
MARINWOOD @ TW	06/12/2010 Finals	:52.82	1:03.33									
STRAWBERRY SEALS @ T	06/19/2010 Finals	:55.53	1:04.97									

## PROGRESSION for Short Course Yards

<b>Gabby Beltran</b>		9-10	50 FR	50 BA								
TIME TRIALS 2010	05/01/2010 Finals		:49.13	1:05.49								
TW @ ROLLING HILLS	05/08/2010 Finals		:58.47	1:07.17								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:53.69	1:05.68								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:51.47	1:06.85								
TW @ ORCAS	06/05/2010 Finals		:51.66	1:04.02								
MARINWOOD @ TW	06/12/2010 Finals		:49.69	1:03.20								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:50.05	1:04.75								
SWIMARIN @ TW	06/26/2010 Finals		:47.39	1:00.69								
CHAMPS 2010	07/10/2010 Finals		:45.41	1:02.44								
<b>Kotone Berreman</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.					
TIME TRIALS 2010	05/01/2010 Finals		:46.11	1:02.37	1:01.23	1:00.10	2:07.63					
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:45.45		:57.93		2:07.51					
TW @ NOVATO RIPTIDES	05/22/2010 Finals			:59.62	1:01.11		2:07.43					
MARINWOOD @ TW	06/12/2010 Finals		:46.86		:59.27		2:07.03					
STRAWBERRY SEALS @ T	06/19/2010 Finals		:44.36		:59.35		1:57.67					
SWIMARIN @ TW	06/26/2010 Finals		:44.15		:56.85		1:56.21					
CHAMPS 2010	07/10/2010 Finals		:43.98		:56.33		1:55.86					
<b>Lauren Birnbaum</b>		9-10	50 FR	50 BA	50 BR	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:43.55	:54.71	:50.73	1:54.47						
TW @ ROLLING HILLS	05/08/2010 Finals		:47.39		:49.41	DQ						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:48.72		:47.40	1:57.09						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:50.94		:51.70	1:59.76						
MARINWOOD @ TW	06/12/2010 Finals		:46.85		:51.68	1:55.97						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:46.32		:49.04	1:49.57						
SWIMARIN @ TW	06/26/2010 Finals		:42.48		:48.19	1:45.83						
CHAMPS 2010	07/10/2010 Finals		:43.54		:48.69	1:45.34						
<b>Megan Bosley</b>		9-10	50 FR	50 BA	50 BR							
TIME TRIALS 2010	05/01/2010 Finals		:57.16	1:30.59	1:04.79							
TW @ ROLLING HILLS	05/08/2010 Finals		:59.17	1:22.82	1:10.14							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:58.10	1:15.22	1:06.70							
TW @ ORCAS	06/05/2010 Finals		:58.88	1:31.64	1:09.26							
SWIMARIN @ TW	06/26/2010 Finals		:54.52	1:25.38	1:01.99							

## PROGRESSION for Short Course Yards

<b>Anna Compagno</b>		9-10	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:50.28	1:01.54	1:09.78								
TW @ ROLLING HILLS	05/08/2010 Finals		:53.63	1:03.13	DQ								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:52.13	1:03.04									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:52.82	1:00.80		1:03.23							
TW @ ORCAS	06/05/2010 Finals		:58.57	1:05.19		1:17.81							
MARINWOOD @ TW	06/12/2010 Finals		:51.26	1:00.51		1:06.89							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:47.36	1:01.65		1:00.73							
SWIMARIN @ TW	06/26/2010 Finals		:47.86	:59.55		1:05.22							
CHAMPS 2010	07/10/2010 Finals		:47.93	1:05.61			2:15.88						
<b>Jemima Dominguez</b>		9-10	<b>50 FR</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>							
TIME TRIALS 2010	05/01/2010 Finals		:40.98	:57.09									
TW @ ROLLING HILLS	05/08/2010 Finals		:41.31		:49.92	1:49.88							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:38.74		:52.20								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:44.14		DQ	DQ							
TW @ ORCAS	06/05/2010 Finals		:41.28		:49.86	1:50.74							
MARINWOOD @ TW	06/12/2010 Finals		:42.86		:51.20	1:56.57							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:38.37		:49.51	1:50.05							
SWIMARIN @ TW	06/26/2010 Finals		:38.75		:48.26	1:46.47							
<b>Hannah Dunn</b>		9-10	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:43.72	:57.57	:58.18	1:01.28	2:05.75						
TW @ ROLLING HILLS	05/08/2010 Finals		:44.19	:58.74									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:45.15		:54.19		1:57.45						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:47.70		:53.23		1:55.55						
TW @ ORCAS	06/05/2010 Finals		:42.25		:51.40		1:47.97						
MARINWOOD @ TW	06/12/2010 Finals		:46.86		:52.46		1:53.39						
SWIMARIN @ TW	06/26/2010 Finals		:44.02		:51.62		1:49.62						
CHAMPS 2010	07/10/2010 Finals		:41.97		:51.83		1:49.95						
<b>Layla Dunne</b>		9-10	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>							
TIME TRIALS 2010	05/01/2010 Finals		:52.50	1:00.73	1:04.11	1:14.42							
MARINWOOD @ TW	06/12/2010 Finals		:47.06	:53.25	:52.87								

## PROGRESSION for Short Course Yards

<b>Julianna Eaton</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:41.34	:53.33		:53.15	1:59.36						
TW @ ROLLING HILLS	05/08/2010 Finals		:45.51	:53.97	DQ								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:40.34	DQ									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:40.25	:47.62		DQ							
TW @ ORCAS	06/05/2010 Finals		:40.22	:49.97		:44.73							
MARINWOOD @ TW	06/12/2010 Finals		:39.04	:47.17		:53.77							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:39.61	:44.79		:44.73							
SWIMARIN @ TW	06/26/2010 Finals		:41.93	:46.24		:45.50							
CHAMPS 2010	07/10/2010 Finals		:39.07	:49.90		:44.80							
<b>Mia Etem</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:40.81	:48.55	:56.57	:54.03	1:50.62						
TW @ ROLLING HILLS	05/08/2010 Finals		:41.05	:48.26			1:43.92						
TW @ SLEEPY HOLLOW	05/15/2010 Finals			:46.07		:49.30	1:46.57						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:40.35	:49.99			1:39.13						
TW @ ORCAS	06/05/2010 Finals			:43.52		:47.65	1:39.67						
MARINWOOD @ TW	06/12/2010 Finals			:47.68			1:42.15						
STRAWBERRY SEALS @ T	06/19/2010 Finals			:47.77		:49.03	1:48.04						
<b>Talia Fleischman</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:43.27	:51.53	:53.56	1:00.74	1:54.13						
TW @ ROLLING HILLS	05/08/2010 Finals		:43.08	:51.52			1:51.03						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:41.77	:47.02			DQ						
TW @ NOVATO RIPTIDES	05/22/2010 Finals			:46.75	:53.80		1:50.66						
TW @ ORCAS	06/05/2010 Finals		:43.48	:47.66									
MARINWOOD @ TW	06/12/2010 Finals			:48.00	:53.92								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:40.85	:48.28									
SWIMARIN @ TW	06/26/2010 Finals		:42.48	:48.95	:53.32								
CHAMPS 2010	07/10/2010 Finals		:43.11	:47.41	:53.90								

## PROGRESSION for Short Course Yards

<b>Tiyona Ford</b>		9-10	50 FR	50 BA	50 BR							
TIME TRIALS 2010	05/01/2010 Finals		:55.33	1:05.34	1:14.27							
TW @ ROLLING HILLS	05/08/2010 Finals		:52.03	1:06.45	DQ							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:48.48	1:09.63								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:53.14	1:11.46								
TW @ ORCAS	06/05/2010 Finals		:52.80	1:03.53	DQ							
MARINWOOD @ TW	06/12/2010 Finals		:52.41	1:04.93								
<b>Ana Gorski</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.					
TIME TRIALS 2010	05/01/2010 Finals		:40.96	:54.30	:47.19	:49.99	1:45.47					
TW @ ROLLING HILLS	05/08/2010 Finals		:43.50		:47.67		1:48.90					
TW @ ORCAS	06/05/2010 Finals		:42.46		:46.64		1:44.75					
MARINWOOD @ TW	06/12/2010 Finals		:41.07		:45.63		1:46.64					
STRAWBERRY SEALS @ T	06/19/2010 Finals		:42.52		:48.67		1:54.69					
<b>Lily Harding</b>		9-10	50 FR	50 BA	50 BR	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:52.41	1:06.53	1:16.87	2:19.40						
TW @ ROLLING HILLS	05/08/2010 Finals		:58.43	1:05.86	1:20.75							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:51.62	:59.73	1:08.16							
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:47.64	:57.66	1:09.15							
TW @ ORCAS	06/05/2010 Finals		:50.33	:56.66	1:02.48							
MARINWOOD @ TW	06/12/2010 Finals		:51.63	:56.17	1:05.47							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:48.53	:58.01	1:04.53							
SWIMARIN @ TW	06/26/2010 Finals		:49.20	:59.13	1:04.62							
CHAMPS 2010	07/10/2010 Finals		:49.42	1:02.75	1:07.01							
<b>Carolyn Holan</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.					
TIME TRIALS 2010	05/01/2010 Finals		:47.94	:59.09	1:16.27	1:22.03	2:21.19					
TW @ ROLLING HILLS	05/08/2010 Finals		:47.37	1:00.54	1:10.97							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:52.66	:55.67	1:13.95							
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:54.89	1:00.18			2:19.86					
MARINWOOD @ TW	06/12/2010 Finals		:52.02	1:00.73	1:02.57							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:49.42	:58.71	1:01.39							
SWIMARIN @ TW	06/26/2010 Finals		:53.90	1:00.88	DQ							

## PROGRESSION for Short Course Yards

<b>Emily Johnson</b>		9-10	50 FR	50 BA	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:35.11	:44.66								
TW @ ROLLING HILLS	05/08/2010 Finals		:37.10	:44.37		1:37.84						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:36.16	:45.13	:48.69							
TW @ ORCAS	06/05/2010 Finals		:34.83	:43.03	:46.73							
MARINWOOD @ TW	06/12/2010 Finals		:35.10	:41.88	:47.34							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:34.60	:42.00		1:34.11						
SWIMARIN @ TW	06/26/2010 Finals		:34.64	:42.95		1:36.84						
CHAMPS 2010	07/10/2010 Finals		:36.83	:43.65		1:37.66						
<b>Kellie Lawler</b>		9-10	50 FR	50 BA	50 BR	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:42.38	:53.22	:54.69	1:56.98						
TW @ ROLLING HILLS	05/08/2010 Finals		:43.11	DQ	DQ							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:41.33	:59.85	:50.38							
TW @ ORCAS	06/05/2010 Finals		:42.14	:53.84	:52.60							
MARINWOOD @ TW	06/12/2010 Finals		:43.00	:51.77	:48.64							
SWIMARIN @ TW	06/26/2010 Finals		:38.35	:52.23	DQ							
CHAMPS 2010	07/10/2010 Finals		:44.99		:50.80							
<b>Natalia Lazor</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.					
TIME TRIALS 2010	05/01/2010 Finals		:45.05	:56.50	1:03.65	:59.05	2:03.01					
TW @ ROLLING HILLS	05/08/2010 Finals		:45.43	:58.61		:56.86						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:43.90	:59.68		:53.79						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:41.81	:56.71		:54.05						
TW @ ORCAS	06/05/2010 Finals		:42.44			:53.05	1:53.96					
MARINWOOD @ TW	06/12/2010 Finals		:41.67			:47.98	1:48.08					
STRAWBERRY SEALS @ T	06/19/2010 Finals		:43.28			:49.31	DQ					
CHAMPS 2010	07/10/2010 Finals		:40.75			:51.56						

## PROGRESSION for Short Course Yards

<b>Kate Masterson</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:41.47	:51.17	1:01.32	:55.38	1:50.70						
TW @ ROLLING HILLS	05/08/2010 Finals		:40.91	:50.14		DQ							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:42.52			DQ	1:50.19						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:43.38	:52.48									
TW @ ORCAS	06/05/2010 Finals		:40.22	:51.48		:49.67							
MARINWOOD @ TW	06/12/2010 Finals		:40.00			:50.16	1:47.73						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:39.79			:52.59	1:57.06						
SWIMARIN @ TW	06/26/2010 Finals		:41.02	:48.98			1:50.20						
CHAMPS 2010	07/10/2010 Finals		:41.71	:50.40		:48.72							
<b>Madi Masterson</b>		9-10	50 FR	50 BA									
TIME TRIALS 2010	05/01/2010 Finals		1:06.37	1:31.37									
TW @ ROLLING HILLS	05/08/2010 Finals		1:06.09	1:45.04									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		1:22.65	1:30.43									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		1:24.01	1:40.25									
TW @ ORCAS	06/05/2010 Finals		1:06.45	1:37.94									
MARINWOOD @ TW	06/12/2010 Finals		1:12.69	1:52.99									
STRAWBERRY SEALS @ T	06/19/2010 Finals		1:12.11	1:41.01									
SWIMARIN @ TW	06/26/2010 Finals		1:24.25	1:42.20									
CHAMPS 2010	07/10/2010 Finals			1:30.11									
<b>Carmen Monroe Watt</b>		9-10	50 FR	50 BA	50 BR	100 I.M.							
TIME TRIALS 2010	05/01/2010 Finals		:52.48	:51.17	:55.99	2:00.08							
TW @ ROLLING HILLS	05/08/2010 Finals		:52.20	:53.78	:54.22								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:56.55	:59.01	:53.98								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:56.59	:55.97									
TW @ ORCAS	06/05/2010 Finals		:43.81	:52.42	:53.69								
MARINWOOD @ TW	06/12/2010 Finals		:41.95		:54.97	1:51.68							
SWIMARIN @ TW	06/26/2010 Finals		:43.47		:54.01	1:55.44							
<b>Sophie Mullan</b>		9-10	50 FR	50 BA	50 BR								
TIME TRIALS 2010	05/01/2010 Finals		:43.93	:49.80	:59.43								
TW @ ROLLING HILLS	05/08/2010 Finals		:40.61	:48.80	DQ								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:40.25	:49.55	:55.27								
SWIMARIN @ TW	06/26/2010 Finals		:40.64	:47.96	:54.56								

## PROGRESSION for Short Course Yards

<b>Glennis Murphy</b>		9-10	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:35.62	:42.98	:45.90	:50.99	1:37.08						
TW @ ROLLING HILLS	05/08/2010 Finals		:36.93		:45.36		1:30.45						
TW @ SLEEPY HOLLOW	05/15/2010 Finals			:42.97	:45.80		1:31.84						
TW @ NOVATO RIPTIDES	05/22/2010 Finals			:40.64	:46.85		1:34.59						
TW @ ORCAS	06/05/2010 Finals			:38.95	:43.85		1:25.88						
MARINWOOD @ TW	06/12/2010 Finals			:37.85	:44.90		1:26.13						
ALL STARS 2010	06/16/2010 Finals			:38.99	:43.09		1:31.03						
STRAWBERRY SEALS @ T	06/19/2010 Finals			:38.77	:43.75		1:28.58						
SWIMARIN @ TW	06/26/2010 Finals			:39.24	:43.81		1:29.72						
CHAMPS 2010	07/10/2010 Finals			:39.07	:42.73		1:27.59						
<b>Kelly Norian</b>		9-10	<b>50 FR</b>	<b>50 BA</b>									
TIME TRIALS 2010	05/01/2010 Finals		:55.40	1:15.23									
TW @ ROLLING HILLS	05/08/2010 Finals		:59.00	DQ									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:56.63	1:08.05									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:56.32	1:06.13									
TW @ ORCAS	06/05/2010 Finals		:54.10	1:05.97									
MARINWOOD @ TW	06/12/2010 Finals		:54.03	1:00.72									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:55.02	:59.22									
<b>Jocelyn Overmyer</b>		9-10	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:35.83	:44.00	:49.74	:51.94	1:47.12						
TW @ ROLLING HILLS	05/08/2010 Finals		:36.70		:51.69		1:42.75						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:37.27	:47.00			1:48.97						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:36.73	:46.49	:50.93								
MARINWOOD @ TW	06/12/2010 Finals		:35.63	:45.74			1:38.71						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:35.39	:44.50			1:36.21						
SWIMARIN @ TW	06/26/2010 Finals		:38.05	:44.16			1:35.62						
CHAMPS 2010	07/10/2010 Finals		:37.69	:47.35			1:37.47						

## PROGRESSION for Short Course Yards

<b>Jordan Overmyer</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:37.73	:47.97	:57.92	:46.99	1:57.04						
TW @ ROLLING HILLS	05/08/2010 Finals		:39.05	:49.84		:44.35							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:39.15	DQ		DQ							
MARINWOOD @ TW	06/12/2010 Finals		:38.17	:51.11		DQ							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:36.68	:49.64		:47.60							
SWIMARIN @ TW	06/26/2010 Finals		:37.14	:54.01		:46.86							
CHAMPS 2010	07/10/2010 Finals		:36.64		:47.54	:45.81							
<b>Abigail Peguero</b>		9-10	50 FR	50 BA	50 BR	100 I.M.							
TIME TRIALS 2010	05/01/2010 Finals		:49.36	1:13.19	1:12.70	2:26.18							
TW @ ROLLING HILLS	05/08/2010 Finals		:50.10	1:14.55	1:15.31								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:52.91	1:08.86	DQ								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:53.54	1:16.07									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:48.91	1:08.81	1:09.94								
<b>Katie Peoples</b>		9-10	50 FR	50 BA	50 FLY	100 I.M.							
TIME TRIALS 2010	05/01/2010 Finals		:38.15	:50.17									
TW @ ROLLING HILLS	05/08/2010 Finals		:39.63	:51.67									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:39.46	:50.52	:54.28								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:40.28	:51.94	:51.53								
TW @ ORCAS	06/05/2010 Finals		:39.78	:53.75									
MARINWOOD @ TW	06/12/2010 Finals		:38.47	:53.62	:50.75								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:36.76	:50.58		DQ							
SWIMARIN @ TW	06/26/2010 Finals		:38.66	:49.50	:50.31								
CHAMPS 2010	07/10/2010 Finals		:37.20	:53.57	DQ								

## PROGRESSION for Short Course Yards

<b>Marisa Phipps</b>		9-10	50 FR	50 BA	50 BR	100 I.M.							
TIME TRIALS 2010	05/01/2010 Finals		:51.18	:53.02	1:24.94	2:33.14							
TW @ ROLLING HILLS	05/08/2010 Finals		:58.56	1:01.42	1:36.11								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:52.98	1:02.88	1:26.54								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:56.54	:53.76		2:24.81							
TW @ ORCAS	06/05/2010 Finals		:57.47	:59.90	1:21.23								
MARINWOOD @ TW	06/12/2010 Finals		:56.21	DQ	1:24.19								
STRAWBERRY SEALS @ T	06/19/2010 Finals			:58.19	1:19.34								
SWIMARIN @ TW	06/26/2010 Finals		:55.73	1:01.75	1:24.18								
CHAMPS 2010	07/10/2010 Finals		:50.68	1:00.51	1:17.86								
<b>Isabella Ramirez</b>		9-10	50 FR	50 BA									
MARINWOOD @ TW	06/12/2010 Finals		:39.33	:47.42									
<b>Jackie Ring</b>		9-10	50 FR	50 BA	50 BR	100 I.M.							
TIME TRIALS 2010	05/01/2010 Finals		:52.80	:56.64	1:00.45	2:21.56							
TW @ ROLLING HILLS	05/08/2010 Finals		:59.09	1:03.49	1:06.17								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:52.78	1:00.97	1:03.68								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:49.33	1:00.74	DQ								
TW @ ORCAS	06/05/2010 Finals		:48.54	:58.43		2:08.73							
MARINWOOD @ TW	06/12/2010 Finals			:57.37	:56.48	2:08.96							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:53.63	:58.10	:59.00								
SWIMARIN @ TW	06/26/2010 Finals		:48.10	:57.74	1:00.24								
CHAMPS 2010	07/10/2010 Finals		:47.86	1:00.34	:58.05								
<b>Amelia Shunk</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:45.11	:55.42	:52.24	:56.22	1:57.42						
TW @ ROLLING HILLS	05/08/2010 Finals		:46.58	:53.18	DQ								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:46.42		:51.69		1:59.90						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:46.94		:54.28		1:53.87						
TW @ ORCAS	06/05/2010 Finals		:46.89		:53.63		1:57.01						
MARINWOOD @ TW	06/12/2010 Finals				:56.21	1:01.39	1:59.47						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:43.78		:52.35		1:56.82						
SWIMARIN @ TW	06/26/2010 Finals		:42.16		:52.03		2:00.61						
CHAMPS 2010	07/10/2010 Finals		:43.71	:56.93	:54.16								

## PROGRESSION for Short Course Yards

<b>Maggie Smith</b>		9-10	50 FR	50 BA	50 BR	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:50.66	:57.94	1:09.40	2:06.93						
TW @ ROLLING HILLS	05/08/2010 Finals		:54.30	1:01.17	1:10.79							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:48.67	:57.90	DQ							
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:48.55	:57.88	DQ							
TW @ ORCAS	06/05/2010 Finals		:48.45	:55.58	1:04.50							
MARINWOOD @ TW	06/12/2010 Finals		:49.63	:53.57	1:04.01							
SWIMARIN @ TW	06/26/2010 Finals		:49.85	:55.17	1:00.76							
<b>Sabrina Strain</b>		9-10	50 FR	50 BA	50 BR	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:58.06	1:17.73	1:06.15	2:31.88						
TW @ ROLLING HILLS	05/08/2010 Finals		:59.28	1:22.32	DQ							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:57.83	1:13.97	1:02.66							
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:56.59	1:13.76	1:01.71							
TW @ ORCAS	06/05/2010 Finals		:55.48	1:12.75	1:02.10							
MARINWOOD @ TW	06/12/2010 Finals		:47.64	1:06.92								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:51.27	1:10.75	DQ							
SWIMARIN @ TW	06/26/2010 Finals		:52.18	1:06.81	:59.35							
<b>Nicole Strub</b>		9-10	50 FR	50 BA	50 BR							
TIME TRIALS 2010	05/01/2010 Finals		:51.29	1:04.88								
TW @ ROLLING HILLS	05/08/2010 Finals		:55.17	1:00.12	DQ							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:56.04	1:02.98								
TW @ NOVATO RIPTIDES	05/22/2010 Finals			:55.45								
TW @ ORCAS	06/05/2010 Finals		:52.13	:56.43								
MARINWOOD @ TW	06/12/2010 Finals		:50.06	:57.24								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:52.50	:53.79								
SWIMARIN @ TW	06/26/2010 Finals		:50.50	:53.55								
CHAMPS 2010	07/10/2010 Finals		:49.27	:53.53	DQ							

## PROGRESSION for Short Course Yards

<b>Sinead Swayne</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:37.55	:43.68	:51.50	:43.84	1:37.89						
TW @ ROLLING HILLS	05/08/2010 Finals			:43.36		:43.46	1:37.19						
TW @ SLEEPY HOLLOW	05/15/2010 Finals			:43.65		:42.94	1:37.98						
TW @ NOVATO RIPTIDES	05/22/2010 Finals			:45.14		:45.13	1:36.66						
TW @ ORCAS	06/05/2010 Finals			:42.22		:43.33	1:35.02						
MARINWOOD @ TW	06/12/2010 Finals			:45.00		:42.65	1:41.74						
ALL STARS 2010	06/16/2010 Finals			:42.92									
STRAWBERRY SEALS @ T	06/19/2010 Finals			:44.23		:43.99	1:35.48						
SWIMARIN @ TW	06/26/2010 Finals			:44.18		DQ	1:37.57						
CHAMPS 2010	07/10/2010 Finals			:42.03	:49.03		1:33.30						
<b>Mary Tarantino</b>		9-10	50 FR	50 BA	50 FLY	100 I.M.							
TIME TRIALS 2010	05/01/2010 Finals		:38.54	:50.06		1:51.94							
TW @ ROLLING HILLS	05/08/2010 Finals		:39.38	:50.20	:50.84								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:39.75	:48.24									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:38.79	:47.43	:54.97								
TW @ ORCAS	06/05/2010 Finals		:38.28	:52.15	:53.10								
MARINWOOD @ TW	06/12/2010 Finals		:39.58	:53.91									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:37.63	:47.09	:52.95								
SWIMARIN @ TW	06/26/2010 Finals		:40.50		:53.10	DQ							
CHAMPS 2010	07/10/2010 Finals		:38.48	:53.05	:50.31								
<b>Katherine Theriault</b>		9-10	50 FR	50 BA									
TIME TRIALS 2010	05/01/2010 Finals		1:00.23	1:10.89									
TW @ ROLLING HILLS	05/08/2010 Finals		1:02.31	1:15.00									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		1:00.02										
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:58.31	1:05.21									
TW @ ORCAS	06/05/2010 Finals		:54.85	1:03.87									
MARINWOOD @ TW	06/12/2010 Finals		:56.85	1:06.01									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:55.61	1:09.50									
SWIMARIN @ TW	06/26/2010 Finals		:56.19	1:04.19									
CHAMPS 2010	07/10/2010 Finals		:57.71	1:07.69									

## PROGRESSION for Short Course Yards

<b>Kristin Tong</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:40.29	:50.01	:55.85	:54.55	1:54.00						
TW @ ROLLING HILLS	05/08/2010 Finals		:44.32	:51.82									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:42.61										
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:43.95										
TW @ ORCAS	06/05/2010 Finals		:42.62	:47.60	:52.52								
MARINWOOD @ TW	06/12/2010 Finals		:41.27		:51.25		1:43.23						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:41.91		:53.25		1:42.59						
<b>Alazais Walters</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:37.38	:49.04	:53.46	:53.90	1:46.49						
TW @ ROLLING HILLS	05/08/2010 Finals		:39.25	:46.09	:51.53								
TW @ SLEEPY HOLLOW	05/15/2010 Finals			:44.26	:53.35		1:41.35						
<b>Amanda Weitenhagen</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:37.49	:46.09	:57.48	:52.32	1:49.24						
TW @ ROLLING HILLS	05/08/2010 Finals		:37.90										
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:35.09	:47.64	:51.01								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:36.77			:43.19	1:35.19						
TW @ ORCAS	06/05/2010 Finals		:35.04			:43.30	1:31.59						
MARINWOOD @ TW	06/12/2010 Finals		:35.28			:41.13	1:32.45						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:37.59	:44.45									
SWIMARIN @ TW	06/26/2010 Finals		:35.68			:45.59	1:34.89						
<b>Cally Wuthrich</b>		9-10	50 FR	50 BA									
TIME TRIALS 2010	05/01/2010 Finals		1:04.63	1:13.07									
TW @ ROLLING HILLS	05/08/2010 Finals		1:06.88	1:16.69									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:59.84	1:05.10									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		1:08.08	1:08.56									
TW @ ORCAS	06/05/2010 Finals		1:02.01	1:01.52									
MARINWOOD @ TW	06/12/2010 Finals		1:02.55	DQ									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:55.33	1:04.77									

## PROGRESSION for Short Course Yards

<b>Kaitlyn Yang</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:44.70	:53.76	:56.62	:57.17	1:57.59						
TW @ ROLLING HILLS	05/08/2010 Finals		:45.05	DQ			1:51.85						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:43.60	:53.56			DQ						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:44.48		:56.75		1:52.23						
TW @ ORCAS	06/05/2010 Finals		:44.35	:52.95			1:49.44						
MARINWOOD @ TW	06/12/2010 Finals		:43.15		:53.89		1:47.35						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:44.87		:53.50		1:53.17						
SWIMARIN @ TW	06/26/2010 Finals		:47.56		:53.68		1:54.51						
CHAMPS 2010	07/10/2010 Finals		:42.71	:49.18	:54.34								
<b>Kate Badertscher</b>		11-12	50 FR	50 BA	50 BR	100 I.M.							
TIME TRIALS 2010	05/01/2010 Finals		:42.01	:58.80	:59.39	1:58.22							
TW @ ROLLING HILLS	05/08/2010 Finals		:42.15	:55.30	:57.50								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:43.20	:56.28	:55.62								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:42.98	:55.07	:53.47								
TW @ ORCAS	06/05/2010 Finals		:41.25	:52.86	:52.97								
MARINWOOD @ TW	06/12/2010 Finals		:42.19	:50.61	:51.60								
SWIMARIN @ TW	06/26/2010 Finals		:41.85	:51.40	:53.24								
<b>Delaney Benstead</b>		11-12	50 FR	50 BA	50 BR	100 I.M.							
TIME TRIALS 2010	05/01/2010 Finals		:38.55	:49.42	:52.03								
TW @ ROLLING HILLS	05/08/2010 Finals		:35.01	:46.40	:49.89								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:36.30	:46.87		1:37.61							
TW @ ORCAS	06/05/2010 Finals		:35.81	:46.94		1:36.95							
MARINWOOD @ TW	06/12/2010 Finals		:36.55	:47.25		1:39.96							
SWIMARIN @ TW	06/26/2010 Finals		:38.24	:46.59		1:38.58							
CHAMPS 2010	07/10/2010 Finals		:36.83		:50.68	1:42.05							

## PROGRESSION for Short Course Yards

<b>Taylor Benstead</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:32.25	:39.71	:47.11	:38.94	1:26.79						
TW @ ROLLING HILLS	05/08/2010 Finals		:31.23	:38.51		:37.48							
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:30.68	:39.12		:37.77							
TW @ ORCAS	06/05/2010 Finals		:30.42	:38.60		:36.27	1:24.20						
MARINWOOD @ TW	06/12/2010 Finals		:32.48	:39.47		:35.34	1:25.91						
ALL STARS 2010	06/16/2010 Finals		:30.53										
SWIMARIN @ TW	06/26/2010 Finals		:32.21			:36.82	1:23.12						
CHAMPS 2010	07/10/2010 Finals		:31.74			:37.38	1:25.31						
<b>Sarah Birnbaum</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:34.62	:40.62	:43.83	:40.17	1:27.31						
TW @ ROLLING HILLS	05/08/2010 Finals			:42.24	:44.87	:37.48	1:26.53						
TW @ SLEEPY HOLLOW	05/15/2010 Finals				:43.24	:37.53	1:24.58						
TW @ NOVATO RIPTIDES	05/22/2010 Finals				:41.99	:40.25	1:25.04						
TW @ ORCAS	06/05/2010 Finals				:41.60	:38.06	1:24.60						
MARINWOOD @ TW	06/12/2010 Finals				:41.72	:37.23	1:24.69						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:34.00		:40.94	:38.18	1:23.22						
SWIMARIN @ TW	06/26/2010 Finals				:40.54	:38.32	1:21.52						
CHAMPS 2010	07/10/2010 Finals				:40.66	:37.30	1:22.10						
<b>Kaitlin Buchanan</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:43.26	:52.48	:52.52	:49.18	1:47.42						
TW @ ROLLING HILLS	05/08/2010 Finals		:42.15			:47.13	DQ						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:44.33		:53.24	:46.40							
TW @ NOVATO RIPTIDES	05/22/2010 Finals				:50.56	:48.01							
TW @ ORCAS	06/05/2010 Finals		:41.16			:44.22							
MARINWOOD @ TW	06/12/2010 Finals		:38.74			:42.28							

## PROGRESSION for Short Course Yards

<b>Kiernan Byrne</b>		11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:39.04	:48.73	:47.99	:52.24	1:42.10						
TW @ ROLLING HILLS	05/08/2010 Finals		:39.67		:49.63		1:40.59						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:42.34	:48.38	:47.24								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:42.08		:47.09		1:43.06						
MARINWOOD @ TW	06/12/2010 Finals		:40.25		:45.24		1:38.45						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:39.73		:47.91		1:41.73						
SWIMARIN @ TW	06/26/2010 Finals		:41.36		:47.82		1:39.15						
<b>Carina Casissa</b>		11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:41.69	:50.56	:49.78	:51.51	1:44.06						
TW @ ROLLING HILLS	05/08/2010 Finals		:40.49		:48.99		1:41.94						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:40.54	:47.93	:49.58								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:38.65		:47.69		1:40.77						
MARINWOOD @ TW	06/12/2010 Finals			:47.73	:48.57		1:36.47						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:37.00	:47.93			1:35.64						
SWIMARIN @ TW	06/26/2010 Finals		:38.80		:48.73		1:37.18						
CHAMPS 2010	07/10/2010 Finals		:37.28	:44.90			1:38.73						
<b>Meghan Coyle</b>		11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:34.12	:39.15	:45.57	:43.30	1:24.57						
TW @ ROLLING HILLS	05/08/2010 Finals			:37.76	:44.20	:40.85							
TW @ SLEEPY HOLLOW	05/15/2010 Finals			:41.34	:45.67		1:24.41						
TW @ NOVATO RIPTIDES	05/22/2010 Finals			:39.35		:38.57	1:22.22						
TW @ ORCAS	06/05/2010 Finals			:36.41		:37.30	1:21.63						
MARINWOOD @ TW	06/12/2010 Finals		:31.67	:38.12		:39.36	1:20.67						
ALL STARS 2010	06/16/2010 Finals			:36.59									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:30.86			:36.08	1:22.07						
SWIMARIN @ TW	06/26/2010 Finals				:42.13	:35.46	1:21.85						
CHAMPS 2010	07/10/2010 Finals			:36.95	:41.39		1:17.76						

## PROGRESSION for Short Course Yards

<b>Alani Delley</b>		11-12	50 FR	50 BA	50 BR							
TIME TRIALS 2010	05/01/2010 Finals		:41.27	:52.08	1:03.34							
TW @ ROLLING HILLS	05/08/2010 Finals		:40.49	DQ								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:38.21	:46.02								
TW @ ORCAS	06/05/2010 Finals		:39.12	:47.78	DQ							
MARINWOOD @ TW	06/12/2010 Finals		:39.41	:49.04								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:40.83	:47.23	DQ							
SWIMARIN @ TW	06/26/2010 Finals		:44.40	:46.74								
CHAMPS 2010	07/10/2010 Finals		:41.00	:46.80								
<b>Olivia Dominguez</b>		11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.					
TIME TRIALS 2010	05/01/2010 Finals		:35.22	:52.09	:45.90	:44.97	1:44.05					
TW @ ROLLING HILLS	05/08/2010 Finals		:37.81			:44.08	1:38.51					
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:35.33		:48.79	:40.71						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:34.58			:38.83	1:34.81					
MARINWOOD @ TW	06/12/2010 Finals		:33.37			:39.87	1:33.73					
STRAWBERRY SEALS @ T	06/19/2010 Finals		:33.76			:37.97	1:31.35					
SWIMARIN @ TW	06/26/2010 Finals		:34.07			:38.02	1:29.55					
<b>Grace Epstein</b>		11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.					
TIME TRIALS 2010	05/01/2010 Finals		:42.83	:51.52	:57.46	:56.71	1:57.83					
TW @ ROLLING HILLS	05/08/2010 Finals		:44.73	:53.22	DQ							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:43.40	:56.33	:56.80							
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:43.05	:54.72	:54.78							
TW @ ORCAS	06/05/2010 Finals		:41.93	:51.96	:56.75							
MARINWOOD @ TW	06/12/2010 Finals		:42.64									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:43.41	:53.55	:58.04							
SWIMARIN @ TW	06/26/2010 Finals		:42.43	:56.13	:58.50							

## PROGRESSION for Short Course Yards

<b>Shannon Farney</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:38.99	:43.85	:49.70	:47.38	1:41.00						
TW @ ROLLING HILLS	05/08/2010 Finals		:38.69	:45.70			1:39.93						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:36.86	:44.90			1:35.94						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:39.12	:45.46			1:39.29						
TW @ ORCAS	06/05/2010 Finals			:41.77		:44.97	1:35.74						
MARINWOOD @ TW	06/12/2010 Finals		:34.56	:41.45			1:30.04						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:36.65	:42.22			1:33.89						
SWIMARIN @ TW	06/26/2010 Finals		:36.75	:42.15			1:32.96						
<b>Kyra Fleischman</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:36.84	:43.90	:46.45	:55.33	1:40.81						
TW @ ROLLING HILLS	05/08/2010 Finals			DQ	:46.91		1:35.88						
TW @ SLEEPY HOLLOW	05/15/2010 Finals			:40.53	:46.02		1:38.10						
TW @ NOVATO RIPTIDES	05/22/2010 Finals			:42.98	:48.69		1:38.39						
TW @ ORCAS	06/05/2010 Finals			:41.96	:47.31		1:37.21						
MARINWOOD @ TW	06/12/2010 Finals		:37.15	:42.02									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:37.01	:43.13	:48.98								
SWIMARIN @ TW	06/26/2010 Finals		:38.54	:42.25	:48.64								
CHAMPS 2010	07/10/2010 Finals		:36.27	:43.94	:47.37								
<b>Brianna Frierson</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>100 I.M.</b>								
TIME TRIALS 2010	05/01/2010 Finals		:46.83	:55.72	2:04.46								
TW @ ROLLING HILLS	05/08/2010 Finals		:42.58	:51.44									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:44.44	:49.78									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:41.60	:46.90									
TW @ ORCAS	06/05/2010 Finals		:39.43	:46.42									
MARINWOOD @ TW	06/12/2010 Finals		:40.27	:47.62									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:41.52										
SWIMARIN @ TW	06/26/2010 Finals		:41.63	:45.90									
CHAMPS 2010	07/10/2010 Finals		:41.13	:46.90									

## PROGRESSION for Short Course Yards

<b>Chloe Fung</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:36.06	:48.73	:42.77	:40.81	1:37.29						
TW @ ROLLING HILLS	05/08/2010 Finals		:36.00	:49.80	:43.37								
TW @ SLEEPY HOLLOW	05/15/2010 Finals				:42.74	:40.74	1:37.34						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:37.69	:48.58									
TW @ ORCAS	06/05/2010 Finals		:38.49		:42.59		1:32.86						
MARINWOOD @ TW	06/12/2010 Finals		:37.56		:43.55		1:29.74						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:39.49		:43.22		1:32.44						
SWIMARIN @ TW	06/26/2010 Finals				:42.98	:39.48	1:36.99						
<b>Ellie Gerson</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:30.78	:35.69	:41.81	:35.94	1:18.76						
TW @ ROLLING HILLS	05/08/2010 Finals			:35.53		:34.86	1:17.41						
TW @ SLEEPY HOLLOW	05/15/2010 Finals			:35.73		:34.60	1:16.99						
TW @ NOVATO RIPTIDES	05/22/2010 Finals			:35.52		:34.76	1:19.24						
TW @ ORCAS	06/05/2010 Finals		:29.95	:35.40		:34.51	1:16.91						
MARINWOOD @ TW	06/12/2010 Finals			:35.15		:33.82	1:14.92						
ALL STARS 2010	06/16/2010 Finals			:34.48		:34.41	1:16.84						
STRAWBERRY SEALS @ T	06/19/2010 Finals			:35.04		:34.96	1:16.06						
SWIMARIN @ TW	06/26/2010 Finals		:30.20	:35.62			1:17.34						
CHAMPS 2010	07/10/2010 Finals			:34.50		:34.74	1:17.09						
<b>Mia Glenn-Schuster</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:40.81	:53.46	:52.70	:50.59	1:51.27						
TW @ ROLLING HILLS	05/08/2010 Finals		:41.82		:56.61	:50.72							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:39.28		:53.26								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:43.61			:50.77	1:51.56						
TW @ ORCAS	06/05/2010 Finals		:40.98	:53.80									
MARINWOOD @ TW	06/12/2010 Finals		:42.90		:54.55	:50.42							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:41.45			:50.55	1:50.43						
SWIMARIN @ TW	06/26/2010 Finals		:42.68	:55.51		:54.46							

## PROGRESSION for Short Course Yards

<b>Sarah Herzer</b>		11-12	50 FR	50 BA	50 BR	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:30.30	:37.94	:44.92	1:26.34						
TW @ ROLLING HILLS	05/08/2010 Finals		:29.68	:36.83		1:21.37						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:30.23	:37.05		1:22.50						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:30.75	:38.41		1:24.21						
TW @ ORCAS	06/05/2010 Finals		:29.64	:37.64		1:23.55						
MARINWOOD @ TW	06/12/2010 Finals		:29.41	:37.61		1:24.95						
ALL STARS 2010	06/16/2010 Finals		:29.23	:37.26								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:29.43	:39.31		1:22.37						
CHAMPS 2010	07/10/2010 Finals		:29.67	:37.79		1:24.22						
<b>Katie Joyce</b>		11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.					
TIME TRIALS 2010	05/01/2010 Finals		:38.30	:46.63	:55.95	:53.69	1:44.21					
TW @ ROLLING HILLS	05/08/2010 Finals		:39.94	:47.29			1:41.67					
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:38.31	:45.47			1:43.27					
TW @ ORCAS	06/05/2010 Finals		:37.56	:45.15			1:35.92					
STRAWBERRY SEALS @ T	06/19/2010 Finals		:38.75	:46.84			1:40.43					
SWIMARIN @ TW	06/26/2010 Finals		:39.13		:53.67		1:37.27					
<b>Shannon Joyce</b>		11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.					
TIME TRIALS 2010	05/01/2010 Finals		:41.00	:48.78	:54.16	:48.92	1:48.11					
TW @ ROLLING HILLS	05/08/2010 Finals				:53.51	:49.01	1:41.81					
TW @ SLEEPY HOLLOW	05/15/2010 Finals				:52.77	:48.16	1:44.08					
TW @ NOVATO RIPTIDES	05/22/2010 Finals				:53.49	:49.58	1:44.61					
TW @ ORCAS	06/05/2010 Finals				:52.28	:45.57	1:38.90					
STRAWBERRY SEALS @ T	06/19/2010 Finals				:52.21	:48.30	1:41.48					
SWIMARIN @ TW	06/26/2010 Finals			:45.39		:46.92	1:38.80					
<b>Victoria Jung</b>		11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.					
TIME TRIALS 2010	05/01/2010 Finals		:37.99	:48.20	:46.50	:49.45	1:44.02					
TW @ ROLLING HILLS	05/08/2010 Finals		:40.26		:48.69		1:42.35					
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:37.04		:47.00		1:36.62					
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:39.00		:48.03		1:40.37					
MARINWOOD @ TW	06/12/2010 Finals		:36.69		:44.12							
CHAMPS 2010	07/10/2010 Finals		:37.38	:46.59	:46.74							

## PROGRESSION for Short Course Yards

<b>Lauren Knott</b>		11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:36.96	:46.70	:47.87	:43.95	1:34.72						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:37.48	:46.63		:44.85							
TW @ ORCAS	06/05/2010 Finals		:34.84			:43.72	1:37.02						
MARINWOOD @ TW	06/12/2010 Finals		:36.77			:40.26	1:34.75						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:36.45			:42.50	1:37.05						
SWIMARIN @ TW	06/26/2010 Finals		:36.79										
CHAMPS 2010	07/10/2010 Finals		:36.51				1:30.65						
<b>Caroline Love</b>		11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:33.62	:42.89	:46.88	:47.10	1:35.33						
TW @ ROLLING HILLS	05/08/2010 Finals		:33.98	:43.67	:47.88								
TW @ SLEEPY HOLLOW	05/15/2010 Finals			:41.61	:45.67								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:34.73	:42.20	:45.07								
MARINWOOD @ TW	06/12/2010 Finals		:33.79	:42.20	:45.23								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:33.83		:44.62		1:27.80						
SWIMARIN @ TW	06/26/2010 Finals		:33.88	:41.68	:46.77								
CHAMPS 2010	07/10/2010 Finals		:32.65		:43.72		1:27.44						
<b>Alexandra Merigian</b>		11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:35.64	:46.44	:49.56	:46.15	1:34.62						
TW @ ROLLING HILLS	05/08/2010 Finals		:33.89		:44.16		1:27.21						
TW @ NOVATO RIPTIDES	05/22/2010 Finals				:44.07	:39.03	1:27.67						
TW @ ORCAS	06/05/2010 Finals				:43.30	:40.09	1:26.97						
MARINWOOD @ TW	06/12/2010 Finals		:35.12	:42.27			1:25.58						
SWIMARIN @ TW	06/26/2010 Finals			:41.28	:43.06	:41.04							
CHAMPS 2010	07/10/2010 Finals				:43.21	:40.74	1:27.32						
<b>Christina Meylan</b>		11-12	50 FR	50 BA	50 BR	100 I.M.							
TIME TRIALS 2010	05/01/2010 Finals		:45.21	:54.32	1:01.73	2:02.48							
TW @ ROLLING HILLS	05/08/2010 Finals		:48.45	:59.28	1:01.17								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:48.81	:51.40	1:00.22								
TW @ ORCAS	06/05/2010 Finals		:46.63	:53.40	1:02.72								
MARINWOOD @ TW	06/12/2010 Finals		:48.22	:54.21	1:02.31								
CHAMPS 2010	07/10/2010 Finals		:43.81	:53.36	:55.66								

## PROGRESSION for Short Course Yards

<b>Callie Monroe Watts</b> 11-12		<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals	:35.06	:43.18	:43.79	:42.11	1:32.83						
TW @ ROLLING HILLS	05/08/2010 Finals	:36.53	:43.57			1:28.97						
TW @ SLEEPY HOLLOW	05/15/2010 Finals	:33.88		:43.64		1:29.71						
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:33.79		:42.77		1:27.25						
TW @ ORCAS	06/05/2010 Finals	:33.94		:42.18		1:30.90						
MARINWOOD @ TW	06/12/2010 Finals	:32.75		:41.94		1:26.88						
STRAWBERRY SEALS @ T	06/19/2010 Finals	:33.53		:42.40		1:27.97						
SWIMARIN @ TW	06/26/2010 Finals	:33.50		:41.62		1:27.78						
<b>Charlotte Montoya</b> 11-12		<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals	:31.76	:42.49	:41.41	:37.53	1:24.83						
TW @ ROLLING HILLS	05/08/2010 Finals	:33.63		:43.24	:38.37							
TW @ SLEEPY HOLLOW	05/15/2010 Finals	:33.49		:41.72		1:22.90						
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:32.37		:40.86		1:23.09						
TW @ ORCAS	06/05/2010 Finals	:32.11		:40.71	:37.62	1:23.69						
MARINWOOD @ TW	06/12/2010 Finals	:32.16		:41.51		1:20.39						
STRAWBERRY SEALS @ T	06/19/2010 Finals			:41.28	:36.14	1:22.08						
SWIMARIN @ TW	06/26/2010 Finals			:42.13	:36.70	1:21.25						
CHAMPS 2010	07/10/2010 Finals			:41.25	:35.73	1:21.72						
<b>Courtney Morris</b> 11-12		<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals	:36.54	:46.73	:44.73	:48.75							
TW @ ROLLING HILLS	05/08/2010 Finals	:37.00		:45.99		1:37.29						
TW @ SLEEPY HOLLOW	05/15/2010 Finals	:36.23		:46.06		1:41.55						
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:37.78		:45.63		1:41.53						
TW @ ORCAS	06/05/2010 Finals	:36.34		:44.89		1:38.16						
MARINWOOD @ TW	06/12/2010 Finals	:36.63		:46.27		1:37.75						
STRAWBERRY SEALS @ T	06/19/2010 Finals	:37.91		:44.38		1:37.03						
SWIMARIN @ TW	06/26/2010 Finals	:37.40		:44.77		1:35.54						
CHAMPS 2010	07/10/2010 Finals	:35.80		:44.99		1:37.71						
<b>Jordan Murray</b> 11-12		<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>								
TIME TRIALS 2010	05/01/2010 Finals	:36.17	:44.27	:46.20								
MARINWOOD @ TW	06/12/2010 Finals	:36.26										

## PROGRESSION for Short Course Yards

<b>Jenna Neustaetter</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:32.97	:40.67	:47.23	:41.62	1:25.67						
TW @ ROLLING HILLS	05/08/2010 Finals		:33.61	:40.40			1:25.88						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:33.16	:40.47			1:24.26						
TW @ ORCAS	06/05/2010 Finals		:32.96	:39.76			1:23.88						
MARINWOOD @ TW	06/12/2010 Finals		:31.88	:39.16		:34.41							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:32.33			:35.39	1:23.84						
SWIMARIN @ TW	06/26/2010 Finals		:33.93			:35.64	1:24.28						
CHAMPS 2010	07/10/2010 Finals		:32.53			:35.30	1:23.84						
<b>Colette O'Connell-Phi</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:43.76	:59.22	1:20.03	1:11.88	2:18.05						
TW @ ROLLING HILLS	05/08/2010 Finals		:45.21	1:02.00		1:10.45							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:43.93	:55.61		1:08.24							
TW @ ORCAS	06/05/2010 Finals		:43.47	:57.72		1:07.93							
MARINWOOD @ TW	06/12/2010 Finals		:45.19	:57.46		1:08.25							
SWIMARIN @ TW	06/26/2010 Finals		:42.41	:54.28		1:05.54							
CHAMPS 2010	07/10/2010 Finals		:45.59		1:19.92								
<b>Juliet Ricci</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:39.72	:46.73	:50.18	:47.08	1:40.15						
TW @ ROLLING HILLS	05/08/2010 Finals		:40.19			:47.57	1:42.38						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:39.74	:44.78		:48.33							
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:40.84				1:39.69						
TW @ ORCAS	06/05/2010 Finals		:40.25	:46.62			1:42.02						
MARINWOOD @ TW	06/12/2010 Finals			:46.23	:50.74		1:43.43						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:41.39	:48.71			1:41.99						
SWIMARIN @ TW	06/26/2010 Finals		:39.89	:49.35		:47.08							
CHAMPS 2010	07/10/2010 Finals		:38.36		:48.85	:46.95							

## PROGRESSION for Short Course Yards

<b>Heidi Roenisch</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:37.86	:41.12	:45.63	:44.43	1:34.88						
TW @ ROLLING HILLS	05/08/2010 Finals			:41.44	:44.20	:41.65							
TW @ SLEEPY HOLLOW	05/15/2010 Finals			:42.08	:44.73		1:32.27						
TW @ NOVATO RIPTIDES	05/22/2010 Finals			:41.06	:44.66		1:34.83						
TW @ ORCAS	06/05/2010 Finals			:40.82	:44.45		1:32.83						
MARINWOOD @ TW	06/12/2010 Finals			:41.52		:42.87	1:31.46						
STRAWBERRY SEALS @ T	06/19/2010 Finals			:41.86	:45.17	:43.07							
SWIMARIN @ TW	06/26/2010 Finals			:42.32	:45.84		1:33.83						
<b>Aviva Schiff</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:47.38	:55.85	:56.89	:56.65	2:04.01						
TW @ ROLLING HILLS	05/08/2010 Finals		:47.13		:58.55		1:59.82						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:46.41	:51.73	1:00.26								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:45.90	DQ	:53.85								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:47.95	:49.22	:55.09								
SWIMARIN @ TW	06/26/2010 Finals		:48.31	:52.13	:56.50								
<b>Casey Shannon</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>								
TIME TRIALS 2010	05/01/2010 Finals		1:04.19	1:08.84	1:13.50								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		1:17.88	1:14.66									
MARINWOOD @ TW	06/12/2010 Finals		1:06.02										
STRAWBERRY SEALS @ T	06/19/2010 Finals		1:05.94										
<b>Adelaide Shunk</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:33.32	:43.60	:47.58	:46.97	1:38.89						
TW @ ROLLING HILLS	05/08/2010 Finals		:33.15	:39.25			1:27.22						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:33.03	:40.83			1:28.78						
TW @ ORCAS	06/05/2010 Finals		:32.99	:40.22			1:26.27						
MARINWOOD @ TW	06/12/2010 Finals		:33.12	:40.69			1:25.63						
SWIMARIN @ TW	06/26/2010 Finals		:33.90	:38.49			1:26.27						
CHAMPS 2010	07/10/2010 Finals		:32.81	:39.20			1:26.91						

## PROGRESSION for Short Course Yards

<b>Haley Tong</b>		11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:30.92	:39.23	:42.63	:38.80	1:21.59						
TW @ ROLLING HILLS	05/08/2010 Finals		:31.34		:43.95		DQ						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:31.59		:41.77		1:21.12						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:31.92		:41.66		1:19.88						
TW @ ORCAS	06/05/2010 Finals		:30.97		:41.15		1:20.89						
MARINWOOD @ TW	06/12/2010 Finals		:31.14		:39.51		1:18.68						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:30.96		:40.24		1:20.11						
<b>Risa Trauner</b>		11-12	50 FR	50 BA	50 BR								
TIME TRIALS 2010	05/01/2010 Finals		:46.46	:58.99	1:00.73								
TW @ ROLLING HILLS	05/08/2010 Finals		:48.82	1:04.23	:59.52								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:45.06	:59.16	:58.08								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:49.11	:58.35	:59.64								
TW @ ORCAS	06/05/2010 Finals		:44.68	:58.00	:56.61								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:45.03	1:00.74	1:00.68								
SWIMARIN @ TW	06/26/2010 Finals		:47.70	1:02.74	:59.16								
<b>Natalie Turner</b>		11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:39.76	:51.29	:46.85	:49.25	1:46.11						
TW @ ROLLING HILLS	05/08/2010 Finals		:39.53	:53.17	:47.21								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:40.13		:45.50		1:44.68						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:39.54		:45.45		1:45.31						
TW @ ORCAS	06/05/2010 Finals		:40.37		:48.01		1:43.15						
SWIMARIN @ TW	06/26/2010 Finals		:40.10		:47.25		1:43.46						
<b>Nicki Yang</b>		11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:42.56	:59.27	:50.39	:56.96	1:52.18						
TW @ ROLLING HILLS	05/08/2010 Finals		:43.74		:49.74		DQ						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:41.62		:47.63		DQ						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:43.10		:48.30		1:46.75						
TW @ ORCAS	06/05/2010 Finals		:41.53		:49.04		1:47.15						
MARINWOOD @ TW	06/12/2010 Finals		:41.66		:46.51		1:43.98						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:41.43		:45.35		1:43.60						
SWIMARIN @ TW	06/26/2010 Finals		:40.48		:45.04		1:41.04						

## PROGRESSION for Short Course Yards

<b>Alexa Addleman</b>		13-14	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:31.27	:38.80	:46.81	:35.16	1:22.02						
TW @ ROLLING HILLS	05/08/2010 Finals		:31.46			:34.03	1:23.25						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:32.04	:39.27		:33.29							
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:31.16			:33.25	1:22.84						
TW @ ORCAS	06/05/2010 Finals		:31.28			:33.38	1:21.65						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:31.83			:34.31	1:22.47						
SWIMARIN @ TW	06/26/2010 Finals		:31.28			:34.11	1:21.02						
CHAMPS 2010	07/10/2010 Finals		:30.32			:32.71	1:20.82						
<b>Emma Battey</b>		13-14	50 FR	100 FR	50 BA	50 BR	50 FLY	100 I.M.					
TIME TRIALS 2010	05/01/2010 Finals			1:11.73	:38.32		:38.15						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:32.36			:41.16		1:21.36					
TW @ ORCAS	06/05/2010 Finals		:31.97			:40.40		1:21.73					
MARINWOOD @ TW	06/12/2010 Finals		:32.32			:39.84		1:23.59					
STRAWBERRY SEALS @ T	06/19/2010 Finals		:32.59			:41.97		1:25.25					
SWIMARIN @ TW	06/26/2010 Finals		:32.49			:41.74		1:20.47					
<b>Maria Chumbes</b>		13-14	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:36.11	:46.08	:52.83	:42.62	1:33.98						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:35.53			:44.52	1:35.74						
TW @ ORCAS	06/05/2010 Finals		:34.09			:41.98	1:30.85						
MARINWOOD @ TW	06/12/2010 Finals		:35.15			:42.47	1:37.68						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:33.39			:41.78	1:32.53						
SWIMARIN @ TW	06/26/2010 Finals		:33.25			:44.71	1:32.52						
CHAMPS 2010	07/10/2010 Finals		:32.90			:42.23	1:33.33						
<b>Max Devaux</b>		13-14	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:35.79	:48.02	:50.25	:49.33	1:50.56						
TW @ ROLLING HILLS	05/08/2010 Finals		:37.28	:46.98									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:38.06	:50.61		:51.06							
TW @ ORCAS	06/05/2010 Finals		:38.67				1:46.09						
MARINWOOD @ TW	06/12/2010 Finals		:36.22	:48.90			1:46.72						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:37.39	:47.53	:54.34								
CHAMPS 2010	07/10/2010 Finals		:35.69	:47.85			1:45.66						

## PROGRESSION for Short Course Yards

<b>Nicole Durtschi</b>		13-14	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:31.66	:40.26									
TW @ SLEEPY HOLLOW	05/15/2010 Finals			:39.44	:46.76		1:24.19						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:31.87	:39.27	:46.79								
TW @ ORCAS	06/05/2010 Finals		:31.66			:36.96	1:28.31						
MARINWOOD @ TW	06/12/2010 Finals		:31.73			:35.94	1:23.26						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:33.22			:36.44	1:23.06						
SWIMARIN @ TW	06/26/2010 Finals		:32.93	:39.63		:37.05							
CHAMPS 2010	07/10/2010 Finals		:31.17			:34.50	1:21.88						
<b>Katie Gill</b>		13-14	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:29.40	:37.16	:38.30	:33.73	1:18.53						
TW @ SLEEPY HOLLOW	05/15/2010 Finals				:40.30	:35.12	1:17.66						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:29.82		:40.20	:35.02							
TW @ ORCAS	06/05/2010 Finals		:29.69		:39.00	:33.52							
MARINWOOD @ TW	06/12/2010 Finals		:29.96		:39.44		1:18.04						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:30.40		:39.30	:34.46							
SWIMARIN @ TW	06/26/2010 Finals		:30.45		:39.73	:33.90							
<b>Sammy McDonough</b>		13-14	<b>50 FR</b>	<b>50 BA</b>	<b>50 FLY</b>	<b>100 I.M.</b>							
TIME TRIALS 2010	05/01/2010 Finals		:26.54	:33.33	:29.67	1:09.23							
TW @ ROLLING HILLS	05/08/2010 Finals		:26.73		:29.55	1:09.12							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:27.57		:29.99	1:10.56							
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:26.97		:29.40	1:08.77							
TW @ ORCAS	06/05/2010 Finals		:26.45		:29.35	1:08.86							
MARINWOOD @ TW	06/12/2010 Finals		:26.64		:29.08	1:08.52							
ALL STARS 2010	06/16/2010 Finals		:26.22		:28.83	1:09.68							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:27.04		:29.44	1:10.29							
SWIMARIN @ TW	06/26/2010 Finals		:27.05		:29.06	1:07.43							
CHAMPS 2010	07/10/2010 Finals		:25.78		:28.15	1:06.23							

## PROGRESSION for Short Course Yards

<b>Samantha McEvoy</b>		13-14	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:33.99	:38.50	:52.81	:48.12	1:34.33						
TW @ ROLLING HILLS	05/08/2010 Finals		:33.52	:35.99			1:27.53						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:35.49	:38.26			1:27.85						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:33.13	:37.91			1:30.59						
TW @ ORCAS	06/05/2010 Finals		:33.29	:37.60			1:32.78						
MARINWOOD @ TW	06/12/2010 Finals		:33.21	:38.50			1:27.69						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:32.84	:36.76			1:28.66						
SWIMARIN @ TW	06/26/2010 Finals		:33.15	:37.27			1:30.81						
CHAMPS 2010	07/10/2010 Finals		:33.10	:38.23									
<b>Nicole Nevitt</b>		13-14	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:29.30	:36.14	:36.86	:30.40	1:12.95						
TW @ ROLLING HILLS	05/08/2010 Finals		:28.93			:30.90	1:14.78						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:29.14		:38.66	:31.61							
TW @ NOVATO RIPTIDES	05/22/2010 Finals				:37.77	:31.03	1:13.65						
TW @ ORCAS	06/05/2010 Finals		:28.51		:37.54	:30.68							
MARINWOOD @ TW	06/12/2010 Finals		:28.34		:36.83	:30.27							
ALL STARS 2010	06/16/2010 Finals		:28.39		:36.80	:30.18							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:28.81		:37.36	:30.56							
SWIMARIN @ TW	06/26/2010 Finals				:37.62	:29.89	1:11.16						
CHAMPS 2010	07/10/2010 Finals				:36.13	:29.93	1:11.28						
<b>Christina Nordrum</b>		13-14	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:34.32	:43.09	:44.16	:42.07	1:32.38						
TW @ ROLLING HILLS	05/08/2010 Finals		:35.85		:45.18	:41.54							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:36.28										
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:34.55			:41.92	1:33.46						
TW @ ORCAS	06/05/2010 Finals		:33.50			:39.71	1:27.54						
MARINWOOD @ TW	06/12/2010 Finals		:34.11		:43.44	:39.79							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:33.95			:40.56	1:30.53						
SWIMARIN @ TW	06/26/2010 Finals		:34.58			:40.00	1:25.48						

## PROGRESSION for Short Course Yards

<b>Hayley Ricci</b>		13-14	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:31.28	:38.43	:42.81	:37.21	1:23.58						
TW @ ROLLING HILLS	05/08/2010 Finals		:31.26			:36.80	1:21.47						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:31.11			:37.52	1:23.19						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:31.38			:37.22	1:22.40						
TW @ ORCAS	06/05/2010 Finals		:30.88	:38.96		:36.27							
MARINWOOD @ TW	06/12/2010 Finals		:30.96			:36.98	1:21.82						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:31.27			:37.73	1:26.72						
SWIMARIN @ TW	06/26/2010 Finals		:30.11			:36.75	1:21.76						
CHAMPS 2010	07/10/2010 Finals		:30.31			:36.91							
<b>Megan Rios</b>		13-14	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:27.60	:32.95	:35.84	:32.04	1:09.47						
TW @ ROLLING HILLS	05/08/2010 Finals			:32.82	:35.19		1:10.28						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:28.13	:32.19	:34.86								
TW @ NOVATO RIPTIDES	05/22/2010 Finals			:32.93	:35.10	:32.11	1:10.18						
TW @ ORCAS	06/05/2010 Finals			:32.46	:34.65		1:07.93						
MARINWOOD @ TW	06/12/2010 Finals			:31.89	:34.57		1:07.24						
ALL STARS 2010	06/16/2010 Finals			:31.30	:34.07		1:08.41						
STRAWBERRY SEALS @ T	06/19/2010 Finals			:32.42		:30.96	1:08.47						
SWIMARIN @ TW	06/26/2010 Finals			:33.03	:35.07		1:08.52						
CHAMPS 2010	07/10/2010 Finals			:31.24	:33.65		1:07.25						
<b>Maria Saltveit</b>		13-14	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:37.46	:45.54	:50.78	:45.33	2:02.49						
TW @ ROLLING HILLS	05/08/2010 Finals		:36.27	:44.97		:44.50							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:34.28	:44.72			1:31.23						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:33.89			:42.40	1:30.96						
TW @ ORCAS	06/05/2010 Finals		:32.87			:40.13	1:31.71						
MARINWOOD @ TW	06/12/2010 Finals		:32.94			:39.54	DQ						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:32.92			:39.64	1:29.16						
CHAMPS 2010	07/10/2010 Finals				:46.61	:40.66	1:26.14						

## PROGRESSION for Short Course Yards

<b>Summer Sinnett</b>		13-14	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:29.95	:34.18	:39.82	:33.08	1:22.24						
TW @ ROLLING HILLS	05/08/2010 Finals			:35.37	:40.46	:32.82							
TW @ SLEEPY HOLLOW	05/15/2010 Finals			:34.61	:39.72	:32.50							
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:30.38	:35.14		:31.81							
TW @ ORCAS	06/05/2010 Finals		:30.16		:39.26	:32.92							
MARINWOOD @ TW	06/12/2010 Finals		:30.49	:35.12		:32.64							
ALL STARS 2010	06/16/2010 Finals			:33.59		:31.38							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:30.35			:32.40	1:16.31						
CHAMPS 2010	07/10/2010 Finals		:29.80	:35.44		:31.73							
<b>Mackenzie Stein</b>		13-14	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:32.98	:42.35	:44.39	:41.63	1:30.78						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:33.52		:45.42		1:28.77						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:32.77		:44.84		1:31.92						
TW @ ORCAS	06/05/2010 Finals		:33.60		:44.55		1:30.21						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:32.50		:45.33		1:31.41						
SWIMARIN @ TW	06/26/2010 Finals		:34.52		:45.86		1:32.12						
CHAMPS 2010	07/10/2010 Finals		:31.97		:45.02								
<b>Erin Broughan</b>		15-18	<b>100 FR</b>	<b>50 FLY</b>	<b>100 I.M.</b>								
TIME TRIALS 2010	05/01/2010 Finals		1:14.48	:34.91	1:23.55								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		1:10.78	:36.11	1:24.07								
MARINWOOD @ TW	06/12/2010 Finals			:35.74	1:24.47								
<b>Ella Cooke</b>		15-18	<b>50 FR</b>	<b>50 FLY</b>	<b>100 I.M.</b>								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:33.77	:36.51	1:30.39								
TW @ ORCAS	06/05/2010 Finals		:33.16	:37.13	1:29.87								

## PROGRESSION for Short Course Yards

<b>Alyssa Dunne</b>		15-18	100 FR	50 BA	50 BR	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		1:05.35		:36.05	1:12.89						
TW @ ROLLING HILLS	05/08/2010 Finals			:35.49	:38.43	1:17.01						
TW @ SLEEPY HOLLOW	05/15/2010 Finals			:34.90	:37.85	1:15.61						
TW @ NOVATO RIPTIDES	05/22/2010 Finals			:35.39	:37.56	1:14.72						
TW @ ORCAS	06/05/2010 Finals		1:08.39		:37.97	1:14.49						
MARINWOOD @ TW	06/12/2010 Finals		1:07.86		:37.86	1:13.94						
ALL STARS 2010	06/16/2010 Finals			:34.55	:36.96							
<b>Jenny Fant</b>		15-18	100 FR	50 BA	50 BR	50 FLY	100 I.M.					
TIME TRIALS 2010	05/01/2010 Finals		1:10.16	:35.50	:39.24	:32.49	1:14.56					
TW @ ROLLING HILLS	05/08/2010 Finals		1:09.61	:37.52		:33.02						
TW @ ORCAS	06/05/2010 Finals		1:11.08	:37.71		:32.72	1:18.82					
STRAWBERRY SEALS @ T	06/19/2010 Finals			:39.16		:32.91	1:19.52					
SWIMARIN @ TW	06/26/2010 Finals		1:12.50		:42.11		1:19.79					
<b>Shaina Forsman</b>		15-18	100 FR	50 BR	100 I.M.							
TIME TRIALS 2010	05/01/2010 Finals			:36.00	1:19.19							
TW @ ROLLING HILLS	05/08/2010 Finals		1:10.58	:37.60								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		1:13.32	:37.50								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		1:13.67	:38.75	1:21.77							
MARINWOOD @ TW	06/12/2010 Finals		1:11.86	:38.64	1:21.29							
ALL STARS 2010	06/16/2010 Finals			:38.58								
STRAWBERRY SEALS @ T	06/19/2010 Finals		1:10.46	:37.10								
<b>Darcy Gamble</b>		15-18	100 FR	50 BA	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		1:05.36	:32.77	:32.31	1:15.46						
TW @ SLEEPY HOLLOW	05/15/2010 Finals			:33.45	:32.15	1:15.59						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		1:06.76	:34.32	:33.65							
MARINWOOD @ TW	06/12/2010 Finals		1:06.16	:33.51	:33.44							

## PROGRESSION for Short Course Yards

<b>Colette Kolenda</b>		15-18	<b>100 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals			:35.06	:35.77		1:23.31						
TW @ SLEEPY HOLLOW	05/15/2010 Finals				:37.66								
TW @ NOVATO RIPTIDES	05/22/2010 Finals				:36.63								
TW @ ORCAS	06/05/2010 Finals			:35.04	:36.21	:34.57							
MARINWOOD @ TW	06/12/2010 Finals			:35.44	:36.98	:36.32							
ALL STARS 2010	06/16/2010 Finals			:34.89	:36.63								
STRAWBERRY SEALS @ T	06/19/2010 Finals	1:11.97		:34.44									
SWIMARIN @ TW	06/26/2010 Finals			:34.42	:35.94	:34.34							
CHAMPS 2010	07/10/2010 Finals			:35.11	:36.13	:33.30							
<b>Christie Leitzell</b>		15-18	<b>100 FR</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>							
MARINWOOD @ TW	06/12/2010 Finals			:35.31	:30.87	1:11.39							
STRAWBERRY SEALS @ T	06/19/2010 Finals	1:02.51			:30.79	1:11.27							
SWIMARIN @ TW	06/26/2010 Finals				:31.36								
<b>Kyra Mangan</b>		15-18	<b>100 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals	1:06.65		:36.74	:42.49	:34.91	1:20.44						
TW @ SLEEPY HOLLOW	05/15/2010 Finals	1:07.25											
TW @ NOVATO RIPTIDES	05/22/2010 Finals	1:07.36		:39.01			1:24.48						
TW @ ORCAS	06/05/2010 Finals	1:08.52		:37.92		:35.82							
MARINWOOD @ TW	06/12/2010 Finals	1:06.89		:37.17			1:22.24						
STRAWBERRY SEALS @ T	06/19/2010 Finals	1:06.54		:37.10		:35.27							
SWIMARIN @ TW	06/26/2010 Finals	1:06.54		:37.77		:37.34							
CHAMPS 2010	07/10/2010 Finals	1:07.13		:37.86		:36.04							
<b>Emmaline Meill</b>		15-18	<b>100 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals	1:07.65		:41.00	:40.98	:35.39	1:22.39						
TW @ SLEEPY HOLLOW	05/15/2010 Finals	1:09.50			:41.89		1:16.93						
TW @ NOVATO RIPTIDES	05/22/2010 Finals				:41.64	:35.63	1:18.29						
TW @ ORCAS	06/05/2010 Finals	1:09.86			:40.69		1:19.56						
MARINWOOD @ TW	06/12/2010 Finals	1:10.50			:41.09	:35.66							
CHAMPS 2010	07/10/2010 Finals				:41.16		1:19.77						

## PROGRESSION for Short Course Yards

<b>Maxime Montoya</b>	15-18	<b>100 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals	1:12.02	:43.54	:43.72	:41.30	1:28.80						
TW @ SLEEPY HOLLOW	05/15/2010 Finals			:43.84	:37.40	1:24.21						
TW @ NOVATO RIPTIDES	05/22/2010 Finals	1:11.52	DQ		:38.65							
TW @ ORCAS	06/05/2010 Finals	1:12.11		:42.55	:37.80							
MARINWOOD @ TW	06/12/2010 Finals		:41.12	:42.66	:37.29							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:40.18		:37.39	1:23.76						
SWIMARIN @ TW	06/26/2010 Finals	1:12.30	:41.26	:44.08								
<b>Josie Nordrum</b>	15-18	<b>50 FR</b>	<b>50 BA</b>	<b>50 FLY</b>	<b>100 I.M.</b>							
TIME TRIALS 2010	05/01/2010 Finals	:28.82	:32.62	:31.08	1:12.02							
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:27.78	:31.60	:30.88								
TW @ ORCAS	06/05/2010 Finals	:27.48	:30.61	:30.90								
MARINWOOD @ TW	06/12/2010 Finals	:27.75	:31.45		1:12.18							
ALL STARS 2010	06/16/2010 Finals	:26.98	:30.09	:30.24								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:31.45	:30.36	1:09.75							
SWIMARIN @ TW	06/26/2010 Finals		:30.26	:30.02	1:08.32							
CHAMPS 2010	07/10/2010 Finals		:29.40	:29.58	1:07.88							
<b>Julia Purcell</b>	15-18	<b>50 BA</b>	<b>50 FLY</b>	<b>100 I.M.</b>								
TIME TRIALS 2010	05/01/2010 Finals		:36.36	1:26.17								
MARINWOOD @ TW	06/12/2010 Finals	:38.30										
<b>Carlos Alomia</b>	8&UN	<b>25 FR</b>	<b>25 BA</b>	<b>25 FLY</b>								
TIME TRIALS 2010	05/01/2010 Finals	:26.42	:38.85	:33.66								
TW @ SLEEPY HOLLOW	05/15/2010 Finals	:24.33	:38.94	:40.13								
TW @ ORCAS	06/05/2010 Finals	:23.06	:36.69	:36.57								
MARINWOOD @ TW	06/12/2010 Finals	:23.43	:33.05	:34.36								
STRAWBERRY SEALS @ T	06/19/2010 Finals	:23.93	:36.00	:40.76								
SWIMARIN @ TW	06/26/2010 Finals	:23.00	:32.52	:36.62								
CHAMPS 2010	07/10/2010 Finals	:26.17	:36.03	:34.85								

## PROGRESSION for Short Course Yards

<b>Cole Alvarado</b>	8&UN	25 FR	25 BA	25 BR	25 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals	:19.50	:24.90	:24.50	:28.67	2:05.02						
TW @ ROLLING HILLS	05/08/2010 Finals	:19.94		:23.92		1:56.37						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:25.61	:24.59		1:59.90						
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:21.33		:23.73		1:51.66						
TW @ ORCAS	06/05/2010 Finals		:23.26	:24.65		1:52.76						
ALL STARS 2010	06/16/2010 Finals		:25.44	:24.57		1:56.87						
STRAWBERRY SEALS @ T	06/19/2010 Finals	:19.63		:23.80		2:01.81						
SWIMARIN @ TW	06/26/2010 Finals	:19.23		:24.89		1:59.51						
<b>Finn Aune</b>	8&UN	25 FR	25 BA	25 BR	25 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals	:27.45	:31.11	:36.88	:37.76							
TW @ ROLLING HILLS	05/08/2010 Finals	:35.82	:33.01									
TW @ SLEEPY HOLLOW	05/15/2010 Finals	:24.18	:31.80	:33.51								
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:23.39	:26.29	:30.51								
TW @ ORCAS	06/05/2010 Finals	:24.59	:28.73	:30.36								
MARINWOOD @ TW	06/12/2010 Finals		:28.86	:30.25		2:17.53						
STRAWBERRY SEALS @ T	06/19/2010 Finals	:23.23	:25.23	:27.66								
SWIMARIN @ TW	06/26/2010 Finals		:25.72	:28.97		2:08.03						
CHAMPS 2010	07/10/2010 Finals	:21.10		:28.15		2:07.49						
<b>Luke Campodonico</b>	8&UN	25 FR	25 BA									
TIME TRIALS 2010	05/01/2010 Finals	:26.94	:31.98									
TW @ ROLLING HILLS	05/08/2010 Finals	:28.94	:41.65									
TW @ SLEEPY HOLLOW	05/15/2010 Finals	:27.19	:31.42									
TW @ ORCAS	06/05/2010 Finals	:27.36	:31.16									
MARINWOOD @ TW	06/12/2010 Finals	:28.54	:32.11									
STRAWBERRY SEALS @ T	06/19/2010 Finals	:25.80	:31.30									
SWIMARIN @ TW	06/26/2010 Finals	:27.43	:33.31									

## PROGRESSION for Short Course Yards

<b>James Chase</b>		8&UN	25 FR	25 BA								
TIME TRIALS 2010	05/01/2010 Finals		:26.65	:35.98								
TW @ ROLLING HILLS	05/08/2010 Finals		:27.90	:37.86								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:29.05	:34.01								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:27.66	:35.10								
TW @ ORCAS	06/05/2010 Finals		:28.39	:32.53								
MARINWOOD @ TW	06/12/2010 Finals		:27.71	:31.73								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:26.68	:32.62								
SWIMARIN @ TW	06/26/2010 Finals		:29.86	:38.35								
<b>Eli Ganong</b>		8&UN	25 FR	25 BA	25 BR	25 FLY	100 I.M.					
TIME TRIALS 2010	05/01/2010 Finals		:26.24	:35.37	:37.72	:35.53						
TW @ ROLLING HILLS	05/08/2010 Finals		:26.28	:32.60		:32.83						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:24.12	:28.66		:30.02						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:23.78	:31.33			2:24.66					
TW @ ORCAS	06/05/2010 Finals		:25.67			:35.53	2:23.64					
MARINWOOD @ TW	06/12/2010 Finals		:25.78		:34.74	:37.99						
SWIMARIN @ TW	06/26/2010 Finals		:23.54			:29.75	2:18.36					
<b>Nicholas Johnson</b>		8&UN	25 FR	25 BA	25 BR	25 FLY	100 I.M.					
TIME TRIALS 2010	05/01/2010 Finals		:19.21	:23.39	:35.11	:27.79	2:07.47					
TW @ ROLLING HILLS	05/08/2010 Finals		:20.17	:23.10		:26.80						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:19.67	:23.61		:27.54						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:19.49	:23.43		:31.33						
TW @ ORCAS	06/05/2010 Finals		:19.87	:22.93		:26.63						
MARINWOOD @ TW	06/12/2010 Finals		:19.18	:24.13			2:05.49					
ALL STARS 2010	06/16/2010 Finals			:24.93								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:19.47	:23.33		:27.76						
SWIMARIN @ TW	06/26/2010 Finals		:19.81	:23.82		:26.72						
CHAMPS 2010	07/10/2010 Finals		DQ	:23.39			1:56.36					

## PROGRESSION for Short Course Yards

<b>Theo Lesser</b>		8&UN	25 FR	25 BA	25 FLY							
TIME TRIALS 2010	05/01/2010 Finals		:26.00	:34.72								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:24.19	:33.85	:29.47							
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:25.65	:32.64	:35.77							
TW @ ORCAS	06/05/2010 Finals		:26.90	:33.68	:29.57							
MARINWOOD @ TW	06/12/2010 Finals		:25.13	:31.04								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:24.12	:31.19	:30.25							
SWIMARIN @ TW	06/26/2010 Finals		:24.52	:31.20	:27.74							
<b>Ben Bundy</b>		11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.					
TIME TRIALS 2010	05/01/2010 Finals		:45.03	:49.04	:54.73	:58.40	1:50.44					
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:45.48	:49.98	:56.30							
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:43.81	:48.56	:54.36							
TW @ ORCAS	06/05/2010 Finals		:40.90	:58.46								
MARINWOOD @ TW	06/12/2010 Finals		:41.65	:49.17	:54.55							
<b>Griffin Burke</b>		11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.					
TIME TRIALS 2010	05/01/2010 Finals		:27.39	:31.80	:39.32	:30.89	1:09.45					
TW @ ROLLING HILLS	05/08/2010 Finals			:30.69		:30.33	1:08.95					
TW @ SLEEPY HOLLOW	05/15/2010 Finals			:31.57		:30.39	1:07.93					
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:27.47	:31.20		:30.58	1:06.94					
TW @ ORCAS	06/05/2010 Finals			:30.09	:38.06	:30.27	1:07.51					
MARINWOOD @ TW	06/12/2010 Finals			:31.15	:38.17	:30.41	1:06.54					
ALL STARS 2010	06/16/2010 Finals			:29.73		:29.18	1:05.91					
STRAWBERRY SEALS @ T	06/19/2010 Finals			:30.70		:30.61	1:07.90					
SWIMARIN @ TW	06/26/2010 Finals			:30.61		:29.21	1:06.30					
CHAMPS 2010	07/10/2010 Finals			:28.81		:29.31	1:04.44					

## PROGRESSION for Short Course Yards

<b>Jonathan Chase</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:34.00	:39.66	:52.35	:47.49	1:40.76						
TW @ ROLLING HILLS	05/08/2010 Finals		:34.66	:39.60			1:35.29						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:36.09	:40.13		:44.63							
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:35.18	:40.50			1:36.38						
TW @ ORCAS	06/05/2010 Finals		:36.05	:36.87			DQ						
MARINWOOD @ TW	06/12/2010 Finals		:35.84	:39.77			1:35.99						
ALL STARS 2010	06/16/2010 Finals			:40.09									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:34.60	:39.45			1:33.93						
SWIMARIN @ TW	06/26/2010 Finals		:36.33	:39.80			1:35.47						
<b>Skyler Cox</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 FLY</b>								
TIME TRIALS 2010	05/01/2010 Finals		:45.90	1:03.05									
TW @ ROLLING HILLS	05/08/2010 Finals		:43.68	:56.53									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:45.00	:59.72									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:44.49	1:02.13									
TW @ ORCAS	06/05/2010 Finals		:45.12	DQ									
MARINWOOD @ TW	06/12/2010 Finals		:48.56	1:00.71									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:43.75	1:04.56									
SWIMARIN @ TW	06/26/2010 Finals		:44.72	1:03.62	DQ								
CHAMPS 2010	07/10/2010 Finals		:45.13	1:04.57									
<b>Justin Fleming</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:38.49	:47.28	:51.54	:51.43	1:39.56						
TW @ ROLLING HILLS	05/08/2010 Finals		:37.50	:51.09			1:41.84						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:37.87		:51.11		1:38.65						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:38.20	:47.43		:52.76							
TW @ ORCAS	06/05/2010 Finals		:36.72	:48.06			1:42.17						
MARINWOOD @ TW	06/12/2010 Finals		:39.11	:49.03	:53.69								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:37.33	:46.71	:50.89								
CHAMPS 2010	07/10/2010 Finals		:37.84		:52.80		1:47.59						

## PROGRESSION for Short Course Yards

<b>Marc Gleckman</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:30.98	:41.88	:47.44	:44.95	1:33.70						
TW @ ROLLING HILLS	05/08/2010 Finals		:31.62	:40.62	:48.75								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:32.03			:45.32	1:32.43						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:31.82	:41.97			1:30.21						
TW @ ORCAS	06/05/2010 Finals		:31.49	:42.66			1:27.63						
MARINWOOD @ TW	06/12/2010 Finals		:31.39	:41.80		:43.27							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:32.29			:41.39	1:30.94						
SWIMARIN @ TW	06/26/2010 Finals		:31.31			:40.61	1:33.32						
<b>Zack Herzer</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:40.46	:53.06	:53.02	1:02.12	1:52.99						
TW @ ROLLING HILLS	05/08/2010 Finals		:36.10	:50.56	:53.76								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:35.74	:51.53	:54.72								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:42.04		:53.71		1:52.40						
TW @ ORCAS	06/05/2010 Finals		:35.81	:49.79	:51.73								
MARINWOOD @ TW	06/12/2010 Finals		:36.92		:56.99		1:45.55						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:39.95		DQ		1:50.93						
SWIMARIN @ TW	06/26/2010 Finals		:40.01		:53.62		1:48.70						
CHAMPS 2010	07/10/2010 Finals		:36.73	:46.37	:52.74								
<b>Mark Levinson</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:44.73	:53.82	:58.66	:58.09	2:04.91						
SWIMARIN @ TW	06/26/2010 Finals		:38.95		:57.46								
<b>Cody Meylan</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>100 I.M.</b>								
TIME TRIALS 2010	05/01/2010 Finals		1:01.63	1:02.35	2:20.96								
TW @ ROLLING HILLS	05/08/2010 Finals		:53.39	1:08.40									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:52.39	1:02.88									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:52.13	1:00.43									
MARINWOOD @ TW	06/12/2010 Finals		:52.10	1:03.68									
SWIMARIN @ TW	06/26/2010 Finals		:52.42	1:00.41									
CHAMPS 2010	07/10/2010 Finals		:46.90	:59.95									

## PROGRESSION for Short Course Yards

<b>Drake Murphy</b>		11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:37.60	:49.32	:47.06	:50.17	1:42.24						
TW @ ROLLING HILLS	05/08/2010 Finals		:37.66		:46.28		1:36.28						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:36.92		:46.62		1:37.97						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:36.56		:46.57		1:35.70						
TW @ ORCAS	06/05/2010 Finals		:35.03		:46.05		1:35.35						
MARINWOOD @ TW	06/12/2010 Finals		:36.12		:47.38		1:37.94						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:35.66		:45.86		1:34.76						
SWIMARIN @ TW	06/26/2010 Finals		:38.15		:46.68		1:34.04						
CHAMPS 2010	07/10/2010 Finals		:34.59		:44.29		1:33.49						
<b>Ryan Newhard</b>													
		11-12	50 FR	50 BA	50 BR								
MARINWOOD @ TW	06/12/2010 Finals		:35.25	:46.58	DQ								
<b>Jacob Olson</b>													
		11-12	50 FR	50 BA	50 BR	100 I.M.							
TIME TRIALS 2010	05/01/2010 Finals		:40.72	:53.50	1:00.54	2:01.14							
TW @ ROLLING HILLS	05/08/2010 Finals			:54.53	DQ								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:40.54	:54.70	:59.67								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:39.59	:55.78	:53.96								
TW @ ORCAS	06/05/2010 Finals		:37.31	:57.02									
MARINWOOD @ TW	06/12/2010 Finals		:37.52	:52.42	:49.29								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:37.06	:48.08	:49.36								
<b>Theo Schiff</b>													
		11-12	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:41.45	:44.89	:54.38	:46.77	1:44.44						
TW @ ROLLING HILLS	05/08/2010 Finals		:36.98	:43.68			1:35.40						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:37.40	:43.59			1:36.31						
TW @ NOVATO RIPTIDES	05/22/2010 Finals			:45.04		:44.76	1:43.77						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:39.38			:43.23	1:38.46						
SWIMARIN @ TW	06/26/2010 Finals		:39.25			:44.47	1:41.07						

## PROGRESSION for Short Course Yards

<b>Henry Mills</b>		8&UN	25 FR	25 BA	25 FLY								
TIME TRIALS 2010	05/01/2010 Finals		:24.99	:43.48	:38.77								
TW @ ROLLING HILLS	05/08/2010 Finals		:24.69	:41.87	:35.45								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:25.93	:38.72	:34.33								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:27.30	:43.66	:39.74								
TW @ ORCAS	06/05/2010 Finals		:27.82	:37.41	:38.63								
MARINWOOD @ TW	06/12/2010 Finals		:24.28	:31.87	:35.77								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:23.51	:33.72	:36.64								
SWIMARIN @ TW	06/26/2010 Finals		:23.78	:35.91	:39.02								
<b>Branden Newhard</b>		8&UN	25 FR	25 BA									
TIME TRIALS 2010	05/01/2010 Finals		:23.18	:31.39									
TW @ ROLLING HILLS	05/08/2010 Finals		:22.36	:36.21									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:22.95	:30.34									
TW @ ORCAS	06/05/2010 Finals		:21.71	:29.06									
MARINWOOD @ TW	06/12/2010 Finals		:20.08	:33.56									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:20.11	:30.88									
SWIMARIN @ TW	06/26/2010 Finals		:20.04	:28.89									
CHAMPS 2010	07/10/2010 Finals		:22.13										
<b>Colby Paine</b>		8&UN	25 FR	25 BA	25 BR	25 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:20.33	:25.19	:32.96	:26.64	2:09.65						
TW @ ROLLING HILLS	05/08/2010 Finals			:27.33		:23.44	2:10.43						
TW @ SLEEPY HOLLOW	05/15/2010 Finals			:26.70		:26.65	2:12.39						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:21.34	:26.17									
TW @ ORCAS	06/05/2010 Finals		:20.98	:26.85	:31.48								
MARINWOOD @ TW	06/12/2010 Finals			:24.95		:24.80	DQ						
STRAWBERRY SEALS @ T	06/19/2010 Finals			:24.25		:24.10	2:01.12						
SWIMARIN @ TW	06/26/2010 Finals		:19.19			:21.35							
CHAMPS 2010	07/10/2010 Finals		:20.22			:23.02	1:57.81						

## PROGRESSION for Short Course Yards

<b>Owen Ross</b>		8&UN	25 FR	25 BA									
TIME TRIALS 2010	05/01/2010 Finals		:40.28	:45.05									
TW @ ROLLING HILLS	05/08/2010 Finals		:33.04	:43.36									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:36.44	:38.97									
TW @ ORCAS	06/05/2010 Finals		:30.33	:37.27									
MARINWOOD @ TW	06/12/2010 Finals		:30.46	:39.81									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:30.11	:42.97									
SWIMARIN @ TW	06/26/2010 Finals		:29.72	:42.44									
CHAMPS 2010	07/10/2010 Finals		:30.51	:40.79									
<b>Alexander Sreba</b>		8&UN	25 FR	25 BA									
TIME TRIALS 2010	05/01/2010 Finals		:26.92	:29.87									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:25.79	:31.48									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:27.77	:29.92									
TW @ ORCAS	06/05/2010 Finals		:25.19	:32.54									
MARINWOOD @ TW	06/12/2010 Finals		:23.67	:31.90									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:27.80	:30.66									
<b>Ryan Strain</b>		8&UN	25 FR	25 BA									
TIME TRIALS 2010	05/01/2010 Finals		:30.91	:36.68									
TW @ ROLLING HILLS	05/08/2010 Finals		:29.53	:38.74									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:28.63	:36.15									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:30.81	:30.84									
TW @ ORCAS	06/05/2010 Finals		:28.97	:33.75									
MARINWOOD @ TW	06/12/2010 Finals		:29.00	:35.80									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:27.27	:35.14									
SWIMARIN @ TW	06/26/2010 Finals		:25.77	:38.61									
<b>Cole Summers</b>		8&UN	25 FR	25 BA									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:35.16	:44.69									
SWIMARIN @ TW	06/26/2010 Finals		:37.62	:41.18									

## PROGRESSION for Short Course Yards

<b>Liam Thrift</b>		8&UN	25 FR	25 BA									
TIME TRIALS 2010	05/01/2010 Finals		:32.50	:45.69									
TW @ ROLLING HILLS	05/08/2010 Finals		:29.58	:41.30									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:30.59	:39.27									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:27.00	:36.15									
TW @ ORCAS	06/05/2010 Finals		:25.87	:39.32									
MARINWOOD @ TW	06/12/2010 Finals		:26.55	:38.33									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:30.23	:35.80									
SWIMARIN @ TW	06/26/2010 Finals		:25.31	:38.17									
CHAMPS 2010	07/10/2010 Finals		:28.30	:40.11									
<b>Collin Trauner</b>		8&UN	25 FR	25 BA	25 BR								
TIME TRIALS 2010	05/01/2010 Finals		:23.42	:27.24	:32.98								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:24.65	:29.09	:33.82								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:24.97	:31.09	:34.58								
TW @ ORCAS	06/05/2010 Finals		:22.52	:28.23	:31.01								
MARINWOOD @ TW	06/12/2010 Finals		:22.71	:28.05	:30.91								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:21.40	:30.00	:28.32								
SWIMARIN @ TW	06/26/2010 Finals		:22.97	:29.71	:29.87								
<b>Timothee Walters</b>		8&UN	25 FR	25 BA	25 BR	25 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:25.43	:37.04	:34.20	:38.65	2:43.88						
TW @ ROLLING HILLS	05/08/2010 Finals		:25.19	:33.97	:30.92								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:25.23	:33.81	:34.54								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:24.66	:36.23	:32.14								
<b>Jack Watson</b>		8&UN	25 FR	25 BA	25 BR								
TIME TRIALS 2010	05/01/2010 Finals		:22.10	:46.85	:49.14								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:24.32	:35.66									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:22.05	:37.05									
TW @ ORCAS	06/05/2010 Finals		:22.64	:34.83									
MARINWOOD @ TW	06/12/2010 Finals		:22.76	:38.42									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:23.85	:33.65	:38.35								
SWIMARIN @ TW	06/26/2010 Finals		:21.83	:34.31	:46.84								

## PROGRESSION for Short Course Yards

<b>Raul Beltran</b>		9-10	50 FR	50 BA	50 BR								
TIME TRIALS 2010	05/01/2010 Finals			:49.64	:59.87								
TW @ ROLLING HILLS	05/08/2010 Finals			:56.94									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:47.22	:59.17									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:45.64	1:02.99	DQ								
TW @ ORCAS	06/05/2010 Finals		:46.15	:56.21									
MARINWOOD @ TW	06/12/2010 Finals		:42.86	:57.39									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:42.41	:54.69									
SWIMARIN @ TW	06/26/2010 Finals		:45.47	:57.58									
CHAMPS 2010	07/10/2010 Finals		:44.30	:55.91									
<b>Erik Bridewell</b>		9-10	50 FR	50 BA									
TIME TRIALS 2010	05/01/2010 Finals		1:07.68	1:17.97									
TW @ ROLLING HILLS	05/08/2010 Finals		1:05.97	1:17.54									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		DQ	1:18.39									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:54.35	1:10.28									
TW @ ORCAS	06/05/2010 Finals		:56.85	1:10.27									
MARINWOOD @ TW	06/12/2010 Finals		:54.73	1:05.93									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:52.61	1:06.81									
SWIMARIN @ TW	06/26/2010 Finals		:51.34	1:01.34									
CHAMPS 2010	07/10/2010 Finals		:49.83	1:05.11									
<b>Tor Bridewell</b>		9-10	50 FR	50 BA	50 BR								
TIME TRIALS 2010	05/01/2010 Finals		1:01.18	1:18.41									
TW @ ROLLING HILLS	05/08/2010 Finals		:59.48	1:20.46									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		1:00.37	1:08.18									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:53.34	DQ									
TW @ ORCAS	06/05/2010 Finals		:53.20	1:01.73									
MARINWOOD @ TW	06/12/2010 Finals		:47.22	:57.43									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:47.99	:57.58									
SWIMARIN @ TW	06/26/2010 Finals		:48.91	:55.13	1:04.73								
CHAMPS 2010	07/10/2010 Finals		:45.16	:55.26	1:08.14								

## PROGRESSION for Short Course Yards

<b>Riley Christensen</b>		9-10	50 FR	50 BA									
TIME TRIALS 2010	05/01/2010 Finals		1:12.08	1:22.34									
TW @ ROLLING HILLS	05/08/2010 Finals		1:04.75	1:25.78									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:57.42	1:18.73									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		1:01.16	1:17.27									
TW @ ORCAS	06/05/2010 Finals		:59.90	1:13.57									
STRAWBERRY SEALS @ T	06/19/2010 Finals		1:06.97										
SWIMARIN @ TW	06/26/2010 Finals		1:07.05	1:20.53									
<b>Davis Crowe</b>		9-10	50 FR	50 BA									
TIME TRIALS 2010	05/01/2010 Finals		1:00.87	1:01.76									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:51.77	1:02.92									
TW @ ORCAS	06/05/2010 Finals		:49.61	1:04.54									
MARINWOOD @ TW	06/12/2010 Finals		:48.06	1:03.10									
STRAWBERRY SEALS @ T	06/19/2010 Finals			1:05.81									
SWIMARIN @ TW	06/26/2010 Finals		:48.41	1:02.61									
<b>Nick Decker</b>		9-10	50 FR	50 BA	50 BR								
TIME TRIALS 2010	05/01/2010 Finals		:56.10	1:07.00									
TW @ ROLLING HILLS	05/08/2010 Finals		:51.46	:57.18	DQ								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:54.34	:59.82									
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:52.27	:56.75									
TW @ ORCAS	06/05/2010 Finals		:55.20	1:01.58									
MARINWOOD @ TW	06/12/2010 Finals		:52.15	:59.74									
CHAMPS 2010	07/10/2010 Finals		:45.66	:58.26									
<b>Stephen Jung</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:43.46	:49.61	1:03.77	1:08.50	1:58.31						
TW @ ROLLING HILLS	05/08/2010 Finals		:47.44	:56.03		1:06.67							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:41.49	:51.17			1:55.87						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:44.06	:50.71		DQ							
TW @ ORCAS	06/05/2010 Finals		:40.72	:47.45		1:02.12							
MARINWOOD @ TW	06/12/2010 Finals		:40.88	:48.76		1:01.86							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:41.96	:49.60									
CHAMPS 2010	07/10/2010 Finals		:45.16	:50.74		1:08.96							

## PROGRESSION for Short Course Yards

<b>Philip Knott</b>		9-10	50 FR	50 BA								
TIME TRIALS 2010	05/01/2010 Finals		:47.58	1:09.63								
TW @ ROLLING HILLS	05/08/2010 Finals		:48.83	1:11.70								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:48.69	1:12.32								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:53.38	1:08.86								
TW @ ORCAS	06/05/2010 Finals		:49.78	1:12.07								
MARINWOOD @ TW	06/12/2010 Finals		:54.17	1:12.41								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:50.10	1:08.40								
SWIMARIN @ TW	06/26/2010 Finals		:49.61									
CHAMPS 2010	07/10/2010 Finals		:46.59	1:05.74								
<b>Ben Massik</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.					
TIME TRIALS 2010	05/01/2010 Finals		:40.11	:51.73	:57.86	1:04.25	1:52.13					
TW @ ROLLING HILLS	05/08/2010 Finals		:40.86		:56.46		1:48.87					
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:40.63	:51.28			1:45.02					
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:40.26	:50.30			1:47.67					
TW @ ORCAS	06/05/2010 Finals		:38.64		:53.39		1:42.95					
MARINWOOD @ TW	06/12/2010 Finals		:38.61		:53.23		1:44.51					
STRAWBERRY SEALS @ T	06/19/2010 Finals		:39.19	:49.82			1:44.03					
SWIMARIN @ TW	06/26/2010 Finals		:40.72		:52.86		1:48.30					
CHAMPS 2010	07/10/2010 Finals		:40.87		:56.30		1:47.18					
<b>Kimon Monokandilos</b>		9-10	50 FR	50 BA								
TIME TRIALS 2010	05/01/2010 Finals		1:19.56	1:34.23								
MARINWOOD @ TW	06/12/2010 Finals		:54.62	1:06.63								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:59.16	1:08.94								
SWIMARIN @ TW	06/26/2010 Finals		DQ	1:06.00								

## PROGRESSION for Short Course Yards

<b>Jason Morris</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:32.70	:41.48	:46.27	:39.23	1:30.36						
TW @ ROLLING HILLS	05/08/2010 Finals			DQ	:47.27	:40.41							
TW @ SLEEPY HOLLOW	05/15/2010 Finals				:45.72	:41.45	1:30.20						
TW @ NOVATO RIPTIDES	05/22/2010 Finals				:47.33	:45.00	1:32.30						
TW @ ORCAS	06/05/2010 Finals		:33.64		:43.47	:38.89							
MARINWOOD @ TW	06/12/2010 Finals		:31.67		:47.05	:39.33							
ALL STARS 2010	06/16/2010 Finals		:32.06		:44.12	DQ							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:33.21		:45.30		1:27.94						
SWIMARIN @ TW	06/26/2010 Finals		:33.20		:44.53	:36.94							
CHAMPS 2010	07/10/2010 Finals		:32.71		:44.95	:38.40							
<b>Justin Neustaetter</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:42.22	:48.48	1:02.82	:56.83	1:51.80						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:43.20	:48.85		1:04.69							
TW @ NOVATO RIPTIDES	05/22/2010 Finals			:48.39		1:02.80	2:08.51						
TW @ ORCAS	06/05/2010 Finals			:48.14		:55.43	1:51.24						
MARINWOOD @ TW	06/12/2010 Finals			:48.09		:54.68	1:53.71						
STRAWBERRY SEALS @ T	06/19/2010 Finals			:47.07		1:01.16	1:52.28						
SWIMARIN @ TW	06/26/2010 Finals		:40.58			1:08.37	2:06.27						
CHAMPS 2010	07/10/2010 Finals		:39.09	:44.83			1:41.07						
<b>Ryan Nevitt</b>		9-10	50 FR	50 BA	50 BR								
TIME TRIALS 2010	05/01/2010 Finals		:56.34	1:11.90	1:14.02								
TW @ ROLLING HILLS	05/08/2010 Finals				DQ								
MARINWOOD @ TW	06/12/2010 Finals		1:03.03	1:19.89	1:00.77								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:54.00	1:11.93	:54.69								
SWIMARIN @ TW	06/26/2010 Finals		:50.78	1:07.97	:55.11								

## PROGRESSION for Short Course Yards

<b>Craig O'Day</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:39.24	:42.02	:57.91	:54.56	1:46.51						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:38.71	:43.53			1:39.48						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:40.80	:41.96			1:42.90						
TW @ ORCAS	06/05/2010 Finals		:37.90	:41.62			1:37.69						
MARINWOOD @ TW	06/12/2010 Finals		:37.46	:42.83			1:38.22						
ALL STARS 2010	06/16/2010 Finals			:42.01									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:37.16	:42.72		:46.05							
SWIMARIN @ TW	06/26/2010 Finals			:42.44		:43.17	1:32.60						
CHAMPS 2010	07/10/2010 Finals			:41.70		:43.67	1:35.48						
<b>Connell Phillipps</b>		9-10	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:38.14	:47.70	:55.09	:55.96	1:46.81						
TW @ ROLLING HILLS	05/08/2010 Finals		:38.78	:49.41	DQ								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:40.90	:48.20	:52.90								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:43.39		:52.11	:55.02							
TW @ ORCAS	06/05/2010 Finals		:38.89	:47.22	:51.72								
MARINWOOD @ TW	06/12/2010 Finals		:37.54		:51.09	:50.00							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:39.88	:49.84	:55.80								
SWIMARIN @ TW	06/26/2010 Finals		:38.71	:46.25	:53.76								
CHAMPS 2010	07/10/2010 Finals		:38.29		:51.73		1:40.14						
<b>Patrick Silva-Martin</b>		9-10	50 FR	50 BA	50 BR								
TIME TRIALS 2010	05/01/2010 Finals		1:05.69	1:01.41	1:36.77								
TW @ ROLLING HILLS	05/08/2010 Finals			1:06.64									
TW @ SLEEPY HOLLOW	05/15/2010 Finals		1:03.32										
TW @ NOVATO RIPTIDES	05/22/2010 Finals		1:13.41	1:13.48	DQ								
MARINWOOD @ TW	06/12/2010 Finals		:57.30	:56.64									
STRAWBERRY SEALS @ T	06/19/2010 Finals		:50.95	:54.97									
SWIMARIN @ TW	06/26/2010 Finals		:52.50	:51.95									

## PROGRESSION for Short Course Yards

<b>Christopher Berremar</b> 11-12		<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals	:39.30	:50.41	:53.38	:51.25	1:59.51						
TW @ ROLLING HILLS	05/08/2010 Finals	:40.65	:54.95	:56.72								
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:41.92	:54.96	:57.98								
TW @ ORCAS	06/05/2010 Finals	:43.92	:54.30									
MARINWOOD @ TW	06/12/2010 Finals	:40.64	:53.00	DQ								
STRAWBERRY SEALS @ T	06/19/2010 Finals	:42.98	:53.88	DQ								
SWIMARIN @ TW	06/26/2010 Finals	:40.51	:51.32	:53.11								
CHAMPS 2010	07/10/2010 Finals	:43.94		:54.60								
<b>Cole Bouton</b> 11-12		<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>								
TIME TRIALS 2010	05/01/2010 Finals	:54.41	:50.55	:49.21								
TW @ ROLLING HILLS	05/08/2010 Finals	:42.11	:52.86	:52.44								
TW @ SLEEPY HOLLOW	05/15/2010 Finals	:47.65	:56.87	:55.87								
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:41.77	:48.97	:51.79								
<b>Ryan Schoenlein</b> 11-12		<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals	:30.71	:37.36	:45.77	:37.86	1:26.74						
TW @ ROLLING HILLS	05/08/2010 Finals	:30.93			:35.45	1:28.64						
TW @ SLEEPY HOLLOW	05/15/2010 Finals	:31.03	:36.77		:35.64							
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:32.10	:38.64		:39.77							
TW @ ORCAS	06/05/2010 Finals	:30.38	:37.70			1:24.49						
MARINWOOD @ TW	06/12/2010 Finals	:31.56	:36.00		:38.73							
ALL STARS 2010	06/16/2010 Finals	:32.75	:38.34		DQ							
STRAWBERRY SEALS @ T	06/19/2010 Finals	:32.54		:44.77		1:24.11						
SWIMARIN @ TW	06/26/2010 Finals	:31.48		:45.61		1:24.37						
CHAMPS 2010	07/10/2010 Finals	:30.38	:38.58		:39.28							
<b>Brian Whitelaw-McDc</b> 11-12		<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals	:55.02	:50.91	1:08.19	1:09.60							
TW @ NOVATO RIPTIDES	05/22/2010 Finals	:44.04	DQ	DQ								
TW @ ORCAS	06/05/2010 Finals	:41.89	:48.49	1:03.90								
MARINWOOD @ TW	06/12/2010 Finals		:47.75	:55.79								
STRAWBERRY SEALS @ T	06/19/2010 Finals	:41.59	:48.81			1:48.83						
SWIMARIN @ TW	06/26/2010 Finals	:41.55	:47.82			1:52.82						

## PROGRESSION for Short Course Yards

<b>Gavin Wong</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:52.33	1:00.11	1:00.03	1:04.89	2:11.95						
TW @ ROLLING HILLS	05/08/2010 Finals		DQ	:56.38	:56.66								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:49.25	:58.91	:59.17								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:47.95	1:01.96	:59.02								
TW @ ORCAS	06/05/2010 Finals		:43.71		:56.98		2:00.05						
MARINWOOD @ TW	06/12/2010 Finals		:42.45		:53.61		DQ						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:43.33	:54.70	:55.33								
SWIMARIN @ TW	06/26/2010 Finals		:39.61	:59.26	:54.84								
CHAMPS 2010	07/10/2010 Finals		:39.21		:52.25								
<b>Kenneth Wong</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:34.64	:42.28	:46.63	:47.02	1:36.81						
TW @ ROLLING HILLS	05/08/2010 Finals		:35.09	:44.74			1:33.56						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:33.95		:45.20		1:29.31						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:35.58		:45.26		1:28.96						
TW @ ORCAS	06/05/2010 Finals		:34.87		:45.19	:43.23							
MARINWOOD @ TW	06/12/2010 Finals				:44.31	:43.68	1:29.31						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:35.84			:45.80	1:30.45						
SWIMARIN @ TW	06/26/2010 Finals				:43.81	:44.74	1:30.34						
CHAMPS 2010	07/10/2010 Finals				:42.69	:42.24	1:30.55						
<b>Kyle Wong</b>		11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:38.70	:43.36	:48.54	:51.79	1:41.51						
TW @ ROLLING HILLS	05/08/2010 Finals			:42.50	:49.33		1:37.69						
TW @ SLEEPY HOLLOW	05/15/2010 Finals			:41.72	:50.89		1:39.99						
TW @ NOVATO RIPTIDES	05/22/2010 Finals			:42.14	:49.16		1:36.06						
TW @ ORCAS	06/05/2010 Finals			:41.06	:47.67		1:33.76						
MARINWOOD @ TW	06/12/2010 Finals			:41.99	:46.91		1:34.20						
STRAWBERRY SEALS @ T	06/19/2010 Finals		:39.31	:43.41	:47.11								
SWIMARIN @ TW	06/26/2010 Finals		:38.30	:41.49	:46.26								
CHAMPS 2010	07/10/2010 Finals		:35.54	:40.39	:46.88								

## PROGRESSION for Short Course Yards

<b>Kenneth Berreman</b>		13-14	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:27.64	:34.34	:35.70	:31.80	1:11.27						
TW @ ROLLING HILLS	05/08/2010 Finals		:27.25		:35.67		1:10.04						
TW @ SLEEPY HOLLOW	05/15/2010 Finals			DQ	:36.22		1:11.45						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:27.45		:35.46		1:10.68						
TW @ ORCAS	06/05/2010 Finals		:26.94		:34.60		1:08.28						
MARINWOOD @ TW	06/12/2010 Finals		:27.23		:34.83		1:07.92						
ALL STARS 2010	06/16/2010 Finals		:26.76		:34.09		1:09.39						
SWIMARIN @ TW	06/26/2010 Finals		:26.91		:35.04		1:10.43						
CHAMPS 2010	07/10/2010 Finals		:26.47		:32.90		1:07.16						
<b>Travis Burroughs</b>		13-14	50 FR	100 FR	50 BA	50 BR	50 FLY	100 I.M.					
TIME TRIALS 2010	05/01/2010 Finals		:32.20		:38.58	:49.99	:40.87	1:29.08					
TW @ ROLLING HILLS	05/08/2010 Finals		:32.05		:40.15		DQ						
TW @ SLEEPY HOLLOW	05/15/2010 Finals				:37.84		:41.95	1:29.16					
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:33.30		:40.19			1:27.82					
TW @ ORCAS	06/05/2010 Finals			1:12.31	:38.92	:48.44							
MARINWOOD @ TW	06/12/2010 Finals		:32.57		:39.55								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:32.53		:39.17		:40.40						
<b>Tommy Fant</b>		13-14	50 FR	50 FLY	100 I.M.								
SWIMARIN @ TW	06/26/2010 Finals		:34.27	:37.25	1:31.19								
<b>Jordon Ganong</b>		13-14	50 FR	50 BA	50 BR	50 FLY	100 I.M.						
TIME TRIALS 2010	05/01/2010 Finals		:35.94	:44.38	:44.97	:49.83	1:34.06						
TW @ ROLLING HILLS	05/08/2010 Finals		:36.47		:43.56		1:30.72						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:36.70	:44.65	:44.63								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:36.18		:44.90		1:36.50						
TW @ ORCAS	06/05/2010 Finals		:36.25		:43.93		1:37.68						
MARINWOOD @ TW	06/12/2010 Finals		:35.33		:44.43		1:35.04						
SWIMARIN @ TW	06/26/2010 Finals		:35.71		:44.45		1:29.53						

## PROGRESSION for Short Course Yards

<b>Graham Hooper</b>		13-14	50 FR	50 BA								
TIME TRIALS 2010	05/01/2010 Finals		:38.82	:55.10								
TW @ ROLLING HILLS	05/08/2010 Finals		:39.06	1:01.55								
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:41.04	:57.25								
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:40.67	:55.45								
TW @ ORCAS	06/05/2010 Finals		:42.55	:59.28								
STRAWBERRY SEALS @ T	06/19/2010 Finals		:40.29	1:03.86								
SWIMARIN @ TW	06/26/2010 Finals		:39.05	:59.21								
<b>Ryan Mangan</b>		13-14	50 FR	50 BA	50 BR	50 FLY	100 I.M.					
TIME TRIALS 2010	05/01/2010 Finals		:28.00	:34.82	:36.43	:32.77	1:13.83					
TW @ ROLLING HILLS	05/08/2010 Finals			:36.21		:32.42	1:14.83					
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:28.85		:36.68	:32.31						
TW @ NOVATO RIPTIDES	05/22/2010 Finals			:35.31	:36.63	:32.51						
TW @ ORCAS	06/05/2010 Finals		:27.78	DQ	:35.62	:32.88						
MARINWOOD @ TW	06/12/2010 Finals		:27.80	:35.28	:35.36							
ALL STARS 2010	06/16/2010 Finals				:35.08	:32.00						
STRAWBERRY SEALS @ T	06/19/2010 Finals				:35.35	:30.53	1:11.29					
SWIMARIN @ TW	06/26/2010 Finals		:27.26	:34.76	:36.25	:31.18						
CHAMPS 2010	07/10/2010 Finals		:27.68		:34.85	:30.47						
<b>Michael Patterson</b>		13-14	50 FR	50 BA	50 BR	50 FLY	100 I.M.					
TIME TRIALS 2010	05/01/2010 Finals		:38.43	:48.66	:50.05	:53.87	1:49.41					
TW @ ROLLING HILLS	05/08/2010 Finals		:39.19	:47.60	:50.13							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:42.42	:46.48	:52.97							
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:42.11	:49.34			1:44.19					
TW @ ORCAS	06/05/2010 Finals		:39.30	:48.68			1:43.98					
MARINWOOD @ TW	06/12/2010 Finals		:38.39	:48.30	:50.62							
<b>Alex Purcell</b>		13-14	50 FR	100 FR	50 BA	50 BR	50 FLY	100 I.M.				
TIME TRIALS 2010	05/01/2010 Finals		:31.24		:38.49		:37.47	1:24.34				
TW @ ROLLING HILLS	05/08/2010 Finals			1:11.69	:37.46		:38.61					
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:31.51		:35.91			1:21.98				
TW @ ORCAS	06/05/2010 Finals				:37.33	:43.95		1:21.01				
STRAWBERRY SEALS @ T	06/19/2010 Finals		:32.24									

## PROGRESSION for Short Course Yards

<b>Brooks Roenisch</b>		13-14	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		:29.70	:37.00	:42.00	:36.63	1:24.86						
TW @ ROLLING HILLS	05/08/2010 Finals			:38.03	:42.22	:35.44							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:30.85		:41.71		1:21.72						
TW @ NOVATO RIPTIDES	05/22/2010 Finals			:38.23		:36.12	1:23.36						
TW @ ORCAS	06/05/2010 Finals		:30.19	:36.99		:34.30							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:30.37		:41.20	:35.56							
SWIMARIN @ TW	06/26/2010 Finals		:30.93			:36.85	1:24.61						
<b>Jake Rosenberg</b>		13-14	<b>50 FR</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>							
TIME TRIALS 2010	05/01/2010 Finals		:30.85	:36.70	:34.81	1:19.77							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:29.48	:35.94		1:17.08							
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:30.39	:37.93		1:18.36							
TW @ ORCAS	06/05/2010 Finals		:29.98	:35.76		1:17.86							
<b>Max Schoenlein</b>		13-14	<b>50 FR</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>							
TIME TRIALS 2010	05/01/2010 Finals		:37.40	:45.23	:52.10	1:45.61							
TW @ ROLLING HILLS	05/08/2010 Finals		:37.28	:44.16		1:51.29							
TW @ SLEEPY HOLLOW	05/15/2010 Finals		:36.89	:46.57		1:45.88							
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:37.77	:45.34		1:52.65							
TW @ ORCAS	06/05/2010 Finals		:36.73	:45.58		1:46.30							
MARINWOOD @ TW	06/12/2010 Finals		:38.06	:46.38		DQ							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:38.92	:44.73		1:46.46							
SWIMARIN @ TW	06/26/2010 Finals		:35.49	:47.82		DQ							
CHAMPS 2010	07/10/2010 Finals		:35.82	:43.63		1:43.27							
<b>Ryan Fugate</b>		15-18	<b>100 FR</b>	<b>50 BA</b>	<b>50 FLY</b>	<b>100 I.M.</b>							
TW @ NOVATO RIPTIDES	05/22/2010 Finals			:30.47	:28.94	1:05.14							
MARINWOOD @ TW	06/12/2010 Finals		:56.73	:31.18		1:05.83							
ALL STARS 2010	06/16/2010 Finals					1:05.48							
STRAWBERRY SEALS @ T	06/19/2010 Finals		:57.19	:31.09		1:06.82							
SWIMARIN @ TW	06/26/2010 Finals		:57.48	:30.84		1:04.76							

## PROGRESSION for Short Course Yards

<b>Will Jacobus</b>		15-18	<b>100 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		1:02.47	:31.66	:35.35	:28.67	1:07.56						
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:55.11	:32.73	:35.16								
TW @ ORCAS	06/05/2010 Finals			:31.88	:36.35	:28.47							
MARINWOOD @ TW	06/12/2010 Finals		:53.96		:34.30	:27.17							
ALL STARS 2010	06/16/2010 Finals		:57.29										
CHAMPS 2010	07/10/2010 Finals		:57.04		:35.32	:27.71							
<b>Erik Moller</b>		15-18	<b>100 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TIME TRIALS 2010	05/01/2010 Finals		1:05.47		:32.92	:30.16	1:12.28						
TW @ ROLLING HILLS	05/08/2010 Finals		1:08.48			:30.83	1:16.33						
TW @ SLEEPY HOLLOW	05/15/2010 Finals		1:14.75	:33.04									
<b>Connor Nevitt</b>		15-18	<b>50 FR</b>	<b>50 BA</b>	<b>50 FLY</b>	<b>100 I.M.</b>							
TW @ NOVATO RIPTIDES	05/22/2010 Finals			:33.05	:29.04	1:11.01							
TW @ ORCAS	06/05/2010 Finals		:27.40	:32.66	:28.39	1:09.41							
MARINWOOD @ TW	06/12/2010 Finals			:32.41	:28.18	1:10.90							
ALL STARS 2010	06/16/2010 Finals				:27.77								
STRAWBERRY SEALS @ T	06/19/2010 Finals				:29.06	1:13.20							
SWIMARIN @ TW	06/26/2010 Finals			:33.64		1:12.52							
CHAMPS 2010	07/10/2010 Finals			:33.12	:29.37								
<b>Brian Rowett</b>		15-18	<b>100 FR</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>							
TW @ NOVATO RIPTIDES	05/22/2010 Finals		:52.35		:28.11	1:02.90							
TW @ ORCAS	06/05/2010 Finals		:53.23		:27.87	1:04.10							
SWIMARIN @ TW	06/26/2010 Finals		:56.54	:35.03									
CHAMPS 2010	07/10/2010 Finals		:54.08		:27.88	1:05.76							
<b>Gabriel Shlager</b>		15-18	<b>100 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>						
TW @ SLEEPY HOLLOW	05/15/2010 Finals				:37.00	:31.23	1:16.23						
TW @ NOVATO RIPTIDES	05/22/2010 Finals			:34.23	:36.33	:30.95							
MARINWOOD @ TW	06/12/2010 Finals			:33.54	:35.74	:29.93							
STRAWBERRY SEALS @ T	06/19/2010 Finals			:33.40	:36.15	:29.88							
SWIMARIN @ TW	06/26/2010 Finals		1:05.21		:36.30	:30.01							