

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>		<i>100</i>		<i>150</i>		<i>200</i>		<i>250</i>		<i>300</i>		<i>350</i>		<i>400</i>
100 FREE		:23.30			:25.60											
SMOC	<i>1/3</i>	52	1.15	2.48	49.5	1.21	2.37									
4/28/17	<i>1/2</i>	49	1.22	2.63	47.5	1.26	2.47									
<i>Time:</i> :49.00	<i>2/3</i>	46.5	1.29	2.77	48	1.25	2.44									

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST CLOVIS 7/05/18 <i>Time:</i> 1:15.90		:36.00	:39.90						
	<i>1/3</i>	45 1.33 1.85	47 1.28 1.60						
	<i>1/2</i>	44.5 1.35 1.87	49 1.22 1.53						
	<i>2/3</i>	44.5 1.35 1.87	47.5 1.26 1.58						
100 BREAST SMOC 6/20/19 <i>Time:</i> 1:16.10		:34.80	:41.30						
	<i>1/3</i>	48 1.25 1.80	45.5 1.32 1.60						
	<i>1/2</i>	46 1.30 1.87	42.5 1.41 1.71						
	<i>2/3</i>	45.5 1.32 1.89	43.5 1.38 1.67						
100 BREAST SECTIONALS 7/19/18 <i>Time:</i> 1:16.70		:35.60	:41.00						
	<i>1/3</i>	51.5 1.17 1.64	49.5 1.21 1.48						
	<i>1/2</i>	49 1.22 1.72	48 1.25 1.52						
	<i>2/3</i>	49.5 1.21 1.70	44 1.36 1.66						
100 BREAST SMOC 4/24/17 <i>Time:</i> 1:16.70		:35.50	:41.20						
	<i>1/3</i>	51 1.18 1.66	50.5 1.19 1.44						
	<i>1/2</i>	48.5 1.24 1.74	48 1.25 1.52						
	<i>2/3</i>	46.5 1.29 1.82	50 1.20 1.46						
100 BREAST FUTURES 8/02/18 <i>Time:</i> 1:17.50		:36.00	:41.50						
	<i>1/3</i>	47.5 1.26 1.75	42.5 1.41 1.70						
	<i>1/2</i>	45 1.33 1.85	40.5 1.48 1.78						
	<i>2/3</i>	42.5 1.41 1.96	43.5 1.38 1.66						
100 BREAST GOLDEN WEST 2/18/17 <i>Time:</i> 1:18.20		:36.80	:41.40						
	<i>1/3</i>								
	<i>1/2</i>								
	<i>2/3</i>								

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		50	100	150	200	250	300	350	400
100 BREAST		:36.90	:41.50	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
LA MIRADA	<i>1/3</i>	56 1.07 1.45	48 1.25 1.51	0	0	0	0	0	0
4/08/16	<i>1/2</i>	46.5 1.29 1.75	49.5 1.21 1.46	0	0	0	0	0	0
<i>Time:</i> 1:18.60	<i>2/3</i>	46 1.30 1.77	46 1.30 1.57	0	0	0	0	0	0
100 BREAST		:36.10	:42.60						
SMOC	<i>1/3</i>	53 1.13 1.57	45 1.33 1.56						
4/24/17	<i>1/2</i>	49.5 1.21 1.68	41.5 1.45 1.70						
<i>Time:</i> 1:18.80	<i>2/3</i>	47.5 1.26 1.75	41 1.46 1.72						
100 BREAST		:36.50	:43.10						
LA MIRADA	<i>1/3</i>	52 1.15 1.58	47 1.28 1.48						
1/17/17	<i>1/2</i>	50.5 1.19 1.63	41.5 1.45 1.68						
<i>Time:</i> 1:19.70	<i>2/3</i>	49 1.22 1.68	42 1.43 1.66						
100 BREAST		:39.80	:46.70	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SPEEDO GC	<i>1/3</i>	60.5 0.99 1.25	54 1.11 1.19	0	0	0	0	0	0
5/23/14	<i>1/2</i>	56 1.07 1.35	52 1.15 1.24	0	0	0	0	0	0
<i>Time:</i> 1:26.64	<i>2/3</i>	54 1.11 1.40	55 1.09 1.17	0	0	0	0	0	0
100 BREAST		1:06.40	1:12.80	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/10/10	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:19.30	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FREE		:31.20	:35.20						
GOLDEN WEST	<i>1/3</i>	56 1.07 1.72	49 1.22 1.74						
2/18/17	<i>1/2</i>	50.5 1.19 1.90	47 1.28 1.81						
<i>Time:</i> 1:06.50	<i>2/3</i>	46 1.30 2.09	43.5 1.38 1.96						
100 FREE		:45.00	:51.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/16/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:36.40	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 FREE		:55.40	1:05.90	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/10/10	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:01.40	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BACK		:37.70	:40.70	:41.10	:41.70	: : 0	: : 0	: : 0	: : 0
LA MIRADA	<i>1/3</i>	44.5 1.35 1.79	43.5 1.38 1.69	43 1.40 1.70	46 1.30 1.56	0	0	0	0
4/08/16	<i>1/2</i>	46 1.30 1.73	41 1.46 1.80	40.5 1.48 1.80	43 1.40 1.67	0	0	0	0
<i>Time:</i> 2:41.30	<i>2/3</i>	43 1.40 1.85	43 1.40 1.71	41.5 1.45 1.76	39 1.54 1.84	0	0	0	0
200 BREAST		:33.70	:41.80	:43.80	:37.40				
FRESNO	<i>1/3</i>	58 1.03 1.53	44.5 1.35 1.61	41 1.46 1.67	50 1.20 1.60				
6/18/17	<i>1/2</i>	53.5 1.12 1.66	43 1.40 1.67	40 1.50 1.71	47.5 1.26 1.69				
<i>Time:</i> 2:36.90	<i>2/3</i>	57.5 1.04 1.55	41 1.46 1.75	41 1.46 1.67	50 1.20 1.60				
200 BREAST		:36.90	:41.80	:43.30	:43.50				
FUTURES	<i>1/3</i>	52.5 1.14 1.55	32.5 1.85 2.21	34.5 1.74 2.01	38.5 1.56 1.79				
8/02/18	<i>1/2</i>	34 1.76 2.39	34.5 1.74 2.08	36.5 1.64 1.90	37.5 1.60 1.84				
<i>Time:</i> 2:45.70	<i>2/3</i>	33 1.82 2.46	33 1.82 2.17	35 1.71 1.98	38.5 1.56 1.79				
200 BREAST		:37.50	:42.50	:42.60	:43.60				
SMOC	<i>1/3</i>	43 1.40 1.86	30 2.00 2.35		36.5 1.64 1.89				
6/20/19	<i>1/2</i>	30 2.00 2.67	29.5 2.03 2.39	34.5 1.74 2.04	35 1.71 1.97				
<i>Time:</i> 2:46.20	<i>2/3</i>	28.5 2.11 2.81	29 2.07 2.43	33.5 1.79 2.10	36 1.67 1.91				
200 BREAST		:36.90	:42.30	:43.70	:43.60				
SMOC	<i>1/3</i>	49 1.22 1.66	35 1.71 2.03	37.5 1.60 1.83	37 1.62 1.86				
4/28/17	<i>1/2</i>	38.5 1.56 2.11	34 1.76 2.09	36 1.67 1.91	42 1.43 1.64				
<i>Time:</i> 2:46.60	<i>2/3</i>	36 1.67 2.26	33.5 1.79 2.12	37 1.62 1.86	40 1.50 1.72				
200 BREAST		:37.10	:42.30	:44.00	:44.30				
SMOC	<i>1/3</i>	50 1.20 1.62	37.5 1.60 1.89	40 1.50 1.70	39.5 1.52 1.71				
4/24/17	<i>1/2</i>	39.5 1.52 2.05	37 1.62 1.92	39.5 1.52 1.73	39 1.54 1.74				
<i>Time:</i> 2:47.80	<i>2/3</i>	38.5 1.56 2.10	36.5 1.64 1.94	39 1.54 1.75	41.5 1.45 1.63				

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 BREAST		:38.30	:43.70	:44.50	:41.40				
CLOVIS	<i>1/3</i>	34.5 1.74 2.27	29 2.07 2.37	33.5 1.79 2.01	41 1.46 1.77				
7/05/18	<i>1/2</i>	35.5 1.69 2.21	30.5 1.97 2.25	35 1.71 1.93	42 1.43 1.73				
<i>Time:</i> 2:48.00	<i>2/3</i>	29 2.07 2.70	31 1.94 2.21	35.5 1.69 1.90	41.5 1.45 1.75				
200 BREAST		:37.90	:43.60	:43.10	:44.20	: .0	: .0	: .0	: .0
LA MIRADA	<i>1/3</i>	39 1.54 2.03	33.5 1.79 2.05	40 1.50 1.74	45 1.33 1.51	0	0	0	0
4/08/16	<i>1/2</i>	36.5 1.64 2.17	36.5 1.64 1.89	41.5 1.45 1.68	43.5 1.38 1.56	0	0	0	0
<i>Time:</i> 2:48.90	<i>2/3</i>	34.5 1.74 2.29	38.5 1.56 1.79	39 1.54 1.78	41.5 1.45 1.64	0	0	0	0
200 BREAST		:39.30	:44.60	:43.20	:42.20				
GOLDEN WEST	<i>1/3</i>								
2/17/18	<i>1/2</i>								
<i>Time:</i> 2:50.33	<i>2/3</i>								
200 BREAST		:39.10	:44.50	:44.30	:44.30	: .0	: .0	: .0	: .0
LA MRIADA	<i>1/3</i>	36.5 1.64 2.10	30.5 1.97 2.21	37 1.62 1.83	43.5 1.38 1.56	0	0	0	0
4/08/16	<i>1/2</i>	29.5 2.03 2.60	32 1.88 2.11	35.5 1.69 1.91	44.5 1.35 1.52	0	0	0	0
<i>Time:</i> 2:52.30	<i>2/3</i>	31.5 1.90 2.44	30 2.00 2.25	36.5 1.64 1.86	44.5 1.35 1.52	0	0	0	0
200 BREAST		:38.60	:45.00	:46.40	:46.60				
GOLDEN WEST	<i>1/3</i>	56 1.07 1.39	34 1.76 1.96	37 1.62 1.75	36 1.67 1.79				
2/18/17	<i>1/2</i>	36 1.67 2.16	34.5 1.74 1.93	32.5 1.85 1.99	38.5 1.56 1.67				
<i>Time:</i> 2:56.70	<i>2/3</i>	35 1.71 2.22	34 1.76 1.96	33.5 1.79 1.93	38 1.58 1.69				
200 BREAST		:39.00	:45.00	:45.70	:47.10				
LA MIRADA	<i>1/3</i>	44 1.36 1.75	31.5 1.90 2.12	33.5 1.79 1.96	34 1.76 1.87				
1/17/17	<i>1/2</i>	36 1.67 2.14	34.5 1.74 1.93	34.5 1.74 1.90	34 1.76 1.87				
<i>Time:</i> 2:57.00	<i>2/3</i>	33 1.82 2.33	31.5 1.90 2.12	33 1.82 1.99	32 1.88 1.99				
200 BREAST		:39.00	:45.00	:45.70	:47.10				
LA MIRADA	<i>1/3</i>	44 1.36 1.75	31.5 1.90 2.12	33.5 1.79 1.96	34 1.76 1.87				
1/17/17	<i>1/2</i>	36 1.67 2.14	34.5 1.74 1.93	34.5 1.74 1.90	34 1.76 1.87				
<i>Time:</i> 2:57.00	<i>2/3</i>	33 1.82 2.33	31.5 1.90 2.12	33 1.82 1.99	32 1.88 1.99				

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 IM		:33.30	:41.60	:42.90	:35.40	: : 0	: : 0	: : 0	: : 0
LA MIRADA	<i>1/3</i>	57.5 1.04 1.57	42.5 1.41 1.70	39 1.54 1.79	54 1.11 1.57	0	0	0	0
4/08/16	<i>1/2</i>	55.5 1.08 1.62	41.5 1.45 1.74	42.5 1.41 1.65	51.5 1.17 1.65	0	0	0	0
<i>Time:</i> 2:33.30	<i>2/3</i>	50.5 1.19 1.78	42 1.43 1.72	43.5 1.38 1.61	49.5 1.21 1.71	0	0	0	0
200 IM		:33.00	:41.70	:42.50	:36.30				
SMOC	<i>1/3</i>	59.5 1.01 1.53	46.5 1.29 1.55	41.5 1.45 1.70	47 1.28 1.76				
4/24/17	<i>1/2</i>	52.5 1.14 1.73	43.5 1.38 1.65	41 1.46 1.72	49 1.22 1.69				
<i>Time:</i> 2:33.60	<i>2/3</i>	53.5 1.12 1.70	40.5 1.48 1.78	43.5 1.38 1.62	46.5 1.29 1.78				
200 IM		:32.60	:41.80	:43.30	:36.80				
CLOVIS	<i>1/3</i>	61 0.98 1.51	46 1.30 1.56	40 1.50 1.73	50.5 1.19 1.61				
7/05/18	<i>1/2</i>	56.5 1.06 1.63	41.5 1.45 1.73	38 1.58 1.82	51 1.18 1.60				
<i>Time:</i> 2:34.46	<i>2/3</i>	54 1.11 1.70	37.5 1.60 1.91	37.5 1.60 1.85	49.5 1.21 1.65				
200 IM		:33.20	:41.90	:44.30	:37.00				
MESA	<i>1/3</i>	45.5 1.32 1.99	42.5 0.14 0.17	34.5 1.74 1.96	47 1.28 1.73				
4/12/18	<i>1/2</i>	45 1.33 2.01	42.5 1.41 1.68	37.5 1.60 1.81	44.5 1.35 1.82				
<i>Time:</i> 2:36.40	<i>2/3</i>	45 1.33 2.01	39.5 1.52 1.81	38 1.58 1.78	45.5 1.32 1.78				
200 IM		:32.90	:42.00	:43.00	:38.80				
FUTURES	<i>1/3</i>	59.5 1.01 1.53	39.5 1.52 1.81	40 1.50 1.74	40.5 1.48 1.91				
8/02/18	<i>1/2</i>	55.5 1.08 1.64	39.5 1.52 1.81	41.5 1.45 1.68	41.5 1.45 1.86				
<i>Time:</i> 2:36.80	<i>2/3</i>	55.5 1.08 1.64	41.5 1.45 1.72	43 1.40 1.62	41.5 1.45 1.86				
200 IM		:34.40	:42.50	:43.60	:37.70				
GOLDEN WEST	<i>1/3</i>								
2/17/18	<i>1/2</i>								
<i>Time:</i> 2:38.30	<i>2/3</i>								
400 FREE		:32.10	:36.00	:36.60	:36.50	:35.80	:36.40	:35.60	:34.90
LA MIRADA	<i>1/3</i>	51.5 1.17 1.81	46.5 1.29 1.79	44.5 1.35 1.84	48 1.25 1.71	46.5 1.29 1.80	57.5 1.04 1.43	50 1.20 1.69	52 1.15 1.65
4/08/16	<i>1/2</i>	45.5 1.32 2.05	43.5 1.38 1.92	44 1.36 1.86	46 1.30 1.79	43.5 1.38 1.93	48.5 1.24 1.70	48.5 1.24 1.74	48 1.25 1.79
<i>Time:</i> 4:44.20	<i>2/3</i>	47 1.28 1.99	41.5 1.45 2.01	45 1.33 1.82	49 1.22 1.68	46.5 1.29 1.80	47 1.28 1.75	49.5 1.21 1.70	48 1.25 1.79

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
400 FREE		:32.50			:35.90			:36.80			:37.00			:37.10			:37.20			:37.80			:36.70		
SECTIONALS	<i>1/3</i>	53.5	1.12	1.73	50	1.20	1.67	48	1.25	1.70	49.5	1.21	1.64	48.5	1.24	1.67	49	1.22	1.65	49.5	1.21	1.60	48.5	1.24	1.69
7/17/15	<i>1/2</i>	47	1.28	1.96	48	1.25	1.74	47.5	1.26	1.72	48	1.25	1.69	51.5	1.17	1.57	48	1.25	1.68	48	1.25	1.65	46	1.30	1.78
<i>Time:</i> 4:51.40	<i>2/3</i>	49	1.22	1.88	47.5	1.26	1.76	45.5	1.32	1.79	47	1.28	1.73	48.5	1.24	1.67	47.5	1.26	1.70	47.5	1.26	1.67	50.5	1.19	1.62
400 IM		:32.80			:38.20			:42.70			:42.20			:44.70			:45.50			:37.90			:37.70		
SMOC	<i>1/3</i>	52.5	1.14	1.74	50.5	1.19	1.56	39	1.54	1.80	38.5	1.56	1.85	49	1.22	1.37	35	1.71	1.88	45.5	1.32	1.74	43	1.40	1.85
6/20/19	<i>1/2</i>	52	1.15	1.76	50.5	1.19	1.56	38.5	1.56	1.82	37	1.62	1.92	31	1.94	2.16	33.5	1.79	1.97	44	1.36	1.80	44	1.36	1.81
<i>Time:</i> 5:21.90	<i>2/3</i>	50.5	1.19	1.81	49	1.22	1.60	38.5	1.56	1.82	37	1.62	1.92	30.5	1.97	2.20	30.5	1.97	2.16	44	1.36	1.80	42.5	1.41	1.87
400 IM		:33.00			:39.20			:43.40			:42.00			:44.60			:44.90			:38.70			:36.90		
SMOC	<i>1/3</i>	54.5	1.10	1.67	51	1.18	1.50	40.5	1.48	1.71	41.5	1.45	1.72	35.5	1.69	1.89	38.5	1.56	1.74	43.5	1.38	1.78	48.5	1.24	1.68
4/24/17	<i>1/2</i>	50.5	1.19	1.80	50	1.20	1.53	42.5	1.41	1.63	42.5	1.41	1.68	35.5	1.69	1.89	38	1.58	1.76	44.5	1.35	1.74	47	1.28	1.73
<i>Time:</i> 5:23.20	<i>2/3</i>	53.5	1.12	1.70	51	1.18	1.50	40	1.50	1.73	41	1.46	1.74	33.5	1.79	2.01	34.5	1.74	1.94	46	1.30	1.69	48	1.25	1.69
400 IM		:34.30			:41.10			:43.70			:42.90			:46.00			:46.50			:37.60			:37.30		
LA MIRADA	<i>1/3</i>	53	1.13	1.65	52	1.15	1.40	40	1.50	1.72	41.5	1.45	1.69	37	1.62	1.76	36.5	1.64	1.77	53.5	1.12	1.49	43.5	1.38	1.85
4/08/16	<i>1/2</i>	53.5	1.12	1.63	52.5	1.14	1.39	39.5	1.52	1.74	40.5	1.48	1.73	34	1.76	1.92	35	1.71	1.84	49	1.22	1.63	43.5	1.38	1.85
<i>Time:</i> 5:29.70	<i>2/3</i>	50	1.20	1.75	49.5	1.21	1.47	40.5	1.48	1.70	39	1.54	1.79	34	1.76	1.92	38.5	1.56	1.68	44	1.36	1.81	47	1.28	1.71
50 FLY		:36.00			: . 0			: . 0			: . 0			: . 0			: . 0			: . 0			: . 0		
SLO	<i>1/3</i>	72	0.83	1.16	0			0			0			0			0			0			0		
7/04/14	<i>1/2</i>	62.5	0.96	1.33	0			0			0			0			0			0			0		
<i>Time:</i> :36.00	<i>2/3</i>	59	1.02	1.41	0			0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
100 BACK		:25.50			:27.59			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS																									
6/29/08																									
<i>Time:</i> :53.09																									
	<i>1/3</i>	58.5	1.03	2.01	55	1.09	1.98	0			0			0			0			0			0		
	<i>1/2</i>	54	1.11	2.18	50.5	1.19	2.15	0			0			0			0			0			0		
	<i>2/3</i>	54	1.11	2.18	52	1.15	2.09	0			0			0			0			0			0		
100 BACK		:25.70			:27.50			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS																									
6/29/08																									
<i>Time:</i> :53.28																									
	<i>1/3</i>	55.5	1.08	2.10	52.5	1.14	2.08	0			0			0			0			0			0		
	<i>1/2</i>	51.5	1.17	2.27	48.5	1.24	2.25	0			0			0			0			0			0		
	<i>2/3</i>	52.5	1.14	2.22	46.5	1.29	2.35	0			0			0			0			0			0		
100 BACK		:25.30			:28.10			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS																									
6/29/08																									
<i>Time:</i> :53.45																									
	<i>1/3</i>	60	1.00	1.98	55	1.09	1.94	0			0			0			0			0			0		
	<i>1/2</i>	54.5	1.10	2.18	54	1.11	1.98	0			0			0			0			0			0		
	<i>2/3</i>	52	1.15	2.28	54.5	1.10	1.96	0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 BACK		:30.60	:32.30	:32.50	:32.10	: .0	: .0	: .0	: .0
OLYMPIC TRIALS	<i>1/3</i>	0	39.5 1.52 2.35	40 1.50 2.31	41 1.46 2.28	0	0	0	0
6/29/08	<i>1/2</i>	0	37 1.62 2.51	40.5 1.48 2.28	41.5 1.45 2.25	0	0	0	0
<i>Time: 2:07.44</i>	<i>2/3</i>		38 1.58 2.44	40 1.50 2.31	41.5 1.45 2.25	0	0	0	0
200 BACK		:30.50	:32.60	:32.50	:32.10	: .0	: .0	: .0	: .0
OLYMPIC TRIALS	<i>1/3</i>	45 1.33 2.19	40 1.50 2.30	42 1.43 2.20	41.5 1.45 2.25	0	0	0	0
6/29/08	<i>1/2</i>	42 1.43 2.34	40.5 1.48 2.27	40.5 1.48 2.28	42 1.43 2.23	0	0	0	0
<i>Time: 2:07.78</i>	<i>2/3</i>	41.5 1.45 2.37	40.5 1.48 2.27	41.5 1.45 2.22	42.5 1.41 2.20	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
100 BACK		:44.00			:48.00			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
FRESNO	<i>1/3</i>	47	1.28	1.45	34	1.76	1.84	0			0			0			0			0			0		
6/18/16	<i>1/2</i>	45	1.33	1.52	33	1.82	1.89	0			0			0			0			0			0		
<i>Time:</i> 1:13.00	<i>2/3</i>	34.5	1.74	1.98	34	1.76	1.84	0			0			0			0			0			0		
200 FREE		:36.10			:44.60			:44.60			:44.90			: : 0			: : 0			: : 0			: : 0		
FRESNO	<i>1/3</i>	53	1.13	1.57	46.5	1.29	1.45	44	1.36	1.53	42.5	1.41	1.57	0			0			0			0		
6/18/16	<i>1/2</i>	51	1.18	1.63	36.5	1.64	1.84	43.5	1.38	1.55	39.5	1.52	1.69	0			0			0			0		
<i>Time:</i> 2:50.40	<i>2/3</i>	48.5	1.24	1.71	36.5	1.64	1.84	40	1.50	1.68	43	1.40	1.55	0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 FLY		:32.50	:37.00						
SMOC	<i>1/3</i>	59 1.02 1.56	56.5 1.06 1.44						
6/20/19	<i>1/2</i>	56.5 1.06 1.63	56.5 1.06 1.44						
<i>Time:</i> 1:09.50	<i>2/3</i>	56 1.07 1.65	57 1.05 1.42						
200 FLY		:32.80	:37.60	:41.90	:45.90				
SMOC	<i>1/3</i>	58.5 1.03 1.56	55.5 1.08 1.44	53.5 1.12 1.34	42.5 1.41 1.54				
6/20/19	<i>1/2</i>	57 1.05 1.60	55 1.09 1.45	51.5 1.17 1.39	51.5 1.17 1.27				
<i>Time:</i> 2:39.20	<i>2/3</i>	54 1.11 1.69	53.5 1.12 1.49	49.5 1.21 1.45	49 1.22 1.33				
50 FREE		:30.20							
SMOC	<i>1/3</i>	54.5 1.10 1.82							
6/20/19	<i>1/2</i>	52 1.15 1.91							
<i>Time:</i> :30.20	<i>2/3</i>	49.5 1.21 2.01							

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
200 FLY		:28.60			:31.60			:32.60			:33.90			: . 0			: . 0			: . 0			: . 0		
OLYMPIC TRIALS	<i>1/3</i>	51.5	1.17	2.04	48.5	1.24	1.96	47	1.28	1.96	49	1.22	1.81	0		0		0		0		0		0	
6/29/08	<i>1/2</i>	47.5	1.26	2.21	45.5	1.32	2.09	47.5	1.26	1.94	47	1.28	1.88	0		0		0		0		0		0	
<i>Time: 2:06.75</i>	<i>2/3</i>	49	1.22	2.14	46.5	1.29	2.04	48	1.25	1.92	46	1.30	1.92	0		0		0		0		0		0	
200 FLY		:28.40			:31.80			:32.70			:34.20			: . 0			: . 0			: . 0			: . 0		
OLYMPIC TRIALS	<i>1/3</i>	52.5	1.14	2.01	46.5	1.29	2.03	46.5	1.29	1.97	49	1.22	1.79	0		0		0		0		0		0	
6/29/08	<i>1/2</i>	48	1.25	2.20	43	1.40	2.19	44	1.36	2.09	48	1.25	1.83	0		0		0		0		0		0	
<i>Time: 2:07.33</i>	<i>2/3</i>	47.5	1.26	2.22	49.5	1.21	1.91	48	1.25	1.91	48.5	1.24	1.81	0		0		0		0		0		0	

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BACK		:44.10	:45.80	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:29.90</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FLY		:43.10	:52.20	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:35.40</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FREE		:35.20	:39.00	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:14.20</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
200 IM		:45.10	:45.40	1:03.10	:40.80	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 3:14.40</i>	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:49.90	:54.10	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:44.10</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FREE		:36.00	:39.00	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:15.10</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
200 FREE		:31.50	:36.90	:41.40	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 2:40.40</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
200 IM		:43.40	:49.10	:58.70	:40.20	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 3:11.60</i>	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>		<i>100</i>		<i>150</i>		<i>200</i>		<i>250</i>		<i>300</i>		<i>350</i>		<i>400</i>	
50 FREE		:22.00		: : 0		: : 0		: : 0		: : 0		: : 0		: : 0		: : 0	
SANTA CLARA	<i>1/3</i>	60	1.00	2.27	0	0	0	0	0	0	0	0	0	0	0	0	0
5/30/13	<i>1/2</i>	58.5	1.03	2.33	0	0	0	0	0	0	0	0	0	0	0	0	0
<i>Time: :22.00</i>	<i>2/3</i>	55	1.09	2.48	0	0	0	0	0	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
200 BACK		:28.20			:29.70			:30.00			:30.00			: . 0			: . 0			: . 0			: . 0		
SANTA CLARA	<i>1/3</i>	48.5	1.24	2.19	44	1.36	2.30	46	1.30	2.17	46.5	1.29	2.15	0		0		0		0		0		0	
5/30/13	<i>1/2</i>	45	1.33	2.36	42	1.43	2.41	42	1.43	2.38	45	1.33	2.22	0		0		0		0		0		0	
<i>Time:</i> 1:57.90	<i>2/3</i>	42.5	1.41	2.50	44	1.36	2.30	42	1.43	2.38	44.5	1.35	2.25	0		0		0		0		0		0	

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BACK		:36.10	:37.90	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:14.00</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:41.70	:44.00	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:25.70</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FREE		:28.30	:31.10						
GOLDEN WEST	<i>1/3</i>								
2/17/18	<i>1/2</i>								
<i>Time: :59.30</i>	<i>2/3</i>								
100 FREE		:31.00	:32.40	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:03.50</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FREE		:46.60	:52.80	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
CLOVIS	<i>1/3</i>	0	0	0	0	0	0	0	0
4/02/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:38.90</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BREAST		:40.90	:44.30	:45.90	:43.30	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 2:54.60</i>	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 FLY		:36.00	:41.20	:44.00	:43.40	: .0	: .0	: .0	: .0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:44.60	<i>2/3</i>	0	0	0	0	0	0	0	0
200 FREE		:30.50	:33.30	:33.60	:33.50				
GOLDEN WEST	<i>1/3</i>	46.5 1.29 2.12	43 1.40 2.10	44.5 1.35 2.01	43 1.40 2.08				
2/17/18	<i>1/2</i>	46 1.30 2.14	44.5 1.35 2.02	43.5 1.38 2.05	46.5 1.29 1.93				
<i>Time:</i> 2:11.00	<i>2/3</i>	43.5 1.38 2.26	42 1.43 2.15	44 1.36 2.03	42 1.43 2.13				
200 FREE		:31.60	:35.40	:35.70	: .0	: .0	: .0	: .0	: .0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:17.80	<i>2/3</i>	0	0	0	0	0	0	0	0
400 FREE		:30.80	:34.80	:35.00	:35.70	:35.10	:36.20	:35.70	:34.90
GOLDEN WEST	<i>1/3</i>								
2/17/18	<i>1/2</i>								
<i>Time:</i> 4:37.50	<i>2/3</i>								

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BACK		:28.60	:30.40	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	39.5 1.52 2.66	38 1.58 2.60	0	0	0	0	0	0
6/29/08	<i>1/2</i>	38 1.58 2.76	37.5 1.60 2.63	0	0	0	0	0	0
<i>Time: :59.05</i>	<i>2/3</i>	38.5 1.56 2.72	38.5 1.56 2.56	0	0	0	0	0	0
100 BACK		:29.10	:30.64	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	41 1.46 2.51	38.5 1.56 2.54	0	0	0	0	0	0
6/19/08	<i>1/2</i>	39 1.54 2.64	38.8 1.55 2.52	0	0	0	0	0	0
<i>Time: :59.74</i>	<i>2/3</i>	38.5 1.56 2.68	37 1.62 2.65	0	0	0	0	0	0
100 FREE		:25.70	:27.90	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	52 1.15 2.24	49.5 1.21 2.17	0	0	0	0	0	0
6/29/08	<i>1/2</i>	50 1.20 2.33	47.5 1.26 2.26	0	0	0	0	0	0
<i>Time: :53.64</i>	<i>2/3</i>	50 1.20 2.33	47.5 1.26 2.26	0	0	0	0	0	0
100 FREE		:25.70	:27.70	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	52.5 1.14 2.22	49 1.22 2.21	0	0	0	0	0	0
6/29/08	<i>1/2</i>	50.5 1.19 2.31	49.5 1.21 2.19	0	0	0	0	0	0
<i>Time: :53.66</i>	<i>2/3</i>	47.5 1.26 2.46	50 1.20 2.17	0	0	0	0	0	0
100 FREE		:25.50	:28.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	52.5 1.14 2.24	50 1.20 2.12	0	0	0	0	0	0
6/29/08	<i>1/2</i>	53 1.13 2.22	49.5 1.21 2.14	0	0	0	0	0	0
<i>Time: :53.83</i>	<i>2/3</i>	49.5 1.21 2.38	47 1.28 2.26	0	0	0	0	0	0
200 IM		:27.30	:34.10	:39.40	:30.70	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	51.5 1.17 2.13	33 1.82 2.67	31 1.94 2.46	44 1.36 2.22	0	0	0	0
6/29/08	<i>1/2</i>	52.5 1.14 2.09	33 1.82 2.67	29 2.07 2.63	42.5 1.41 2.30	0	0	0	0
<i>Time: 2:11.72</i>	<i>2/3</i>	47 1.28 2.34	32.5 1.85 2.71	30 2.00 2.54	42.5 1.41 2.30	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
200 IM		:27.10			:33.90			:38.40			:32.60			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS	<i>1/3</i>	53.5	1.12	2.07	33	1.82	2.68	31	1.94	2.52	32.5	1.85	2.83	0	0	0	0	0	0	0	0	0	0		
6/29/08	<i>1/2</i>	50	1.20	2.21	35	1.71	2.53	31.5	1.90	2.48	32	1.88	2.88	0	0	0	0	0	0	0	0	0	0		
<i>Time:</i> 2:12.21	<i>2/3</i>	50	1.20	2.21	32.5	1.85	2.72	32	1.88	2.44	33.5	1.79	2.75	0	0	0	0	0	0	0	0	0	0		
50 FREE		:25.00			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SANTA CLARA	<i>1/3</i>	57	1.05	2.11	0			0			0			0	0	0	0	0	0	0	0	0	0		
5/30/13	<i>1/2</i>	57	1.05	2.11	0			0			0			0	0	0	0	0	0	0	0	0	0		
<i>Time:</i> :25.00	<i>2/3</i>	58	1.03	2.07	0			0			0			0	0	0	0	0	0	0	0	0	0		
50 FREE		:25.20			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
MESA GRAND PRI	<i>1/3</i>	58	1.03	2.05	0			0			0			0	0	0	0	0	0	0	0	0	0		
4/24/14	<i>1/2</i>	58	1.03	2.05	0			0			0			0	0	0	0	0	0	0	0	0	0		
<i>Time:</i> :25.20	<i>2/3</i>	55	1.09	2.16	0			0			0			0	0	0	0	0	0	0	0	0	0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>					
100 FLY		:24.00			:27.50			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0					
OLYMPIC TRIALS	<i>1/3</i>	53	1.13	2.36	53	1.13	2.06	0			0			0			0			0			0			0		
6/29/08	<i>1/2</i>	49.5	1.21	2.53	50	1.20	2.18	0			0			0			0			0			0			0		
<i>Time: :51.52</i>	<i>2/3</i>	50.5	1.19	2.48	52.5	1.14	2.08	0			0			0			0			0			0			0		
100 FLY		:24.00			:27.60			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0					
OLYMPIC TRIALS	<i>1/3</i>	54.5	1.10	2.29	52.5	1.14	2.07	0			0			0			0			0			0			0		
6/29/08	<i>1/2</i>	49.5	1.21	2.53	51	1.18	2.13	0			0			0			0			0			0			0		
<i>Time: :51.52</i>	<i>2/3</i>	51.5	1.17	2.43	49	1.22	2.22	0			0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
200 FLY		:28.90			:32.70			:33.30			:35.00			: . 0			: . 0			: . 0			: . 0		
OLYMPIC TRIALS	<i>1/3</i>	49	1.22	2.12	45	1.33	2.04	46.5	1.29	1.94	45.5	1.32	1.88	0			0			0			0		
6/29/08	<i>1/2</i>	45.5	1.32	2.28	44.5	1.35	2.06	47	1.28	1.92	44	1.36	1.95	0			0			0			0		
<i>Time:</i> 2:09.65	<i>2/3</i>	46.5	1.29	2.23	44	1.36	2.09	44	1.36	2.05	43	1.40	1.99	0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BACK	<i>1/3</i> <i>1/2</i> <i>2/3</i>	:32.10	:33.70						
GOLDEN WEST									
2/17/18									
<i>Time:</i> 1:05.70									
100 BACK	<i>1/3</i> <i>1/2</i> <i>2/3</i>	:32.10	:34.10						
SMOC		45 1.33 2.08	41.5 1.45 2.12						
4/24/17		41 1.46 2.28	41 1.46 2.15						
<i>Time:</i> 1:06.20		39.5 1.52 2.37	42 1.43 2.09						
100 BACK	<i>1/3</i> <i>1/2</i> <i>2/3</i>	:31.90	:34.90	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
LA INVITE		54 1.11 1.74	43.5 1.38 1.98	0	0	0	0	0	0
7/14/16		44.5 1.35 2.11	42 1.43 2.05	0	0	0	0	0	0
<i>Time:</i> 1:06.90		43 1.40 2.19	40.5 1.48 2.12	0	0	0	0	0	0
100 BACK	<i>1/3</i> <i>1/2</i> <i>2/3</i>	:32.60	:34.20	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
FULLERTON		48.5 1.24 1.90	47.5 1.26 1.85	0	0	0	0	0	0
2/21/15		45.5 1.32 2.02	45 1.33 1.95	0	0	0	0	0	0
<i>Time:</i> 1:06.90		44.5 1.35 2.07	46.5 1.29 1.89	0	0	0	0	0	0
100 BACK	<i>1/3</i> <i>1/2</i> <i>2/3</i>	:32.10	:34.80	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
REEDLEY		0	0	0	0	0	0	0	0
3/21/15		0	0	0	0	0	0	0	0
<i>Time:</i> 1:06.90		0	0	0	0	0	0	0	0
100 BACK	<i>1/3</i> <i>1/2</i> <i>2/3</i>	:32.10	:35.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SPEEDO GRAND C		49 1.22 1.91	44 1.36 1.94	0	0	0	0	0	0
5/22/15		47 1.28 1.99	44 1.36 1.94	0	0	0	0	0	0
<i>Time:</i> 1:07.60		47 1.28 1.99	43.5 1.38 1.96	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BACK		:32.50	:35.50	: :0	: :0	: :0	: :0	: :0	: :0
SAN MATEO	<i>1/3</i>	52 1.15 1.78	44 1.36 1.92	0	0	0	0	0	0
10/11/15	<i>1/2</i>	49.5 1.21 1.86	43.5 1.38 1.94	0	0	0	0	0	0
<i>Time:</i> 1:08.00	<i>2/3</i>	47 1.28 1.96	44 1.36 1.92	0	0	0	0	0	0
100 BACK		:32.80	:35.30	: :0	: :0	: :0	: :0	: :0	: :0
REEDLEY	<i>1/3</i>	0	0	0	0	0	0	0	0
3/13/16	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:08.10	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BACK		:32.90	:35.20	: :0	: :0	: :0	: :0	: :0	: :0
CLOVIS	<i>1/3</i>	50 1.20 1.82	45 1.33 1.89	0	0	0	0	0	0
7/12/14	<i>1/2</i>	47 1.28 1.94	43 1.40 1.98	0	0	0	0	0	0
<i>Time:</i> 1:08.10	<i>2/3</i>	47 1.28 1.94	42 1.43 2.03	0	0	0	0	0	0
100 BACK		:32.90	:35.80	: :0	: :0	: :0	: :0	: :0	: :0
REEDLEY	<i>1/3</i>	48.5 1.24 1.88	43 1.40 1.95	0	0	0	0	0	0
11/28/15	<i>1/2</i>	47 1.28 1.94	44 1.36 1.90	0	0	0	0	0	0
<i>Time:</i> 1:08.90	<i>2/3</i>	43.5 1.38 2.10	41 1.46 2.04	0	0	0	0	0	0
100 BACK		:44.30	:49.30	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/10/10	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:33.60	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:36.70	:41.70	: :0	: :0	: :0	: :0	: :0	: :0
REEDLEY	<i>1/3</i>	47.5 1.26 1.72	45.5 1.32 1.58	0	0	0	0	0	0
3/13/16	<i>1/2</i>	44.5 1.35 1.84	48 1.25 1.50	0	0	0	0	0	0
<i>Time:</i> 1:18.40	<i>2/3</i>	45 1.33 1.82	43 1.40 1.67	0	0	0	0	0	0
100 BREAST		:36.50	:42.10	: :0	: :0	: :0	: :0	: :0	: :0
REEDLEY	<i>1/3</i>	0	0	0	0	0	0	0	0
3/21/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:18.60	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:50.50	:55.00	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/10/10	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:45.50	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FLY		:32.70	:38.40	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/12/14	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:11.10	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FLY		:46.00	:55.00	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/10/10	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:41.00	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FREE		:39.70	:45.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/10/10	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:25.00	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BACK		:33.70	:35.30	:37.10	:37.30	: : 0	: : 0	: : 0	: : 0
SMOC	<i>1/3</i>	41.5 1.45 2.15	39.5 1.52 2.15	39.5 1.52 2.05	38 1.58 2.12	0	0	0	0
4/29/16	<i>1/2</i>	40.5 1.48 2.20	39.5 1.52 2.15	38 1.58 2.13	38.5 1.56 2.09	0	0	0	0
<i>Time:</i> 2:23.60	<i>2/3</i>	39 1.54 2.28	38 1.58 2.24	38 1.58 2.13	38 1.58 2.12	0	0	0	0
200 BACK		:33.80	:36.50	:37.00	:37.00	: : 0	: : 0	: : 0	: : 0
FULLERTON	<i>1/3</i>	47 1.28 1.89	41 1.46 2.00	42 1.43 1.93	40 1.50 2.03	0	0	0	0
2/21/15	<i>1/2</i>	43.5 1.38 2.04	41 1.46 2.00	38 1.58 2.13	38.5 1.56 2.11	0	0	0	0
<i>Time:</i> 2:24.30	<i>2/3</i>	39.5 1.52 2.25	38.5 1.56 2.13	39.5 1.52 2.05	39.5 1.52 2.05	0	0	0	0
200 BACK		:33.20	:36.20	:37.20	:37.90	: : 0	: : 0	: : 0	: : 0
CLOVIS	<i>1/3</i>	0	0	0	0	0	0	0	0
7/13/14	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:24.50	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
200 BACK		:34.10			:36.60			:37.30			:37.20														
SMOC	<i>1/3</i>	39	1.54	2.26	37.5	1.60	2.19	36	1.67	2.23	36.5	1.64	2.21												
4/28/17	<i>1/2</i>	38.5	1.56	2.29	34	1.76	2.41	36	1.67	2.23	37	1.62	2.18												
<i>Time:</i> 2:25.30	<i>2/3</i>	36.5	1.64	2.41	36	1.67	2.28	35.5	1.69	2.27	37	1.62	2.18												
200 BACK		:34.00			:37.10			:37.40			:37.80			: .0			: .0			: .0			: .0		
SAN MATEO	<i>1/3</i>	43.5	1.38	2.03	38.5	1.56	2.10	40.5	1.48	1.98	40.5	1.48	1.96	0		0		0		0		0			
10/11/15	<i>1/2</i>	42.5	1.41	2.08	39	1.54	2.07	40	1.50	2.01	40.5	1.48	1.96	0		0		0		0		0			
<i>Time:</i> 2:26.30	<i>2/3</i>	41	1.46	2.15	36.5	1.64	2.22	39.5	1.52	2.03	40	1.50	1.98	0		0		0		0		0			
200 BACK		:33.30			:36.60			:38.10			:38.40			: .0			: .0			: .0			: .0		
SPEEDO GRAND C	<i>1/3</i>	47	1.28	1.92	38.5	1.56	2.13	40.5	1.48	1.94	38.5	1.56	2.03	0		0		0		0		0			
5/22/15	<i>1/2</i>	42	1.43	2.15	40	1.50	2.05	37.5	1.60	2.10	38.5	1.56	2.03	0		0		0		0		0			
<i>Time:</i> 2:26.80	<i>2/3</i>	40	1.50	2.25	37	1.62	2.22	38.5	1.56	2.05	38.5	1.56	2.03	0		0		0		0		0			
200 BACK		:33.70			:37.00			:38.30			:39.10			: .0			: .0			: .0			: .0		
CLOVIS	<i>1/3</i>	49	1.22	1.82	41	1.46	1.98	42	1.43	1.86	41	1.46	1.87	0		0		0		0		0			
7/13/14	<i>1/2</i>	48	1.25	1.85	42	1.43	1.93	40.5	1.48	1.93	38.5	1.56	1.99	0		0		0		0		0			
<i>Time:</i> 2:28.20	<i>2/3</i>	44	1.36	2.02	40	1.50	2.03	40.5	1.48	1.93	42	1.43	1.83	0		0		0		0		0			
200 BACK		:34.10			:37.30			:38.40			:39.20			: .0			: .0			: .0			: .0		
LA MIRADA	<i>1/3</i>	42.5	1.41	2.07	39.5	1.52	2.04	44	1.36	1.78	39	1.54	1.96	0		0		0		0		0			
1/17/16	<i>1/2</i>	41	1.46	2.15	39.5	1.52	2.04	39	1.54	2.00	39	1.54	1.96	0		0		0		0		0			
<i>Time:</i> 2:29.20	<i>2/3</i>	38	1.58	2.32	0			40	1.50	1.95	39	1.54	1.96	0		0		0		0		0			
200 BACK		:36.10			:39.20			:39.50			:39.30			: .0			: .0			: .0			: .0		
MERCED	<i>1/3</i>	0			0			0			0			0		0		0		0		0			
4/12/14	<i>1/2</i>	0			0			0			0			0		0		0		0		0			
<i>Time:</i> 2:34.20	<i>2/3</i>	0			0			0			0			0		0		0		0		0			
200 BREAST		:40.10			:47.10			:50.40			:52.10			: .0			: .0			: .0			: .0		
MERCED	<i>1/3</i>	0			0			0			0			0		0		0		0		0			
4/12/14	<i>1/2</i>	0			0			0			0			0		0		0		0		0			
<i>Time:</i> 3:09.70	<i>2/3</i>	0			0			0			0			0		0		0		0		0			

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 FREE		:28.80	:31.50	:31.60	:31.40				
GOLDEN WEST	<i>1/3</i>	49 1.22 2.13	38.5 1.56 2.47	39.5 1.52 2.40	39.5 1.52 2.42				
2/17/18	<i>1/2</i>	38 1.58 2.74	38.5 1.56 2.47	39 1.54 2.43	39.5 1.52 2.42				
<i>Time:</i> 2:03.40	<i>2/3</i>	37.5 1.60 2.78	36 1.67 2.65	36.5 1.64 2.60	45.5 1.32 2.10				
200 FREE		:28.70	:32.00	:32.20	:33.20	: .0	: .0	: .0	: .0
LA MIRADA	<i>1/3</i>	49 1.22 2.13	44 1.36 2.13	47 1.28 1.98	47.5 1.26 1.90	0	0	0	0
4/08/16	<i>1/2</i>	49.5 1.21 2.11	46 1.30 2.04	47.5 1.26 1.96	47 1.28 1.92	0	0	0	0
<i>Time:</i> 2:06.20	<i>2/3</i>	47.5 1.26 2.20	44.5 1.35 2.11	42.5 1.41 2.19	46.5 1.29 1.94	0	0	0	0
200 FREE		:29.40	:32.30	:32.30	:32.50	: .0	: .0	: .0	: .0
MISSION VIEJO	<i>1/3</i>	42 1.43 2.43	49.5 1.21 1.88	45 1.33 2.06	48.5 1.24 1.90	0	0	0	0
2/05/16	<i>1/2</i>	45 1.33 2.27	43.5 1.38 2.14	49.5 1.21 1.88	47.5 1.26 1.94	0	0	0	0
<i>Time:</i> 2:06.50	<i>2/3</i>	45 1.33 2.27	44 1.36 2.11	50.5 1.19 1.84	47.5 1.26 1.94	0	0	0	0
200 FREE		:29.10	:32.80	:32.90	:33.00				
GOLDEN WEST	<i>1/3</i>	44.5 1.35 2.32	39.5 1.52 2.32	38 1.58 2.40	39.5 1.52 2.30				
2/18/17	<i>1/2</i>	41.5 1.45 2.48	38 1.58 2.41	38 1.58 2.40	42 1.43 2.16				
<i>Time:</i> 2:07.80	<i>2/3</i>	40 1.50 2.58	38 1.58 2.41	40.5 1.48 2.25	41.5 1.45 2.19				
200 FREE		:29.40	:33.00	:33.40	:34.00	: .0	: .0	: .0	: .0
REEDLEY	<i>1/3</i>	0	0	0	0	0	0	0	0
11/28/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:09.90	<i>2/3</i>	0	0	0	0	0	0	0	0
200 FREE		:40.90	:46.10	:44.90	:46.30	: .0	: .0	: .0	: .0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/10/10	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:58.70	<i>2/3</i>	0	0	0	0	0	0	0	0
200 IM		:29.70	:34.40	:40.00	:32.10				
GOLDEN WEST	<i>1/3</i>								
2/17/18	<i>1/2</i>								
<i>Time:</i> 2:16.20	<i>2/3</i>								

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
200 IM		:29.40			:35.10			:39.60			:32.60			: .0			: .0			: .0			: .0		
LA INVITE	<i>1/3</i>	53.5	1.12	1.91	38	1.58	2.25	43.5	1.38	1.74	47	1.28	1.96	0			0			0			0		
7/14/16	<i>1/2</i>	55	1.09	1.86	40.5	1.48	2.11	42	1.43	1.80	49.5	1.21	1.86	0			0			0			0		
<i>Time:</i> 2:16.70	<i>2/3</i>	49.5	1.21	2.06	39	1.54	2.19	42.5	1.41	1.78	52.5	1.14	1.75	0			0			0			0		
200 IM		:29.00			:35.50			:39.70			:32.30														
FUTURES	<i>1/3</i>	54.5	1.10	1.90	36	1.67	2.35	38	1.58	1.99	41	1.46	2.27												
8/02/18	<i>1/2</i>	52	1.15	1.99	37	1.62	2.28	33.5	1.79	2.26	47.5	1.26	1.96												
<i>Time:</i> 2:16.70	<i>2/3</i>	51.5	1.17	2.01	37	1.62	2.28	33.5	1.79	2.26	47	1.28	1.98												
200 IM		:29.40			:36.00			:40.20			:32.60														
SMOC	<i>1/3</i>	50.5	1.19	2.02	37	1.62	2.25	40	1.50	1.87	46.5	1.29	1.98												
4/24/17	<i>1/2</i>	49.5	1.21	2.06	38	1.58	2.19	41.5	1.45	1.80	45.5	1.32	2.02												
<i>Time:</i> 2:18.30	<i>2/3</i>	50	1.20	2.04	37.5	1.60	2.22	41.5	1.45	1.80	46.5	1.29	1.98												
200 IM		:30.00			:35.00			:41.40			:32.30			: .0			: .0			: .0			: .0		
SMOC	<i>1/3</i>	54.5	1.10	1.83	40.5	1.48	2.12	43	1.40	1.69	49.5	1.21	1.88	0			0			0			0		
4/29/16	<i>1/2</i>	48.5	1.24	2.06	41	1.46	2.09	42.5	1.41	1.71	49.5	1.21	1.88	0			0			0			0		
<i>Time:</i> 2:18.80	<i>2/3</i>	52	1.15	1.92	40	1.50	2.14	39	1.54	1.86	49	1.22	1.90	0			0			0			0		
200 IM		:29.50			:35.70			:41.00			:33.30														
SMOC	<i>1/3</i>	55.5	1.08	1.83	39.5	1.52	2.13	39.5	1.52	1.85	46.5	1.29	1.94												
4/24/17	<i>1/2</i>	48.5	1.24	2.10	42.5	1.41	1.98	40	1.50	1.83	51	1.18	1.77												
<i>Time:</i> 2:19.50	<i>2/3</i>	47.5	1.26	2.14	37	1.62	2.27	42	1.43	1.74	45.5	1.32	1.98												
200 IM		:29.70			:36.50			:40.70			:33.00			: .0			: .0			: .0			: .0		
LA MIRADA	<i>1/3</i>	52	1.15	1.94	41.5	1.45	1.98	42.5	1.41	1.73	50.5	1.19	1.80	0			0			0			0		
4/08/16	<i>1/2</i>	54.5	1.10	1.85	40.5	1.48	2.03	40.5	1.48	1.82	48.5	1.24	1.87	0			0			0			0		
<i>Time:</i> 2:19.80	<i>2/3</i>	47.5	1.26	2.13	40	1.50	2.05	43	1.40	1.71	47.5	1.26	1.91	0			0			0			0		
200 IM		:29.70			:36.60			:41.20			:32.60			: .0			: .0			: .0			: .0		
MISSION VIEJO	<i>1/3</i>	0			0			0			0			0			0			0			0		
2/05/16	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 2:20.20	<i>2/3</i>	0			0			0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 IM		:29.70	:37.20	:40.70	:32.60	:.0	:.0	:.0	:.0
MISSION VIEJO	<i>1/3</i>	56.5 1.06 1.79	42 1.43 1.92	45.5 1.32 1.62	51 1.18 1.80	0	0	0	0
2/05/16	<i>1/2</i>	53.5 1.12 1.89	40.5 1.48 1.99	44 1.36 1.68	47 1.28 1.96	0	0	0	0
<i>Time:</i> 2:20.30	<i>2/3</i>	49.5 1.21 2.04	39.5 1.52 2.04	42.5 1.41 1.73	48.5 1.24 1.90	0	0	0	0
200 IM		:30.00	:36.50	:43.30	:34.00	:.0	:.0	:.0	:.0
SPEEDO GRAND C	<i>1/3</i>	59 1.02 1.69	43.5 1.38 1.89	43 1.40 1.61	49 1.22 1.80	0	0	0	0
5/22/15	<i>1/2</i>	49.5 1.21 2.02	40.5 1.48 2.03	44.5 1.35 1.56	48.5 1.24 1.82	0	0	0	0
<i>Time:</i> 2:23.90	<i>2/3</i>	53 1.13 1.89	38.5 1.56 2.13	42 1.43 1.65	47 1.28 1.88	0	0	0	0
200 IM		:31.00	:37.40	:43.50	:32.90	:.0	:.0	:.0	:.0
FULLERTON	<i>1/3</i>	54.5 1.10 1.78	41.5 1.45 1.93	39 1.54 1.77	48 1.25 1.90	0	0	0	0
2/21/15	<i>1/2</i>	52.5 1.14 1.84	39.5 1.52 2.03	39 1.54 1.77	49.5 1.21 1.84	0	0	0	0
<i>Time:</i> 2:24.90	<i>2/3</i>	50 1.20 1.94	37 1.62 2.17	38.5 1.56 1.79	49.5 1.21 1.84	0	0	0	0
200 IM		:31.00	:37.50	:43.30	:33.10	:.0	:.0	:.0	:.0
LA MIRADA	<i>1/3</i>	52 1.15 1.86	41.5 1.45 1.93	41 1.46 1.69	47.5 1.26 1.91	0	0	0	0
1/17/16	<i>1/2</i>	50.5 1.19 1.92	40 1.50 2.00	40 1.50 1.73	48 1.25 1.89	0	0	0	0
<i>Time:</i> 2:25.10	<i>2/3</i>	48 1.25 2.02	40.5 1.48 1.98	39.5 1.52 1.75	50 1.20 1.81	0	0	0	0
200 IM		:30.30	:37.10	:43.30	:34.50	:.0	:.0	:.0	:.0
REEDLEY	<i>1/3</i>	0	0	0	0	0	0	0	0
3/21/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:25.20	<i>2/3</i>	0	0	0	0	0	0	0	0
200 IM		:30.60	:37.00	:43.40	:34.40	:.0	:.0	:.0	:.0
REEDLEY	<i>1/3</i>	0	0	0	0	0	0	0	0
11/28/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:25.50	<i>2/3</i>	0	0	0	0	0	0	0	0
400 FREE		:30.00	:32.80	:33.50	:33.10	:32.90	:33.10	:33.90	:33.40
SMOC	<i>1/3</i>	0	0	0	0	0	0	0	0
4/29/16	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 4:23.00	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
400 FREE		:30.70	:34.00	:34.40	:34.20	:33.20	:33.60	:32.90	:32.50
LA MIRADA	<i>1/3</i>	39 1.54 2.51	40 1.50 2.21	34 1.76 2.56	38.5 1.56 2.28	42 1.43 2.15	41 1.46 2.18	44.5 1.35 2.05	44.5 1.35 2.07
4/08/16	<i>1/2</i>	40.5 1.48 2.41	39.5 1.52 2.23	39.5 1.52 2.21	40 1.50 2.19	40.5 1.48 2.23	39.5 1.52 2.26	43 1.40 2.12	48.5 1.24 1.90
<i>Time:</i> 4:25.70	<i>2/3</i>	40.5 1.48 2.41	39 1.54 2.26	37 1.62 2.36	41 1.46 2.14	41 1.46 2.20	43 1.40 2.08	41.5 1.45 2.20	48 1.25 1.92
400 FREE		:29.30	:32.70	:33.80	:33.80	:34.40	:34.40	:34.50	:33.90
LA INVITE	<i>1/3</i>	42.5 1.41 2.41	40.5 1.48 2.27	40 1.50 2.22	39.5 1.52 2.25	41 1.46 2.13	40.5 1.48 2.15	42 1.43 2.07	43.5 1.38 2.03
7/14/16	<i>1/2</i>	37.5 1.60 2.73	35.5 1.69 2.58	37.5 1.60 2.37	40 1.50 2.22	41.5 1.45 2.10	43 1.40 2.03	44 1.36 1.98	43 1.40 2.06
<i>Time:</i> 4:27.10	<i>2/3</i>	38 1.58 2.69	36.5 1.64 2.51	37.5 1.60 2.37	39 1.54 2.28	41.5 1.45 2.10	42 1.43 2.08	42 1.43 2.07	44 1.36 2.01
400 FREE		:29.90	:33.30	:34.10	:34.50	:33.70	:34.10	:34.00	:33.50
LA MIRADA	<i>1/3</i>	42 1.43 2.39	41.5 1.45 2.17	41.5 1.45 2.12	39 1.54 2.23	44.5 1.35 2.00	46 1.30 1.91	44.5 1.35 1.98	48 1.25 1.87
4/08/16	<i>1/2</i>	40 1.50 2.51	41 1.46 2.20	41 1.46 2.15	41.5 1.45 2.10	46 1.30 1.94	43 1.40 2.05	46 1.30 1.92	45 1.33 1.99
<i>Time:</i> 4:27.20	<i>2/3</i>	46.5 1.29 2.16	40 1.50 2.25	40 1.50 2.20	39.5 1.52 2.20	42.5 1.41 2.09	42.5 1.41 2.07	44 1.36 2.01	45.5 1.32 1.97
400 FREE		:30.80	:33.80	:34.20	:34.40	:33.90	:33.60	:33.90	:33.50
MISSION VIEJO	<i>1/3</i>	40 1.50 2.44	39 1.54 2.28	41 1.46 2.14	42 1.43 2.08	40.5 1.48 2.19	41.5 1.45 2.15	45.5 1.32 1.94	45.5 1.32 1.97
2/05/16	<i>1/2</i>	43 1.40 2.27	37.5 1.60 2.37	41.5 1.45 2.11	40.5 1.48 2.15	44.5 1.35 1.99	45.5 1.32 1.96	48 1.25 1.84	49 1.22 1.83
<i>Time:</i> 4:28.30	<i>2/3</i>	39.5 1.52 2.47	40 1.50 2.22	40.5 1.48 2.17	41 1.46 2.13	43 1.40 2.06	41.5 1.45 2.15	45 1.33 1.97	46.5 1.29 1.93
400 FREE		:29.90	:33.40	:34.30	:34.60	:34.80	:34.80	:35.30	:34.60
GOLDEN WEST	<i>1/3</i>	51 1.18 1.97	36 1.67 2.50	37 1.62 2.36	36.5 1.64 2.38	36 1.67 2.39	36.5 1.64 2.36	37 1.62 2.30	37 1.62 2.34
2/18/17	<i>1/2</i>	37.5 1.60 2.68	37 1.62 2.43	35.5 1.69 2.46	35.5 1.69 2.44	39.5 1.52 2.18	39 1.54 2.21	37.5 1.60 2.27	38 1.58 2.28
<i>Time:</i> 4:32.00	<i>2/3</i>	35.5 1.69 2.83	35 1.71 2.57	34.5 1.74 2.54	36 1.67 2.41	36.5 1.64 2.36	36 1.67 2.39	38 1.58 2.24	39 1.54 2.22
400 FREE		:30.70	:34.60	:34.70	:35.30	:35.00	:35.70	:34.70	:34.10
LA MIRADA	<i>1/3</i>	36 1.67 2.71	35 1.71 2.48	33 1.82 2.62	34.5 1.74 2.46	36.5 1.64 2.35	36 1.67 2.33	36.5 1.64 2.37	40 1.50 2.20
1/17/17	<i>1/2</i>	37.5 1.60 2.61	34 1.76 2.55	34.5 1.74 2.51	33.5 1.79 2.54	35.5 1.69 2.41	38 1.58 2.21	35 1.71 2.47	42.5 1.41 2.07
<i>Time:</i> 4:35.10	<i>2/3</i>	36 1.67 2.71	32.5 1.85 2.67	34 1.76 2.54	34.5 1.74 2.46	37 1.62 2.32	35.5 1.69 2.37	38 1.58 2.28	44 1.36 2.00
400 FREE		:30.70	:34.60	:34.70	:35.30	:35.00	:35.70	:34.70	:34.10
LA MIRADA	<i>1/3</i>	36 1.67 2.71	35 1.71 2.48	33 1.82 2.62	34.5 1.74 2.46	36.5 1.64 2.35	36 1.67 2.33	36.5 1.64 2.37	40 1.50 2.20
1/17/17	<i>1/2</i>	37.5 1.60 2.61	34 1.76 2.55	34.5 1.74 2.51	33.5 1.79 2.54	35.5 1.69 2.41	38 1.58 2.21	35 1.71 2.47	42.5 1.41 2.07
<i>Time:</i> 4:35.10	<i>2/3</i>	36 1.67 2.71	32.5 1.85 2.67	34 1.76 2.54	34.5 1.74 2.46	37 1.62 2.32	35.5 1.69 2.37	38 1.58 2.28	44 1.36 2.00

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
400 FREE		:31.50	:35.50	:35.30	:35.90	:35.50	:35.50	:34.60	:34.70
LA MIRADA	<i>1/3</i>	41.5 1.45 2.29	41.5 1.45 2.04	40.5 1.48 2.10	39.5 1.52 2.12	41.5 1.45 2.04	41 1.46 2.06	43.5 1.38 1.99	45 1.33 1.92
1/17/16	<i>1/2</i>	39 1.54 2.44	38 1.58 2.22	40.5 1.48 2.10	39.5 1.52 2.12	43 1.40 1.97	41.5 1.45 2.04	46 1.30 1.88	46 1.30 1.88
<i>Time:</i> 4:38.90	<i>2/3</i>	38.5 1.56 2.47	36.5 1.64 2.32	39 1.54 2.18	38 1.58 2.20	39.5 1.52 2.14	42 1.43 2.01	45 1.33 1.93	45.5 1.32 1.90
400 IM		:29.20	:34.30	:38.30	:37.80	:41.30	:42.10	:34.60	:34.30
LA INVITE	<i>1/3</i>	52.5 1.14 1.96	47.5 1.26 1.84	34 1.76 2.30	34 1.76 2.33	35.5 1.69 2.05	37.5 1.60 1.90	37.5 1.60 2.31	36 1.67 2.43
7/14/18	<i>1/2</i>	48.5 1.24 2.12	46.5 1.29 1.88	33.5 1.79 2.34	33.5 1.79 2.37	34.5 1.74 2.11	36 1.67 1.98	37 1.62 2.34	36 1.67 2.43
<i>Time:</i> 4:52.30	<i>2/3</i>	50.5 1.19 2.03	47 1.28 1.86	33.5 1.79 2.34	32 1.88 2.48	35.5 1.69 2.05	36.5 1.64 1.95	36.5 1.64 2.38	35 1.71 2.50
400 IM		:30.70	:36.60	:38	:37.80	:41.40	:42.00	:33.70	:34.30
LA INVITE	<i>1/3</i>	47.5 1.26 2.06	45 1.33 1.82	37.5 1.60 #####	35.5 1.69 2.24	38.5 1.56 1.88	44 1.36 1.62	45.5 1.32 1.96	50 1.20 1.75
7/14/16	<i>1/2</i>	45.5 1.32 2.15	47 1.28 1.74	35 1.71 #####	34.5 1.74 2.30	39 1.54 1.86	39 1.54 1.83	44.5 1.35 2.00	39.5 1.52 2.21
<i>Time:</i> 4:54.80	<i>2/3</i>	47 1.28 2.08	46 1.30 1.78	36.5 1.64 #####	35 1.71 2.27	37.5 1.60 1.93	39.5 1.52 1.81	45 1.33 1.98	45 1.33 1.94
400 IM		:31.80	:36.80	:38.60	:38.60	:41.90	:43.00	:33.50	:33.30
MISSION VIEJO	<i>1/3</i>	48 1.25 1.97	44 1.36 1.85	37 1.62 2.10	38 1.58 2.05	41 1.46 1.75	40.5 1.48 1.72	49.5 1.21 1.81	50.5 1.19 1.78
2/05/16	<i>1/2</i>	43.5 1.38 2.17	47.5 1.26 1.72	38 1.58 2.05	36 1.67 2.16	41 1.46 1.75	41.5 1.45 1.68	44 1.36 2.04	45 1.33 2.00
<i>Time:</i> 4:57.70	<i>2/3</i>	46 1.30 2.05	45 1.33 1.81	36 1.67 2.16	36 1.67 2.16	36.5 1.64 1.96	37.5 1.60 1.86	46 1.30 1.95	0
400 IM		:31.00	:36.30	:39.50	:39.30	:42.80	:42.40	:34.40	:33.30
SMOC	<i>1/3</i>								
4/28/17	<i>1/2</i>								
<i>Time:</i> 4:59.00	<i>2/3</i>								
400 IM		:31.30	:36.10	:38.80	:38.90	:42.20	:43.50	:34.10	:34.40
LA MRIADA	<i>1/3</i>	56 1.07 1.71	45.5 1.32 1.83	38 1.58 2.03	34.5 1.74 2.24	41 1.46 1.73	41.5 1.45 1.66	47.5 1.26 1.85	46.5 1.29 1.88
4/08/16	<i>1/2</i>	43 1.40 2.23	44 1.36 1.89	35 1.71 2.21	0	40 1.50 1.78	39.5 1.52 1.75	47.5 1.26 1.85	46.5 1.29 1.88
<i>Time:</i> 4:59.50	<i>2/3</i>	42.5 1.41 2.26	42.5 1.41 1.96	35.5 1.69 2.18	35 1.71 2.20	37.5 1.60 1.90	37.5 1.60 1.84	45 1.33 1.96	45.5 1.32 1.92
400 IM		:30.30	:35.00	:38.80	:37.50	:43.30	:43.40	:35.70	:35.80
SMOC	<i>1/3</i>	0	0	0	0	0	0	0	0
4/29/16	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 4:59.80	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
400 IM		:30.00			:34.60			:38.90			:38.70			:42.70			:44.00			:36.00			:34.60		
FUTURES	<i>1/3</i>	52.5	1.14	1.90	45.5	1.32	1.91	34	1.76	2.27	32.5	1.85	2.39	34.5	1.74	2.04	33.5	1.79	2.04	32	1.88	2.60	33	1.82	2.63
8/02/18	<i>1/2</i>	49	1.22	2.04	47.5	1.26	1.83	33.5	1.79	2.30	31.5	1.90	2.46	31.5	1.90	2.23	32.5	1.85	2.10	41.5	1.45	2.01	34	1.76	2.55
<i>Time:</i> 4:59.80	<i>2/3</i>	46.5	1.29	2.15	45.5	1.32	1.91	32.5	1.85	2.37	32.5	1.85	2.39	33.5	1.79	2.10	33.5	1.79	2.04	33.5	1.79	2.49	33	1.82	2.63
400 IM		:32.50			:37.80			:39.40			:38.50			:42.60			:43.70			:34.10			:34.00		
MISSION VIEJO	<i>1/3</i>	46.5	1.29	1.99	43	1.40	1.85	37.5	1.60	2.03	35	1.71	2.23	39.5	1.52	1.78	41.5	1.45	1.65	45	1.33	1.96	45	1.33	1.96
2/05/16	<i>1/2</i>	42	1.43	2.20	41.5	1.45	1.91	35	1.71	2.18	35.5	1.69	2.19	39	1.54	1.81	40.5	1.48	1.70	43.5	1.38	2.02	45	1.33	1.96
<i>Time:</i> 5:02.90	<i>2/3</i>	45	1.33	2.05	43.5	1.38	1.82	36	1.67	2.12	34	1.76	2.29	38	1.58	1.85	41	1.46	1.67	46	1.30	1.91	43.5	1.38	2.03
400 IM		:30.80			:35.70			:39.00			:30.30			:43.30			:44.30			:35.00			:36.40		
LA MIRADA	<i>1/3</i>	46	1.30	2.12	45.5	1.32	1.85	34.5	1.74	2.23	35	1.71	2.83	37	1.62	1.87	37.5	1.60	1.81	43.5	1.38	1.97	41	1.46	2.01
1/17/17	<i>1/2</i>	46	1.30	2.12	48.5	1.24	1.73	34	1.76	2.26	34	1.76	2.91	33.5	1.79	2.07	38.5	1.56	1.76	42	1.43	2.04	43.5	1.38	1.89
<i>Time:</i> 5:03.10	<i>2/3</i>	42	1.43	2.32	46	1.30	1.83	34.5	1.74	2.23	33.5	1.79	2.96	35	1.71	1.98	38	1.58	1.78	44.5	1.35	1.93	40.5	1.48	2.04
400 IM		:31.70			:36.20			:40.70			:39.80			:45.30			:45.30			:35.20			:32.80		
GOLEN WEST	<i>1/3</i>	48	1.25	1.97	44	1.36	1.88	31.5	1.90	2.34	31	1.94	2.43	33.5	1.79	1.98	34.5	1.74	1.92	36	1.67	2.37	39.5	1.52	2.32
2/18/17	<i>1/2</i>	46	1.30	2.06	42	1.43	1.97	31.5	1.90	2.34	32.5	1.85	2.32	34	1.76	1.95	34.5	1.74	1.92	36.5	1.64	2.33	38	1.58	2.41
<i>Time:</i> 5:07.40	<i>2/3</i>	44.5	1.35	2.13	43	1.40	1.93				32	1.88	2.36	32.5	1.85	2.04	33.5	1.79	1.98	37.5	1.60	2.27	40.5	1.48	2.26
400 IM		:31.40			:36.50			:39.90			:38.90			:45.30			:45.80			:35.70			:35.40		
FULLERTON	<i>1/3</i>	0			0			0			0			0			0			0			0		
2/21/15	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 5:08.90	<i>2/3</i>	0			0			0			0			0			0			0			0		
400 IM		:32.20			:38.40			:40.60			:39.40			:45.00			:46.40			:36.70			:35.70		
CLOVIS	<i>1/3</i>	48	1.25	1.94	49	1.22	1.59	38	1.58	1.94	36.5	1.64	2.09	43	1.40	1.55	42.5	1.41	1.52	45.5	1.32	1.80	41.5	1.45	2.02
7/12/14	<i>1/2</i>	47.5	1.26	1.96	44.5	1.35	1.76	37.5	1.60	1.97	36	1.67	2.12	41.5	1.45	1.61	40.5	1.48	1.60	41.5	1.45	1.97	44	1.36	1.91
<i>Time:</i> 5:14.80	<i>2/3</i>	46	1.30	2.03	43	1.40	1.82	36.5	1.64	2.02	35	1.71	2.18	42	1.43	1.59	39.5	1.52	1.64	40.2	1.49	2.03	44	1.36	1.91
400 IM		:32.20			:37.20			:39.20			:39.60			:45.60			:46.40			:38.10			:36.40		
LA MIRADA	<i>1/3</i>	43.5	1.38	2.14	44.5	1.35	1.81	39	1.54	1.96	36	1.67	2.10	39	1.54	1.69	36.5	1.64	1.77	42.5	1.41	1.85	43.5	1.38	1.89
1/17/16	<i>1/2</i>	42.5	1.41	2.19	42.5	1.41	1.90	36	1.67	2.13	36	1.67	2.10	38	1.58	1.73	37	1.62	1.75	40	1.50	1.97	43	1.40	1.92
<i>Time:</i> 5:14.90	<i>2/3</i>	44	1.36	2.12	42.5	1.41	1.90	36.5	1.64	2.10	35	1.71	2.16	35.5	1.69	1.85	37	1.62	1.75	42.5	1.41	1.85	43.5	1.38	1.89

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

	<i>50</i>	<i>100</i>	<i>150</i>	<i>200</i>	<i>250</i>	<i>300</i>	<i>350</i>	<i>400</i>
400 IM	:32.80	:39.20	:42.00	:41.20	:47.00	:48.00	:42.00	:42.20
MERCED								
4/12/14								
<i>Time:</i> 5:34.60								

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 FREE		:25.90	:28.40	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MESA GRAND PRI	<i>1/3</i>	55 1.09 2.11	47 1.28 2.25	0	0	0	0	0	0
4/11/13	<i>1/2</i>	54 1.11 2.15	49.5 1.21 2.13	0	0	0	0	0	0
<i>Time: :54.27</i>	<i>2/3</i>	51.5 1.17 2.25	47 1.28 2.25	0	0	0	0	0	0
200 BACK		:30.50	:32.10	:32.90	:32.60	: : 0	: : 0	: : 0	: : 0
SANTA CLARA	<i>1/3</i>	46 1.30 2.14	40 1.50 2.34	40 1.50 2.28	41 1.46 2.24	0	0	0	0
5/30/13	<i>1/2</i>	43.5 1.38 2.26	39.5 1.52 2.37	39 1.54 2.34	40.5 1.48 2.27	0	0	0	0
<i>Time: 2:08.20</i>	<i>2/3</i>	42 1.43 2.34	40 1.50 2.34	39.5 1.52 2.31	38.5 1.56 2.39	0	0	0	0
200 FREE		:27.80	:30.10	:30.40	:30.00	: : 0	: : 0	: : 0	: : 0
SANTA CLARA	<i>1/3</i>	48 1.25 2.25	44.5 1.35 2.24	45.5 1.32 2.17	47 1.28 2.13	0	0	0	0
5/30/13	<i>1/2</i>	48 1.25 2.25	45 1.33 2.21	44.5 1.35 2.22	45.5 1.32 2.20	0	0	0	0
<i>Time: 1:58.20</i>	<i>2/3</i>	46 1.30 2.35	43.5 1.38 2.29	46 1.30 2.15	46 1.30 2.17	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
100 FLY		:24.80			:27.80			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SANTA CLARA	<i>1/3</i>	59.5	1.01	2.03	56	1.07	1.93	0			0			0			0			0			0		
5/31/12	<i>1/2</i>	52.5	1.14	2.30	55.5	1.08	1.94	0			0			0			0			0			0		
<i>Time:</i> :52.70	<i>2/3</i>	51.5	1.17	2.35	57	1.05	1.89	0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
100 BACK		:44.70			:48.80			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
FRESNO	<i>1/3</i>	43	1.40	1.56	38	1.58	1.62	0			0			0			0			0			0		
6/18/16	<i>1/2</i>	40.5	1.48	1.66	40.5	1.48	1.52	0			0			0			0			0			0		
<i>Time: 1:33.50</i>	<i>2/3</i>	39.5	1.52	1.70	39.5	1.52	1.56	0			0			0			0			0			0		
100 BACK		:46.40			:48.10			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
MERCED	<i>1/3</i>	0			0			0			0			0			0			0			0		
4/08/17	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time: 1:34.60</i>	<i>2/3</i>	0			0			0			0			0			0			0			0		
100 BREAST		:51.20			:56.20			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
FRESNO	<i>1/3</i>	36.5	1.64	1.61	42.5	1.41	1.26	0			0			0			0			0			0		
6/18/16	<i>1/2</i>	35	1.71	1.67	44	1.36	1.21	0			0			0			0			0			0		
<i>Time: 1:47.40</i>	<i>2/3</i>	35.5	1.69	1.65	38.5	1.56	1.39	0			0			0			0			0			0		
100 FREE		:38.10			:42.60			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
FRESNO	<i>1/3</i>	50.5	1.19	1.56	45	1.33	1.56	0			0			0			0			0			0		
6/18/16	<i>1/2</i>	46	1.30	1.71	48.5	1.24	1.45	0			0			0			0			0			0		
<i>Time: 1:20.70</i>	<i>2/3</i>	45.5	1.32	1.73	45	1.33	1.56	0			0			0			0			0			0		
200 BACK		:48.20			:49.30			:51.60			:49.00			: : 0			: : 0			: : 0			: : 0		
MERCED	<i>1/3</i>	0			0			0			0			0			0			0			0		
4/08/17	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time: 3:18.20</i>	<i>2/3</i>	0			0			0			0			0			0			0			0		
200 BREAST		:50.30			:57.80			:58.60			:59.50			: : 0			: : 0			: : 0			: : 0		
FRESNO	<i>1/3</i>	37	1.62	1.61	37	1.62	1.40	39.5	1.52	1.30	44	1.36	1.15	0			0			0			0		
6/18/16	<i>1/2</i>	38	1.58	1.57	38.5	1.56	1.35	41.5	1.45	1.23	42.5	1.41	1.19	0			0			0			0		
<i>Time: 3:46.40</i>	<i>2/3</i>	39	1.54	1.53	39	1.54	1.33	40.5	1.48	1.26	40.5	1.48	1.24	0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 FLY		:41.80	:49.20	:53.50	:52.10	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 3:19.70</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
200 FREE		: :0	1:21.00	: :0	1:25.00	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 2:46.10</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
200 FREE		:38.10	:44.30	:45.40	:45.60	: :0	: :0	: :0	: :0
FRESNO	<i>1/3</i>	50.5 1.19 1.56	43 1.40 1.57	54.5 1.10 1.21	44 1.36 1.50	0	0	0	0
6/18/16	<i>1/2</i>	48 1.25 1.64	43 1.40 1.57	41.5 1.45 1.59	40.5 1.48 1.62	0	0	0	0
<i>Time: 2:53.50</i>	<i>2/3</i>	43 1.40 1.83	43.5 1.38 1.56	39.5 1.52 1.67	44 1.36 1.50	0	0	0	0
400 FREE		:39.70	:43.60	:45.80	:46.20	:45.50	:45.60	:46.30	:45.00
FRESNO	<i>1/3</i>	0	0	0	0	0	0	0	0
6/18/16	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 5:57.94</i>	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400	
100 BACK		:34.00			:37.70					
CLOVIS	<i>1/3</i>	52.5	1.14	1.68	46	1.30	1.73			
7/05/18	<i>1/2</i>	46	1.30	1.92	41.5	1.45	1.92			
<i>Time: 1:11.80</i>	<i>2/3</i>	45.5	1.32	1.94	39.5	1.52	2.01			
100 BACK		:35.50			:38.30			: : 0	: : 0	: : 0
LA MRADA	<i>1/3</i>	48.5	1.24	1.74	42	1.43	1.86	0	0	0
4/08/16	<i>1/2</i>	43.5	1.38	1.94	43.5	1.38	1.80	0	0	0
<i>Time: 1:13.80</i>	<i>2/3</i>	49	1.22	1.72	43	1.40	1.82	0	0	0
100 FLY		:33.30			:41.30			: : 0	: : 0	: : 0
LA MIRADA	<i>1/3</i>	54.5	1.10	1.65	50.5	1.19	1.44	0	0	0
4/08/16	<i>1/2</i>	54	1.11	1.67	46	1.30	1.58	0	0	0
<i>Time: 1:14.70</i>	<i>2/3</i>	47.5	1.26	1.90	47	1.28	1.55	0	0	0
100 FREE		:31.70			:36.30			: : 0	: : 0	: : 0
LA MIRADA	<i>1/3</i>	48.5	1.24	1.95	46.5	1.29	1.78	0	0	0
4/08/16	<i>1/2</i>	56.5	1.06	1.67	47.5	1.26	1.74	0	0	0
<i>Time: 1:08.00</i>	<i>2/3</i>	45.5	1.32	2.08	43.5	1.38	1.90	0	0	0
50 FREE		:30.00			: : 0			: : 0	: : 0	: : 0
LA MIRADA	<i>1/3</i>	52	1.15	1.92	0			0	0	0
4/08/16	<i>1/2</i>	54.5	1.10	1.83	0			0	0	0
<i>Time: :30.00</i>	<i>2/3</i>	53	1.13	1.89	0			0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BACK		:26.00	:27.32	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	44 1.36 2.62	44 1.36 2.50	0	0	0	0	0	0
6/29/08	<i>1/2</i>	43 1.40 2.68	44 1.36 2.50	0	0	0	0	0	0
<i>Time: :53.32</i>	<i>2/3</i>	44.5 1.35 2.59	43 1.40 2.55	0	0	0	0	0	0
100 BACK		:27.20	:29.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SANTA CLARA	<i>1/3</i>	47 1.28 2.35	40.5 1.48 2.55	0	0	0	0	0	0
6/17/10	<i>1/2</i>	45 1.33 2.45	39.5 1.52 2.61	0	0	0	0	0	0
<i>Time: :56.40</i>	<i>2/3</i>	42 1.43 2.63	40.5 1.48 2.55	0	0	0	0	0	0
100 FLY		:24.50	:28.40	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	46.5 1.29 2.63	48.5 1.24 2.18	0	0	0	0	0	0
6/29/08	<i>1/2</i>	46.5 1.29 2.63	48 1.25 2.20	0	0	0	0	0	0
<i>Time: :52.78</i>	<i>2/3</i>	47.5 1.26 2.58	45.5 1.32 2.32	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BACK		:29.90	:34.90	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SMOC	1/3	48.5 1.24 2.07	44 1.36 1.95	0	0	0	0	0	0
6/26/15	1/2	47.5 1.26 2.11	40 1.50 2.15	0	0	0	0	0	0
Time: 1:04.80	2/3	41.5 1.45 2.42	38.5 1.56 2.23	0	0	0	0	0	0
100 BACK		:30.20	:34.90	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SECTIONALS	1/3	49.5 1.21 2.01	39 1.54 2.20	0	0	0	0	0	0
7/17/15	1/2	44.5 1.35 2.23	40 1.50 2.15	0	0	0	0	0	0
Time: 1:05.20	2/3	40 1.50 2.48	38 1.58 2.26	0	0	0	0	0	0
100 BACK		:31.40	:35.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
REEDLEY	1/3	0	0	0	0	0	0	0	0
4/25/15	1/2	0	0	0	0	0	0	0	0
Time: 1:06.50	2/3	0	0	0	0	0	0	0	0
100 BACK		:31.50	:35.40	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SMOC	1/3	49.5 1.21 1.92	37.5 1.60 2.26	0	0	0	0	0	0
6/26/14	1/2	43 1.40 2.21	40.5 1.48 2.09	0	0	0	0	0	0
Time: 1:07.03	2/3	39 1.54 2.44	36 1.67 2.35	0	0	0	0	0	0
100 BACK		:32.70	:35.80	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SMOC	1/3	47.5 1.26 1.93	37.5 1.60 2.23	0	0	0	0	0	0
6/06/13	1/2	39.5 1.52 2.32	36 1.67 2.33	0	0	0	0	0	0
Time: 1:08.40	2/3	36.5 1.64 2.51	37.5 1.60 2.23	0	0	0	0	0	0
100 BACK		:32.80	:36.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
CLOVIS	1/3	0	0	0	0	0	0	0	0
3/22/14	1/2	0	0	0	0	0	0	0	0
Time: 1:08.90	2/3	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BACK		:33.80	:36.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
FULLERTON	<i>1/3</i>	49.5 1.21 1.79	39 1.54 2.12	0	0	0	0	0	0
1/22/13	<i>1/2</i>	40 1.50 2.22	38.5 1.56 2.15	0	0	0	0	0	0
<i>Time:</i> 1:10.00	<i>2/3</i>	36 1.67 2.47	37 1.62 2.23	0	0	0	0	0	0
100 BACK		:37.10	:39.20	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SLO	<i>1/3</i>	45.5 1.32 1.78	36.5 1.64 2.10	0	0	0	0	0	0
7/01/11	<i>1/2</i>	37 1.62 2.19	35 1.71 2.19	0	0	0	0	0	0
<i>Time:</i> 1:16.30	<i>2/3</i>	36.5 1.64 2.22	35.5 1.69 2.16	0	0	0	0	0	0
100 BACK		:36.40	:40.40	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/25/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:16.80	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:34.80	:29.90	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
REEDLEY	<i>1/3</i>	0	0	0	0	0	0	0	0
4/25/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:15.40	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:36.80	:42.00	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
CLOVIS	<i>1/3</i>	0	0	0	0	0	0	0	0
3/22/14	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:18.80	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:38.40	:44.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/28/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:22.10	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:39.90	:45.90	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SLO	<i>1/3</i>	53 1.13 1.42	52 1.15 1.26	0	0	0	0	0	0
7/01/11	<i>1/2</i>	49.5 1.21 1.52	47 1.28 1.39	0	0	0	0	0	0
<i>Time:</i> 1:25.90	<i>2/3</i>	50 1.20 1.50	44 1.36 1.49	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:47.60	:41.50	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	1/3	0	0	0	0	0	0	0	0
4/16/11	1/2	0	0	0	0	0	0	0	0
Time: 1:29.11	2/3	0	0	0	0	0	0	0	0
100 FLY		:25.20	:28.90	: :0	: :0	: :0	: :0	: :0	: :0
JUNIOR NATIONAL	1/3	57.5 1.04 2.07	61.5 0.98 1.69	0	0	0	0	0	0
7/30/15	1/2	51.5 1.17 2.31	55.5 1.08 1.87	0	0	0	0	0	0
Time: :54.18	2/3	54.5 1.10 2.18	58 1.03 1.79	0	0	0	0	0	0
100 FLY		:25.40	:29.70	: :0	: :0	: :0	: :0	: :0	: :0
SECTIONALS	1/3	60 1.00 1.97	60 1.00 1.68	0	0	0	0	0	0
7/17/15	1/2	58.5 1.03 2.02	58 1.03 1.74	0	0	0	0	0	0
Time: :55.00	2/3	50 1.20 2.36	58.5 1.03 1.73	0	0	0	0	0	0
100 FLY		:25.40	:29.70	: :0	: :0	: :0	: :0	: :0	: :0
JUNIOR NATIONAL	1/3	63.5 0.94 1.86	59.5 1.01 1.70	0	0	0	0	0	0
7/30/15	1/2	54 1.11 2.19	53 1.13 1.91	0	0	0	0	0	0
Time: :55.10	2/3	50 1.20 2.36	59 1.02 1.71	0	0	0	0	0	0
100 FLY		:26.01	:29.56	: :0	: :0	: :0	: :0	: :0	: :0
LA INVITE	1/3	0	0	0	0	0	0	0	0
7/09/15	1/2	0	0	0	0	0	0	0	0
Time: :55.57	2/3	0	0	0	0	0	0	0	0
100 FLY		:25.90	:30.00	: :0	: :0	: :0	: :0	: :0	: :0
JUNIORS	1/3	60 1.00 1.93	58 1.03 1.72	0	0	0	0	0	0
7/31/14	1/2	59 1.02 1.96	54 1.11 1.85	0	0	0	0	0	0
Time: :55.90	2/3	55.5 1.08 2.09	53.5 1.12 1.87	0	0	0	0	0	0
100 FLY		:26.00	:30.10	: :0	: :0	: :0	: :0	: :0	: :0
JUNIORS	1/3	57 1.05 2.02	57 1.05 1.75	0	0	0	0	0	0
7/31/14	1/2	52 1.15 2.22	58 1.03 1.72	0	0	0	0	0	0
Time: :56.10	2/3	54.5 1.10 2.12	55 1.09 1.81	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
100 FLY		:26.20			:30.00			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
JUNIOR NATIONAL	<i>1/3</i>	60	1.00	1.91	53.5	1.12	1.87	0			0			0			0			0			0		
8/05/13	<i>1/2</i>	53.5	1.12	2.14	55	1.09	1.82	0			0			0			0			0			0		
<i>Time:</i> :56.20	<i>2/3</i>	50.5	1.19	2.27	53.5	1.12	1.87	0			0			0			0			0			0		
100 FLY		:25.50			:30.70			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SANTA CLARA	<i>1/3</i>	58.5	1.03	2.01	56	1.07	1.74	0			0			0			0			0			0		
6/18/15	<i>1/2</i>	55.5	1.08	2.12	50.5	1.19	1.94	0			0			0			0			0			0		
<i>Time:</i> :56.40	<i>2/3</i>	57	1.05	2.06	55	1.09	1.78	0			0			0			0			0			0		
100 FLY		:26.40			:30.10			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
LAI	<i>1/3</i>	58.5	1.03	1.94	56	1.07	1.78	0			0			0			0			0			0		
7/18/14	<i>1/2</i>	54	1.11	2.10	56	1.07	1.78	0			0			0			0			0			0		
<i>Time:</i> :56.50	<i>2/3</i>	55	1.09	2.07	58	1.03	1.72	0			0			0			0			0			0		
100 FLY		:26.20			:30.40			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
LA INVITE	<i>1/3</i>	55.5	1.08	2.06	58	1.03	1.70	0			0			0			0			0			0		
7/09/15	<i>1/2</i>	59.5	1.01	1.92	56	1.07	1.76	0			0			0			0			0			0		
<i>Time:</i> :56.60	<i>2/3</i>	56.5	1.06	2.03	54.5	1.10	1.81	0			0			0			0			0			0		
100 FLY		:26.80			:30.30			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
LAI	<i>1/3</i>	63	0.95	1.78	54.5	1.10	1.82	0			0			0			0			0			0		
7/18/14	<i>1/2</i>	57.5	1.04	1.95	55.5	1.08	1.78	0			0			0			0			0			0		
<i>Time:</i> :56.90	<i>2/3</i>	54	1.11	2.07	52	1.15	1.90	0			0			0			0			0			0		
100 FLY		:26.70			:30.20			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SPEEDO GC	<i>1/3</i>	54.5	1.10	2.06	51	1.18	1.95	0			0			0			0			0			0		
5/24/14	<i>1/2</i>	52.5	1.14	2.14	51.5	1.17	1.93	0			0			0			0			0			0		
<i>Time:</i> :56.99	<i>2/3</i>	55.5	1.08	2.02	53	1.13	1.87	0			0			0			0			0			0		
100 FLY		:26.50			:30.60			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SC NATS LC TIME	<i>1/3</i>	57.5	1.04	1.97	57	1.05	1.72	0			0			0			0			0			0		
12/07/14	<i>1/2</i>	52.5	1.14	2.16	55.5	1.08	1.77	0			0			0			0			0			0		
<i>Time:</i> :57.10	<i>2/3</i>	52	1.15	2.18	56	1.07	1.75	0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100			150			200			250			300			350			400				
100 FLY		:26.90			:30.30			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SECTIONALS	<i>1/3</i>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	7/17/13	<i>1/2</i>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
<i>Time:</i>	:57.30	<i>2/3</i>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
100 FLY		:27.10			:30.30			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SECTIONALS	<i>1/3</i>	61	0.98	1.81	55	1.09	1.80	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	7/17/13	<i>1/2</i>	53	1.13	2.09	48	1.25	2.06	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
<i>Time:</i>	:57.40	<i>2/3</i>	54.5	1.10	2.03	48	1.25	2.06	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
100 FLY		:26.30			:31.30			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
MESA	<i>1/3</i>				0			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	4/15/15	<i>1/2</i>	0		0			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
<i>Time:</i>	:57.50	<i>2/3</i>	0		0			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
100 FLY		:26.70			:31.00			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SMOC	<i>1/3</i>	57	1.05	1.97	51.5	1.17	1.88	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	6/26/15	<i>1/2</i>	54.5	1.10	2.06	54	1.11	1.79	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
<i>Time:</i>	:57.70	<i>2/3</i>	57	1.05	1.97	55.5	1.08	1.74	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
100 FLY		:27.20			:31.20			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SPEEDO GC	<i>1/3</i>	60.5	0.99	1.82	55.5	1.08	1.73	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	5/23/14	<i>1/2</i>	53.5	1.12	2.06	54	1.11	1.78	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
<i>Time:</i>	:58.30	<i>2/3</i>	49.5	1.21	2.23	47	1.28	2.05	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
100 FLY		:27.10			:31.30			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SC JR LC	<i>1/3</i>	56.5	1.06	1.96	51	1.18	1.88	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	12/12/14	<i>1/2</i>	53.5	1.12	2.07	53.5	1.12	1.79	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
<i>Time:</i>	:58.40	<i>2/3</i>	52.5	1.14	2.11	0			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
100 FLY		:27.60			:31.80			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SPEEDO GC	<i>1/3</i>	54	1.11	2.01	52.5	1.14	1.80	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	5/24/13	<i>1/2</i>	57.5	1.04	1.89	49	1.22	1.93	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
<i>Time:</i>	:59.20	<i>2/3</i>	50.5	1.19	2.15	52	1.15	1.81	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100			150			200			250			300			350			400				
100 FLY		:28.00			:31.60			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
REEDLEY	<i>1/3</i>	0			0			0			0			0			0			0			0		
4/25/15	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i>	<i>2/3</i>	0			0			0			0			0			0			0			0		
		:59.60																							
100 FLY		:27.60			:32.30			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SMOC	<i>1/3</i>	64	0.94	1.70	50	1.20	1.86	0			0			0			0			0			0		
6/06/13	<i>1/2</i>	52.5	1.14	2.07	52	1.15	1.79	0			0			0			0			0			0		
<i>Time:</i>	<i>2/3</i>	58	1.03	1.87	49.5	1.21	1.88	0			0			0			0			0			0		
		:59.90																							
100 FLY		:28.40			:31.60			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SECTIONALS	<i>1/3</i>	54	1.11	1.96	54.5	1.10	1.74	0			0			0			0			0			0		
7/26/12	<i>1/2</i>	48.5	1.24	2.18	53.5	1.12	1.77	0			0			0			0			0			0		
<i>Time:</i>	<i>2/3</i>	53	1.13	1.99	50	1.20	1.90	0			0			0			0			0			0		
		1:00.20																							
100 FLY		:28.50			:32.00			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
LA INVITE	<i>1/3</i>	61.5	0.98	1.71	51.5	1.17	1.82	0			0			0			0			0			0		
7/12/12	<i>1/2</i>	57	1.05	1.85	50	1.20	1.88	0			0			0			0			0			0		
<i>Time:</i>	<i>2/3</i>	53	1.13	1.99	52	1.15	1.80	0			0			0			0			0			0		
		1:00.60																							
100 FLY		:27.80			:35.50			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
CLOVIS	<i>1/3</i>	0			0			0			0			0			0			0			0		
3/22/14	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i>	<i>2/3</i>	0			0			0			0			0			0			0			0		
		1:02.20																							
100 FLY		:30.00			:33.60			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
JO'S	<i>1/3</i>	0			0			0			0			0			0			0			0		
7/28/11	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i>	<i>2/3</i>	0			0			0			0			0			0			0			0		
		1:03.60																							
100 FLY		:30.10			:35.60			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
JO'S	<i>1/3</i>	0			0			0			0			0			0			0			0		
7/25/11	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i>	<i>2/3</i>	0			0			0			0			0			0			0			0		
		1:05.70																							

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100			150			200			250			300			350			400		
100 FLY		:32.80			:38.90			: : 0			: : 0			: : 0			: : 0			: : 0			
MERCED	<i>1/3</i>	0			0			0			0			0			0			0			
4/16/11	<i>1/2</i>	0			0			0			0			0			0			0			
<i>Time: 1:11.70</i>	<i>2/3</i>	0			0			0			0			0			0			0			
100 FREE		:24.90			:28.50			: : 0			: : 0			: : 0			: : 0			: : 0			
SMOC	<i>1/3</i>	58	1.03	2.08	54.5	1.10	1.93	0			0			0			0			0			
6/26/15	<i>1/2</i>	56	1.07	2.15	50.5	1.19	2.08	0			0			0			0			0			
<i>Time: :53.50</i>	<i>2/3</i>	48	1.25	2.51	47.5	1.26	2.22	0			0			0			0			0			
100 FREE		:25.10			:28.50			: : 0			: : 0			: : 0			: : 0			: : 0			
SANTA CLARA	<i>1/3</i>	53.5	1.12	2.23	52.5	1.14	2.01	0			0			0			0			0			
6/18/15	<i>1/2</i>	49	1.22	2.44	48	1.25	2.19	0			0			0			0			0			
<i>Time: :53.70</i>	<i>2/3</i>	45.5	1.32	2.63	47	1.28	2.24	0			0			0			0			0			
100 FREE		:25.40			:29.10			: : 0			: : 0			: : 0			: : 0			: : 0			
LA INVITE	<i>1/3</i>	53.5	1.12	2.21	50	1.20	2.06	0			0			0			0			0			
7/09/15	<i>1/2</i>	53	1.13	2.23	48	1.25	2.15	0			0			0			0			0			
<i>Time: :54.50</i>	<i>2/3</i>	46	1.30	2.57	47	1.28	2.19	0			0			0			0			0			
100 FREE		:26.00			:54.80			: : 0			: : 0			: : 0			: : 0			: : 0			
JUNIOR NATIONAL	<i>1/3</i>	54.5	1.10	2.12	50	1.20	1.09	0			0			0			0			0			
8/05/13	<i>1/2</i>	50	1.20	2.31	49.5	1.21	1.11	0			0			0			0			0			
<i>Time: :54.80</i>	<i>2/3</i>	48.5	1.24	2.38	47.5	1.26	1.15	0			0			0			0			0			
100 FREE		:25.50			:29.60			: : 0			: : 0			: : 0			: : 0			: : 0			
MESA	<i>1/3</i>	55	1.09	2.14	44.5	1.35	2.28	0			0			0			0			0			
4/15/15	<i>1/2</i>	59.5	1.01	1.98	48	1.25	2.11	0			0			0			0			0			
<i>Time: :54.90</i>	<i>2/3</i>	51	1.18	2.31	48.5	1.24	2.09	0			0			0			0			0			
100 FREE		:25.60			:29.50			: : 0			: : 0			: : 0			: : 0			: : 0			
SECTIONALS	<i>1/3</i>	62	0.97	1.89	51.5	1.17	1.97	0			0			0			0			0			
7/17/15	<i>1/2</i>	51	1.18	2.30	47.5	1.26	2.14	0			0			0			0			0			
<i>Time: :55.10</i>	<i>2/3</i>	49.5	1.21	2.37	46	1.30	2.21	0			0			0			0			0			

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
100 FREE		:25.80			:29.30			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SPEEDO GC	<i>1/3</i>	58.5	1.03	1.99	46	1.30	2.23	0			0			0			0			0			0		
5/24/14	<i>1/2</i>	52.5	1.14	2.21	54	1.11	1.90	0			0			0			0			0			0		
<i>Time:</i> :55.20	<i>2/3</i>	51	1.18	2.28	50	1.20	2.05	0			0			0			0			0			0		
100 FREE		:26.10			:29.40			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
LAI	<i>1/3</i>	52	1.15	2.21	47	1.28	2.17	0			0			0			0			0			0		
7/18/14	<i>1/2</i>	50.5	1.19	2.28	48.5	1.24	2.10	0			0			0			0			0			0		
<i>Time:</i> :55.50	<i>2/3</i>	47.5	1.26	2.42	47.5	1.26	2.15	0			0			0			0			0			0		
100 FREE		:26.30			:29.50			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SMOC	<i>1/3</i>	58	1.03	1.97	49.5	1.21	2.05	0			0			0			0			0			0		
6/26/14	<i>1/2</i>	51.5	1.17	2.21	47	1.28	2.16	0			0			0			0			0			0		
<i>Time:</i> :55.80	<i>2/3</i>	48	1.25	2.38	45	1.33	2.26	0			0			0			0			0			0		
100 FREE		:26.60			:29.90			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
REEDLEY	<i>1/3</i>	0			0			0			0			0			0			0			0		
4/25/15	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> :56.50	<i>2/3</i>	0			0			0			0			0			0			0			0		
100 FREE		:27.50			:29.50			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SECTIONALS	<i>1/3</i>	56.5	1.06	1.93	44.5	1.35	2.29	0			0			0			0			0			0		
7/26/12	<i>1/2</i>	49.5	1.21	2.20	52.5	1.14	1.94	0			0			0			0			0			0		
<i>Time:</i> :57.00	<i>2/3</i>	49	1.22	2.23	47.5	1.26	2.14	0			0			0			0			0			0		
100 FREE		:27.80			:30.10			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
FULLERTON	<i>1/3</i>	50.5	1.19	2.14	48	1.25	2.08	0			0			0			0			0			0		
1/26/13	<i>1/2</i>	51	1.18	2.12	48.5	1.24	2.06	0			0			0			0			0			0		
<i>Time:</i> :58.00	<i>2/3</i>	47.5	1.26	2.27	46	1.30	2.17	0			0			0			0			0			0		
100 FREE		:30.80			:33.90			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SLO	<i>1/3</i>	52	1.15	1.87	44.5	1.35	1.99	0			0			0			0			0			0		
7/01/11	<i>1/2</i>	41.5	1.45	2.35	45	1.33	1.97	0			0			0			0			0			0		
<i>Time:</i> 1:04.70	<i>2/3</i>	43	1.40	2.27	42.5	1.41	2.08	0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 FREE		:31.60	:35.60	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/16/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:07.20	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BACK		:33.50	:37.40	:38.10	:38.90	: : 0	: : 0	: : 0	: : 0
FRESNO	<i>1/3</i>	0	0	0	0	0	0	0	0
6/19/14	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:27.90	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BACK		:40.00	:44.00	:43.70	:42.20	: : 0	: : 0	: : 0	: : 0
IMX	<i>1/3</i>	0	0	0	0	0	0	0	0
5/14/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 3:50.10	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BREAST		: : 0	1:27.50	: : 0	1:32.20	: : 0	: : 0	: : 0	: : 0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/28/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:59.50	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BREAST		: : 0	1:29.70	: : 0	1:34.60	: : 0	: : 0	: : 0	: : 0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/28/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 3:04.30	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BREAST		:41.80	:48.20	:48.60	:48.50	: : 0	: : 0	: : 0	: : 0
SLO	<i>1/3</i>	38.5 1.56 1.86	37 1.62 1.68	41.5 1.45 1.49	44 1.36 1.41	0	0	0	0
7/01/11	<i>1/2</i>	32 1.88 2.24	31.5 1.90 1.98	41 1.46 1.51	42.5 1.41 1.46	0	0	0	0
<i>Time:</i> 3:07.10	<i>2/3</i>	33 1.82 2.17	33.5 1.79 1.86	39 1.54 1.58	42.5 1.41 1.46	0	0	0	0
200 BREAST		:41.80	:50.50	:49.30	:50.60	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/16/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 3:12.30	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 FLY		:28.90	:33.30	:33.30	:33.50	: .0	: .0	: .0	: .0
LAI	<i>1/3</i>	47.5 1.26 2.19	44.5 1.35 2.02	48 1.25 1.88	51 1.18 1.76	0	0	0	0
7/18/14	<i>1/2</i>	49.5 1.21 2.10	46.5 1.29 1.94	47.5 1.26 1.90	48 1.25 1.87	0	0	0	0
<i>Time:</i> 2:09.20	<i>2/3</i>	49 1.22 2.12	46.5 1.29 1.94	50.5 1.19 1.78	50 1.20 1.79	0	0	0	0
200 FLY		:29.10	:33.60	:33.70	:33.80	: .0	: .0	: .0	: .0
LAI	<i>1/3</i>	50 1.20 2.06	46 1.30 1.94	48 1.25 1.85	49.5 1.21 1.79	0	0	0	0
7/18/14	<i>1/2</i>	44.5 1.35 2.32	46 1.30 1.94	48 1.25 1.85	50.5 1.19 1.76	0	0	0	0
<i>Time:</i> 2:10.30	<i>2/3</i>	46 1.30 2.24	46.5 1.29 1.92	48.5 1.24 1.84	52 1.15 1.71	0	0	0	0
200 FLY		:29.50	:34.00	:33.40	:33.40	: .0	: .0	: .0	: .0
SECTIONALS	<i>1/3</i>	49 1.22 2.08	45 1.33 1.96	48.5 1.24 1.85	49.5 1.21 1.81	0	0	0	0
7/17/13	<i>1/2</i>	45 1.33 2.26	43 1.40 2.05	47 1.28 1.91	50.5 1.19 1.78	0	0	0	0
<i>Time:</i> 2:10.50	<i>2/3</i>	42.5 1.41 2.39	48 1.25 1.84	45.5 1.32 1.97	50 1.20 1.80	0	0	0	0
200 FLY		:30.00	:33.30	:33.40	:34.20	: .0	: .0	: .0	: .0
SECTIONALS	<i>1/3</i>	45.5 1.32 2.20	46.5 1.29 1.94	48.5 1.24 1.85	50 1.20 1.75	0	0	0	0
7/17/13	<i>1/2</i>	45 1.33 2.22	50.5 1.19 1.78	46.5 1.29 1.93	47 1.28 1.87	0	0	0	0
<i>Time:</i> 2:11.00	<i>2/3</i>	44 1.36 2.27	43 1.40 2.10	47.5 1.26 1.89	47.5 1.26 1.85	0	0	0	0
200 FLY		:29.00	:34.30	:34.20	:34.10	: .0	: .0	: .0	: .0
LA INVITE	<i>1/3</i>	49.5 1.21 2.09	47.5 1.26 1.84	46.5 1.29 1.89	50 1.20 1.76	0	0	0	0
7/09/15	<i>1/2</i>	44.5 1.35 2.32	44 1.36 1.99	46.5 1.29 1.89	52 1.15 1.69	0	0	0	0
<i>Time:</i> 2:11.60	<i>2/3</i>	43 1.40 2.41	46 1.30 1.90	48.5 1.24 1.81	50 1.20 1.76	0	0	0	0
200 FLY		:29.10	:34.40	:34.50	:34.70	: .0	: .0	: .0	: .0
SPEEDO GC	<i>1/3</i>	51 1.18 2.02	44.5 1.35 1.96	48.5 1.24 1.79	46.5 1.29 1.86	0	0	0	0
5/23/14	<i>1/2</i>	45 1.33 2.29	42.5 1.41 2.05	46 1.30 1.89	49.5 1.21 1.75	0	0	0	0
<i>Time:</i> 2:12.54	<i>2/3</i>	40 1.50 2.58	43 1.40 2.03	41.5 1.45 2.10	49.5 1.21 1.75	0	0	0	0
200 FLY		:29.50	:33.50	:34.70	:35.30	: .0	: .0	: .0	: .0
SMOC	<i>1/3</i>	50 1.20 2.03	46.5 1.29 1.93	50 1.20 1.73	46 1.30 1.85	0	0	0	0
6/26/14	<i>1/2</i>	46 1.30 2.21	44.5 1.35 2.01	46.5 1.29 1.86	48.5 1.24 1.75	0	0	0	0
<i>Time:</i> 2:13.10	<i>2/3</i>	40.5 1.48 2.51	48 1.25 1.87	46.5 1.29 1.86	45.5 1.32 1.87	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
200 FLY		:28.60			:33.70			:34.30			:37.00			: : 0			: : 0			: : 0			: : 0		
SECTIONALS	<i>1/3</i>	51	1.18	2.06	46	1.30	1.94	48	1.25	1.82	49	1.22	1.65	0			0			0			0		
7/17/15	<i>1/2</i>	47	1.28	2.23	47	1.28	1.89	48	1.25	1.82	46.5	1.29	1.74	0			0			0			0		
<i>Time:</i> 2:13.70	<i>2/3</i>	44.5	1.35	2.36	46	1.30	1.94	49.5	1.21	1.77	45	1.33	1.80	0			0			0			0		
200 FLY		:30.10			:34.60			:35.00			:34.70			: : 0			: : 0			: : 0			: : 0		
SECTIONALS	<i>1/3</i>	52.5	1.14	1.90	44	1.36	1.97	44.5	1.35	1.93	48	1.25	1.80	0			0			0			0		
7/26/12	<i>1/2</i>	44.5	1.35	2.24	44.5	1.35	1.95	45	1.33	1.90	53.5	1.12	1.62	0			0			0			0		
<i>Time:</i> 2:14.60	<i>2/3</i>	44	1.36	2.27	46.5	1.29	1.86	43	1.40	1.99	45	1.33	1.92	0			0			0			0		
200 FLY		:30.50			:35.80			:35.40			:34.80			: : 0			: : 0			: : 0			: : 0		
FRESNO	<i>1/3</i>	0			0			0			0			0			0			0			0		
5/03/14	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 2:16.50	<i>2/3</i>	0			0			0			0			0			0			0			0		
200 FLY		:28.20			:34.10			:37.70			:38.60			: : 0			: : 0			: : 0			: : 0		
SMOC	<i>1/3</i>	51	1.18	2.09	44	1.36	2.00	44	1.36	1.81	42	1.43	1.85	0			0			0			0		
6/25/15	<i>1/2</i>	46	1.30	2.31	45.5	1.32	1.93	43	1.40	1.85	42	1.43	1.85	0			0			0			0		
<i>Time:</i> 2:19.10	<i>2/3</i>	46	1.30	2.31	41.5	1.45	2.12	40.5	1.48	1.96	40.5	1.48	1.92	0			0			0			0		
200 FLY		:31.70			3:72.30			:35.90			:36.00			: : 0			: : 0			: : 0			: : 0		
JO'S	<i>1/3</i>	51	1.18	1.86	45	1.33	0.18	50	1.20	1.67	52	1.15	1.60	0			0			0			0		
7/28/11	<i>1/2</i>	48.5	1.24	1.95	45.5	1.32	0.18	50.5	1.19	1.65	49.5	1.21	1.68	0			0			0			0		
<i>Time:</i> 2:21.50	<i>2/3</i>	49.5	1.21	1.91	47.5	1.26	0.17	48	1.25	1.74	47.5	1.26	1.75	0			0			0			0		
200 FLY		:31.90			:36.80			:36.60			:36.80			: : 0			: : 0			: : 0			: : 0		
LA INVITE	<i>1/3</i>	51	1.18	1.84	43.5	1.38	1.87	48	1.25	1.71	48.5	1.24	1.68	0			0			0			0		
7/12/12	<i>1/2</i>	42.5	1.41	2.21	43	1.40	1.90	45	1.33	1.82	47	1.28	1.73	0			0			0			0		
<i>Time:</i> 2:22.30	<i>2/3</i>	43.5	1.38	2.16	44.5	1.35	1.83	45.5	1.32	1.80	0			0			0			0			0		
200 FLY		:30.30			:35.60			:37.40			:39.10			: : 0			: : 0			: : 0			: : 0		
SPEEDO GC	<i>1/3</i>	55	1.09	1.80	47	1.28	1.79	44	1.36	1.82	42.5	1.41	1.81	0			0			0			0		
5/24/13	<i>1/2</i>	45	1.33	2.20	44	1.36	1.92	41	1.46	1.96	38	1.58	2.02	0			0			0			0		
<i>Time:</i> 2:22.60	<i>2/3</i>	45.5	1.32	2.18	41.5	1.45	2.03	43.5	1.38	1.84	39.5	1.52	1.94	0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 FLY		:31.30	:36.50	:37.90	:38.10	: .0	: .0	: .0	: .0
FULLERTON	<i>1/3</i>	46.5 1.29 2.06	45 1.33 1.83	45.5 1.32 1.74	49 1.22 1.61	0	0	0	0
1/26/13	<i>1/2</i>	45 1.33 2.13	48 1.25 1.71	45 1.33 1.76	46 1.30 1.71	0	0	0	0
<i>Time:</i> 2:23.90	<i>2/3</i>	51 1.18 1.88	46 1.30 1.79	45.5 1.32 1.74	45 1.33 1.75	0	0	0	0
200 FLY		:33.40	:38.90	:39.80	:39.50	: .0	: .0	: .0	: .0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/28/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:31.80	<i>2/3</i>	0	0	0	0	0	0	0	0
200 FLY		:34.10	:40.80	:43.60	:44.30	: .0	: .0	: .0	: .0
SLO	<i>1/3</i>	47.5 1.26 1.85	44 1.36 1.67	38.5 1.56 1.79	39 1.54 1.74	0	0	0	0
7/01/11	<i>1/2</i>	44 1.36 2.00	45 1.33 1.63	39 1.54 1.76	37 1.62 1.83	0	0	0	0
<i>Time:</i> 2:42.56	<i>2/3</i>	45 1.33 1.96	40.5 1.48 1.82	38.5 1.56 1.79	37.5 1.60 1.81	0	0	0	0
200 FLY		:34.90	:44.70	:45.60	:44.90	: .0	: .0	: .0	: .0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/16/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:50.10	<i>2/3</i>	0	0	0	0	0	0	0	0
200 FREE		:26.40	:30.30	:30.70	:30.10	: .0	: .0	: .0	: .0
LA INVITE	<i>1/3</i>	53 1.13 2.14	37.5 1.60 2.64	44.5 1.35 2.20	48 1.25 2.08	0	0	0	0
7/09/15	<i>1/2</i>	41.5 1.45 2.74	36 1.67 2.75	42 1.43 2.33	48 1.25 2.08	0	0	0	0
<i>Time:</i> 1:57.60	<i>2/3</i>	36.5 1.64 3.11	38.5 1.56 2.57	43.5 1.38 2.25	47 1.28 2.12	0	0	0	0
200 FREE		:26.80	:30.70	:31.30	:31.20	: .0	: .0	: .0	: .0
LA INVITE	<i>1/3</i>	48 1.25 2.33	38.5 1.56 2.54	42.5 1.41 2.26	43 1.40 2.24	0	0	0	0
7/09/15	<i>1/2</i>	42.5 1.41 2.63	35.5 1.69 2.75	41.5 1.45 2.31	43 1.40 2.24	0	0	0	0
<i>Time:</i> 2:00.10	<i>2/3</i>	35.5 1.69 3.15	35.5 1.69 2.75	41.5 1.45 2.31	43 1.40 2.24	0	0	0	0
200 FREE		:28.50	:31.20	:31.60	:30.20	: .0	: .0	: .0	: .0
SECTIONALS	<i>1/3</i>	0	0	0	0	0	0	0	0
7/17/13	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:01.50	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 FREE		: .0	1:02.10	: .0	1:05.40	: .0	: .0	: .0	: .0
CLOVIS	<i>1/3</i>	0	0	0	0	0	0	0	0
3/22/14	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:07.50	<i>2/3</i>	0	0	0	0	0	0	0	0
200 FREE		:28.50	:32.40	:34.20	:32.60	: .0	: .0	: .0	: .0
SMOC	<i>1/3</i>	52.5 1.14 2.01	36 1.67 2.57	34 1.76 2.58	35.5 1.69 2.59	0	0	0	0
6/26/14	<i>1/2</i>	39 1.54 2.70	34 1.76 2.72	32.5 1.85 2.70	35.5 1.69 2.59	0	0	0	0
<i>Time:</i> 2:07.90	<i>2/3</i>	35.5 1.69 2.97	33 1.82 2.81	33 1.82 2.66	40 1.50 2.30	0	0	0	0
200 FREE		:30.00	:34.40	:35.30	:34.00	: .0	: .0	: .0	: .0
FULLERTON	<i>1/3</i>	0	0	0	0	0	0	0	0
1/26/13	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:13.70	<i>2/3</i>	0	0	0	0	0	0	0	0
200 FREE		:33.20	:37.20	:36.00	:34.40	: .0	: .0	: .0	: .0
SLO	<i>1/3</i>	43 1.40 2.10	36.5 1.64 2.21	40.5 1.48 2.06	45.5 1.32 1.92	0	0	0	0
7/01/11	<i>1/2</i>	40 1.50 2.26	38.5 1.56 2.09	41.5 1.45 2.01	42.5 1.41 2.05	0	0	0	0
<i>Time:</i> 2:20.90	<i>2/3</i>	38 1.58 2.38	38.5 1.56 2.09	40 1.50 2.08	42 1.43 2.08	0	0	0	0
200 IM		:35.60	:48.40	:32.20	: .0	: .0	: .0	: .0	: .0
REEDLEY	<i>1/3</i>	0	0	0	0	0	0	0	0
4/25/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:24.50	<i>2/3</i>	0	0	0	0	0	0	0	0
400 FREE		:33.20	:39.10	:40.60	:41.20	:40.80	:41.20	:40.40	:39.40
IMX	<i>1/3</i>	0	0	0	0	0	0	0	0
5/14/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 5:16.30	<i>2/3</i>	0	0	0	0	0	0	0	0
400 IM		:34.50	:42.90	:47.00	:44.10	:50.60	:51.50	:40.10	:39.10
IMX	<i>1/3</i>	0	0	0	0	0	0	0	0
5/14/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 5:50.10	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
50 FLY		:25.90	: :0	: :0	: :0	: :0	: :0	: :0	: :0
SANTA CLARA	<i>1/3</i>	61 0.98 1.90	0	0	0	0	0	0	0
6/18/15	<i>1/2</i>	57 1.05 2.03	0	0	0	0	0	0	0
Time: : :0	<i>2/3</i>	57 1.05 2.03	0	0	0	0	0	0	0
50 FLY		:25.78	: :0	: :0	: :0	: :0	: :0	: :0	: :0
SANTA CLARA	<i>1/3</i>	62 0.97 1.88	0	0	0	0	0	0	0
6/18/15	<i>1/2</i>	61 0.98 1.91	0	0	0	0	0	0	0
Time: :25.78	<i>2/3</i>	57.5 1.04 2.02	0	0	0	0	0	0	0
50 FREE		:24.00	: :0	: :0	: :0	: :0	: :0	: :0	: :0
LA INVITE	<i>1/3</i>	0	0	0	0	0	0	0	0
7/09/15	<i>1/2</i>	65 0.92 1.92	0	0	0	0	0	0	0
Time: :24.00	<i>2/3</i>	55.5 1.08 2.25	0	0	0	0	0	0	0
50 FREE		:24.10	: :0	: :0	: :0	: :0	: :0	: :0	: :0
JUNIORS	<i>1/3</i>	61 0.98 2.04	0	0	0	0	0	0	0
7/31/14	<i>1/2</i>	56 1.07 2.22	0	0	0	0	0	0	0
Time: :24.10	<i>2/3</i>	56 1.07 2.22	0	0	0	0	0	0	0
50 FREE		:24.10	: :0	: :0	: :0	: :0	: :0	: :0	: :0
LA INVITE	<i>1/3</i>	66 0.91 1.89	0	0	0	0	0	0	0
7/09/15	<i>1/2</i>	63 0.95 1.98	0	0	0	0	0	0	0
Time: :24.10	<i>2/3</i>	66 0.91 1.89	0	0	0	0	0	0	0
50 FREE		:24.20	: :0	: :0	: :0	: :0	: :0	: :0	: :0
JUNIOR NATIONAL	<i>1/3</i>	70 0.86 1.77	0	0	0	0	0	0	0
7/30/15	<i>1/2</i>	65 0.92 1.91	0	0	0	0	0	0	0
Time: :24.20	<i>2/3</i>	63 0.95 1.97	0	0	0	0	0	0	0
50 FREE		:24.60	: :0	: :0	: :0	: :0	: :0	: :0	: :0
LA MIRADA	<i>1/3</i>	56 1.07 2.18	0	0	0	0	0	0	0
4/08/16	<i>1/2</i>	54 1.11 2.26	0	0	0	0	0	0	0
Time: :24.60	<i>2/3</i>	55.5 1.08 2.20	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
50 FREE		:24.57	: :0	: :0	: :0	: :0	: :0	: :0	: :0
SANTA CLARA	<i>1/3</i>	63 0.95 1.94	0	0	0	0	0	0	0
6/18/15	<i>1/2</i>	60 1.00 2.04	0	0	0	0	0	0	0
<i>Time:</i> :24.70	<i>2/3</i>	57.5 1.04 2.12	0	0	0	0	0	0	0
50 FREE		:24.70	: :0	: :0	: :0	: :0	: :0	: :0	: :0
LAI	<i>1/3</i>	58 1.03 2.09	0	0	0	0	0	0	0
7/18/14	<i>1/2</i>	53.5 1.12 2.27	0	0	0	0	0	0	0
<i>Time:</i> :24.70	<i>2/3</i>	56 1.07 2.17	0	0	0	0	0	0	0
50 FREE		:24.70	: :0	: :0	: :0	: :0	: :0	: :0	: :0
SECTIONALS	<i>1/3</i>	59.5 1.01 2.04	0	0	0	0	0	0	0
7/17/13	<i>1/2</i>	58 1.03 2.09	0	0	0	0	0	0	0
<i>Time:</i> :24.70	<i>2/3</i>	58.5 1.03 2.08	0	0	0	0	0	0	0
50 FREE		:24.90	: :0	: :0	: :0	: :0	: :0	: :0	: :0
MESA	<i>1/3</i>	60 1.00 2.01	0	0	0	0	0	0	0
4/15/15	<i>1/2</i>	60 1.00 2.01	0	0	0	0	0	0	0
<i>Time:</i> :24.90	<i>2/3</i>	56.5 1.06 2.13	0	0	0	0	0	0	0
50 FREE		:24.94	: :0	: :0	: :0	: :0	: :0	: :0	: :0
SPEEDO GC	<i>1/3</i>	64 0.94 1.88	0	0	0	0	0	0	0
5/23/14	<i>1/2</i>	54 1.11 2.23	0	0	0	0	0	0	0
<i>Time:</i> :24.94	<i>2/3</i>	55.5 1.08 2.17	0	0	0	0	0	0	0
50 FREE		:25.00	: :0	: :0	: :0	: :0	: :0	: :0	: :0
SMOC	<i>1/3</i>	59 1.02 2.03	0	0	0	0	0	0	0
6/06/13	<i>1/2</i>	60 1.00 2.00	0	0	0	0	0	0	0
<i>Time:</i> :25.00	<i>2/3</i>	56 1.07 2.14	0	0	0	0	0	0	0
50 FREE		:25.00	: :0	: :0	: :0	: :0	: :0	: :0	: :0
SECTIONALS	<i>1/3</i>	65.5 0.92 1.83	0	0	0	0	0	0	0
7/17/15	<i>1/2</i>	63.5 0.94 1.89	0	0	0	0	0	0	0
<i>Time:</i> :25.00	<i>2/3</i>	57.5 1.04 2.09	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
50 FREE		:25.22	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SMOC	<i>1/3</i>	54 1.11 2.20	0	0	0	0	0	0	0
6/26/14	<i>1/2</i>	56.5 1.06 2.11	0	0	0	0	0	0	0
<i>Time: :25.22</i>	<i>2/3</i>	54 1.11 2.20	0	0	0	0	0	0	0
50 FREE		:25.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SPEEDO GC	<i>1/3</i>	64 0.94 1.85	0	0	0	0	0	0	0
5/24/13	<i>1/2</i>	59 1.02 2.01	0	0	0	0	0	0	0
<i>Time: :25.30</i>	<i>2/3</i>	53 1.13 2.24	0	0	0	0	0	0	0
50 FREE		:26.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
LA INVITE	<i>1/3</i>	58 1.03 1.98	0	0	0	0	0	0	0
7/12/12	<i>1/2</i>	62 0.97 1.85	0	0	0	0	0	0	0
<i>Time: :26.10</i>	<i>2/3</i>	49.5 1.21 2.32	0	0	0	0	0	0	0
50 FREE		:26.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
FULLERTON	<i>1/3</i>	58.5 1.03 1.95	0	0	0	0	0	0	0
1/26/13	<i>1/2</i>	55 1.09 2.07	0	0	0	0	0	0	0
<i>Time: :26.30</i>	<i>2/3</i>	55 1.09 2.07	0	0	0	0	0	0	0
50 FREE		:28.90	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SLO	<i>1/3</i>	58 1.03 1.79	0	0	0	0	0	0	0
7/01/11	<i>1/2</i>	57.5 1.04 1.81	0	0	0	0	0	0	0
<i>Time: :28.90</i>	<i>2/3</i>	48.5 1.24 2.14	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:28.00	:31.93	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	52 1.15 2.06	45.5 1.32 2.06	0	0	0	0	0	0
6/29/08	<i>1/2</i>	47 1.28 2.28	46 1.30 2.04	0	0	0	0	0	0
<i>Time: :59.93</i>	<i>2/3</i>	45.5 1.32 2.35	44.5 1.35 2.11	0	0	0	0	0	0
200 breast		:30.30	:33.90	:35.00	:36.20	: : 0	: : 0	: : 0	: : 0
Santa Clara	<i>1/3</i>	0	0	0	0	0	0	0	0
6/23/05	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: : : 0</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BREAST		:29.10	:32.50	:33.30	:34.50	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	45.5 1.32 2.27	37.5 1.60 2.46	37.5 1.60 2.40	36.5 1.64 2.38	0	0	0	0
6/29/08	<i>1/2</i>	38 1.58 2.71	35.5 1.69 2.60	35.5 1.69 2.54	35 1.71 2.48	0	0	0	0
<i>Time: 2:09.60</i>	<i>2/3</i>	35 1.71 2.95	36 1.67 2.56	38 1.58 2.37	36 1.67 2.42	0	0	0	0
200 BREAST		:29.30	:33.00	:33.40	:35.40	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	43.5 1.38 2.35	36.5 1.64 2.49	37 1.62 2.43	36.5 1.64 2.32	0	0	0	0
6/29/08	<i>1/2</i>	37.5 1.60 2.73	34.5 1.74 2.64	36.9 0.16 0.24	36 1.67 2.35	0	0	0	0
<i>Time: 2:11.29</i>	<i>2/3</i>	35 1.71 2.93	33.5 1.79 2.71	35.5 1.69 2.53	35.5 1.69 2.39	0	0	0	0
200 BREAST		:29.10	:32.50	:33.50	:36.20	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	50 1.20 2.06	37 1.62 2.49	38 1.58 2.36	39.5 1.52 2.10	0	0	0	0
6/29/08	<i>1/2</i>	40 1.50 2.58	37 1.62 2.49	36 1.67 2.49	40 1.50 2.07	0	0	0	0
<i>Time: 2:11.37</i>	<i>2/3</i>	37 1.62 2.79	36 1.67 2.56	38 1.58 2.36	39 1.54 2.12	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:30.80	:35.80	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	54 1.11 1.80	50.5 1.19 1.66	0	0	0	0	0	0
6/29/08	<i>1/2</i>	51.5 1.17 1.89	49.5 1.21 1.69	0	0	0	0	0	0
<i>Time:</i> 1:06.80	<i>2/3</i>	49 1.22 1.99	47.5 1.26 1.76	0	0	0	0	0	0
<hr/>									
100 BREAST		:31.20	:36.98	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	54 1.11 1.78	48.5 1.24 1.67	0	0	0	0	0	0
6/29/08	<i>1/2</i>	48.5 1.24 1.98	47 1.28 1.73	0	0	0	0	0	0
<i>Time:</i> 1:08.18	<i>2/3</i>	50 1.20 1.92	46.5 1.29 1.74	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
200 BREAST		:33.30			:37.40			:38.10			:37.80			: . 0			: . 0			: . 0			: . 0		
OLYMPIC TRIALS	<i>1/3</i>	42	1.43	2.15	32	1.88	2.51	34	1.76	2.32	39	1.54	2.04	0		0		0		0		0		0	
6/29/08	<i>1/2</i>	36	1.67	2.50	32.5	1.85	2.47	31	1.94	2.54	41	1.46	1.94	0		0		0		0		0		0	
<i>Time: 2:26.51</i>	<i>2/3</i>	33.5	1.79	2.69	30	2.00	2.67	37	1.62	2.13	41.5	1.45	1.91	0		0		0		0		0		0	

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
200 FLY		:29.50			:32.90			:33.80			:33.80			: . 0			: . 0			: . 0			: . 0		
OLYMPIC TRIALS	<i>1/3</i>	46.5	1.29	2.19	44.5	1.35	2.05	47	1.28	1.89	45	1.33	1.97	0		0		0		0		0		0	
6/29/08	<i>1/2</i>	45.5	1.32	2.24	4	#####	#####	45	1.33	1.97	44.5	1.35	1.99	0		0		0		0		0		0	
<i>Time:</i> 2:09.50	<i>2/3</i>	4.5	#####	#####	45	1.33	2.03	45.5	1.32	1.95	42	1.43	2.11	0		0		0		0		0		0	

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
100 BACK		:30.00			:30.30			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS																									
6/29/08																									
<i>Time:</i> 1:00.86																									
		<i>1/3</i>			<i>1/2</i>			<i>2/3</i>																	
		40	1.50	2.50	38.5	1.56	2.57	0			0			0			0			0			0		
		37.5	1.60	2.67	36.5	1.64	2.71	0			0			0			0			0			0		
		36	1.67	2.78	37.5	1.60	2.64	0			0			0			0			0			0		
200 BACK		:31.10			:33.10			:33.50			:32.60			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS																									
6/29/08																									
<i>Time:</i> 2:10.19																									
		<i>1/3</i>			<i>1/2</i>			<i>2/3</i>																	
		34	1.76	2.84	33	1.82	2.75	33	1.82	2.71	33.5	1.79	2.75	0			0			0			0		
		33.5	1.79	2.88	31.5	1.90	2.88	32.5	1.85	2.76	33	1.82	2.79	0			0			0			0		
		32	1.88	3.01	31	1.94	2.92	31.5	1.90	2.84	34.5	1.74	2.67	0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
100 FREE		:26.50			:28.50			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS	<i>1/3</i>	46	1.30	2.46	46.5	1.29	2.26	0			0			0			0			0			0		
6/29/08	<i>1/2</i>	48	1.25	2.36	44.5	1.35	2.37	0			0			0			0			0			0		
<i>Time: :54.95</i>	<i>2/3</i>	47.5	1.26	2.38	45	1.33	2.34	0			0			0			0			0			0		
200 FREE		:27.90			:29.40			:29.90			:29.70			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS	<i>1/3</i>	45.5	1.32	2.36	41	1.46	2.49	40.5	1.48	2.48	40.5	1.48	2.49	0			0			0			0		
6/29/08	<i>1/2</i>	46.5	1.29	2.31	43	1.40	2.37	40.5	1.48	2.48	41	1.46	2.46	0			0			0			0		
<i>Time: 1:57.10</i>	<i>2/3</i>	47.5	1.26	2.26	43	1.40	2.37	41	1.46	2.45	41	1.46	2.46	0			0			0			0		
200 FREE		:27.60			:29.40			:30.10			:30.40			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS	<i>1/3</i>	46.5	1.29	2.34	45.5	1.32	2.24	40.5	1.48	2.46	40.5	1.48	2.44	0			0			0			0		
6/29/08	<i>1/2</i>	42	1.43	2.59	41.5	1.45	2.46	41.5	1.45	2.40	40	1.50	2.47	0			0			0			0		
<i>Time: 1:57.72</i>	<i>2/3</i>	44	1.36	2.47	41	1.46	2.49	40.5	1.48	2.46	40.5	1.48	2.44	0			0			0			0		
200 FREE		:27.60			:29.40			:30.10			:30.40			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS	<i>1/3</i>	46.5	1.29	2.34	45.5	1.32	2.24	40.5	1.48	2.46	40.5	1.48	2.44	0			0			0			0		
6/29/08	<i>1/2</i>	42	1.43	2.59	41.5	1.45	2.46	41.5	1.45	2.40	40	1.50	2.47	0			0			0			0		
<i>Time: 1:57.72</i>	<i>2/3</i>	44	1.36	2.47	41	1.46	2.49	40.5	1.48	2.46	40.5	1.48	2.44	0			0			0			0		
200 FREE		:27.30			:29.00			:29.50			:29.90			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS	<i>1/3</i>	46.5	1.29	2.36	42	1.43	2.46	39.5	1.52	2.57	42.5	1.41	2.36	0			0			0			0		
6/29/08	<i>1/2</i>	50	1.20	2.20	43.5	1.38	2.38	41	1.46	2.48	43	1.40	2.33	0			0			0			0		
<i>Time: 2:55.88</i>	<i>2/3</i>	44.5	1.35	2.47	43	1.40	2.41	44	1.36	2.31	42	1.43	2.39	0			0			0			0		
200 IM		:28.30			:33.10			:37.70			:30.30			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS	<i>1/3</i>	58.5	1.03	1.81	41.5	1.45	2.18	41.5	1.45	1.92	46	1.30	2.15	0			0			0			0		
6/29/08	<i>1/2</i>	55	1.09	1.93	41.5	1.45	2.18	48.5	1.24	1.64	47	1.28	2.11	0			0			0			0		
<i>Time: 2:09.71</i>	<i>2/3</i>	55	1.09	1.93	40	1.50	2.27	45	1.33	1.77	48	1.25	2.06	0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 IM		:28.30	:32.90	:37.50	:31.10	: .0	: .0	: .0	: .0
OLYMPIC TRIALS	<i>1/3</i>	56.5 1.06 1.88	40.5 1.48 2.25	45.5 1.32 1.76	42 1.43 2.30	0	0	0	0
6/29/08	<i>1/2</i>	54.5 1.10 1.95	40 1.50 2.28	43.5 1.38 1.84	43.5 1.38 2.22	0	0	0	0
<i>Time:</i> 2:09.94	<i>2/3</i>	52.5 1.14 2.02	38.5 1.56 2.37	43 1.40 1.86	42 1.43 2.30	0	0	0	0
200 IM		:28.60	:33.70	:38.10	:31.70	: .0	: .0	: .0	: .0
OLYMPIC TRIALS	<i>1/3</i>	55.5 1.08 1.89	38 1.58 2.34	45 1.33 1.75	39.5 1.52 2.40	0	0	0	0
6/29/08	<i>1/2</i>	54 1.11 1.94	38.5 1.56 2.31	42.5 1.41 1.85	40.5 1.48 2.34	0	0	0	0
<i>Time:</i> 2:12.02	<i>2/3</i>	52 1.15 2.02	38 1.58 2.34	42 1.43 1.87	41 1.46 2.31	0	0	0	0
400 FREE		:28.70	:30.40	:31.00	:31.20	:30.70	:30.40	:29.70	:30.00
OLYMPIC TRIALS	<i>1/3</i>	43 1.40 2.43	42 1.43 2.35	41.5 1.45 2.33	38.5 1.56 2.50	42 1.43 2.33	43.5 1.38 2.27	40.5 1.48 2.49	42 1.43 2.38
6/29/08	<i>1/2</i>	44 1.36 2.38	41.5 1.45 2.38	41 1.46 2.36	38 1.58 2.53	38.5 1.56 2.54	39 1.54 2.53	43.5 1.38 2.32	42 1.43 2.38
<i>Time:</i> 4:02.32	<i>2/3</i>	45 1.33 2.32	41 1.46 2.41	39.5 1.52 2.45	37.5 1.60 2.56	40 1.50 2.44	37.5 1.60 2.63	42 1.43 2.41	44 1.36 2.27

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>	<i>100</i>	<i>150</i>	<i>200</i>	<i>250</i>	<i>300</i>	<i>350</i>	<i>400</i>
50 FREE		:21.59	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	54.5 1.10 2.55	0	0	0	0	0	0	0
6/29/08	<i>1/2</i>	57 1.05 2.44	0	0	0	0	0	0	0
<i>Time:</i> :21.59	<i>2/3</i>	57 1.05 2.44	0	0	0	0	0	0	0
<hr/>									
50 FREE		:21.71	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	61 0.98 2.27	0	0	0	0	0	0	0
6/29/08	<i>1/2</i>	59.5 1.01 2.32	0	0	0	0	0	0	0
<i>Time:</i> :21.71	<i>2/3</i>	55 1.09 2.51	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
200 FREE		:25.30			:26.90			:27.40			:28.20			: .0			: .0			: .0			: .0		
OLYMPIC TRIALS	<i>1/3</i>	40	1.50	2.96	38	1.58	2.93	38	1.58	2.88	39	1.54	2.73	0			0			0			0		
6/29/08	<i>1/2</i>	39	1.54	3.04	37.5	1.60	2.97	37.5	1.60	2.92	36	1.67	2.96	0			0			0			0		
<i>Time:</i> 1:47.78	<i>2/3</i>	38.5	1.56	3.08	37	1.62	3.01	34.5	1.74	3.17	38	1.58	2.80	0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
100 BREAST		:31.50			:36.30			: : .0			: : .0			: : .0			: : .0			: : .0			: : .0		
OLYMPIC TRIALS	<i>1/3</i>	54.5	1.10	1.75	54	1.11	1.53	0		0		0		0		0		0		0		0		0	
6/29/08	<i>1/2</i>	54	1.11	1.76	54	1.11	1.53	0		0		0		0		0		0		0		0		0	
<i>Time:</i> 1:07.80	<i>2/3</i>	55.5	1.08	1.72	53	1.13	1.56	0		0		0		0		0		0		0		0		0	

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
100 breast		:29.30			:33.50			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SMOC	<i>1/3</i>	0			0			0			0			0			0			0			0		
6/16/05	<i>1/2</i>	50	1.20	2.05	45.4	1.32	1.97	0			0			0			0			0			0		
<i>Time:</i> 1:02.80	<i>2/3</i>	44.5	1.35	2.30	42.5	1.41	2.11	0			0			0			0			0			0		
200 BREAST		:29.30			:34.30			:34.70			:35.90			: : 0			: : 0			: : 0			: : 0		
SANTA CLARA	<i>1/3</i>	40	1.50	2.56	33	1.82	2.65	32.5	1.85	2.66	39.5	1.52	2.12	0			0			0			0		
5/31/12	<i>1/2</i>	37.5	1.60	2.73	30	2.00	2.92	32	1.88	2.70	38	1.58	2.20	0			0			0			0		
<i>Time:</i> 2:13.30	<i>2/3</i>	33	1.82	3.10	30.5	1.97	2.87	35.5	1.69	2.44	37	1.62	2.26	0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BACK		:35.50	:38.40	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
FRESNO	<i>1/3</i>	0	0	0	0	0	0	0	0
6/21/13	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:13.90</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BACK		:36.10	:39.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
CLOVIS	<i>1/3</i>	0	0	0	0	0	0	0	0
3/22/14	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:15.40</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BACK		:36.80	:38.60	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
FULLERTON	<i>1/3</i>	0	0	0	0	0	0	0	0
1/22/13	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:15.40</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BACK		:36.90	:39.60	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
LA MIRADA	<i>1/3</i>	45 1.33 1.81	39.5 1.52 1.92	0	0	0	0	0	0
2/22/14	<i>1/2</i>	40.5 1.48 2.01	40.5 1.48 1.87	0	0	0	0	0	0
<i>Time: 1:16.40</i>	<i>2/3</i>	40 1.50 2.03	37 1.62 2.05	0	0	0	0	0	0
100 BACK		:38.70	:41.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
VALLEJO	<i>1/3</i>	0	0	0	0	0	0	0	0
5/07/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:20.10</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BACK		:39.00	:41.70	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	42.5 1.41 1.81	39.5 1.52 1.82	0	0	0	0	0	0
4/14/12	<i>1/2</i>	40 1.50 1.92	38 1.58 1.89	0	0	0	0	0	0
<i>Time: 1:20.10</i>	<i>2/3</i>	39.5 1.52 1.95	42 1.43 1.71	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BACK		:39.00	:42.50	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/16/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:21.50	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BACK		:42.90	:45.00	: :0	: :0	: :0	: :0	: :0	: :0
JUNIOR OLYMPIC	<i>1/3</i>	0	0	0	0	0	0	0	0
7/24/08	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:27.90	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BACK		:43.00	:46.20	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/26/08	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:29.20	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:33.90	:38.00	: :0	: :0	: :0	: :0	: :0	: :0
SECTIONALS	<i>1/3</i>	59 1.02 1.50	57.5 1.04 1.37	0	0	0	0	0	0
7/26/12	<i>1/2</i>	58.5 1.03 1.51	56.5 1.06 1.40	0	0	0	0	0	0
<i>Time:</i> 1:12.20	<i>2/3</i>	62.5 0.96 1.42	61.5 0.98 1.28	0	0	0	0	0	0
100 BREAST		:33.80	:38.30	: :0	: :0	: :0	: :0	: :0	: :0
SPEEDO	<i>1/3</i>	60 1.00 1.48	55.5 1.08 1.41	0	0	0	0	0	0
5/27/16	<i>1/2</i>	63.5 0.94 1.40	61.5 0.98 1.27	0	0	0	0	0	0
<i>Time:</i> 1:12.20	<i>2/3</i>	55 1.09 1.61	59.5 1.01 1.32	0	0	0	0	0	0
100 BREAST		:33.70	:38.60	: :0	: :0	: :0	: :0	: :0	: :0
REEDLEY	<i>1/3</i>	59 1.02 1.51	57 1.05 1.36	0	0	0	0	0	0
4/23/16	<i>1/2</i>	61.5 0.98 1.45	56.5 1.06 1.38	0	0	0	0	0	0
<i>Time:</i> 1:12.40	<i>2/3</i>	60 1.00 1.48	60.5 0.99 1.28	0	0	0	0	0	0
100 BREAST		:33.50	:39.00	: :0	: :0	: :0	: :0	: :0	: :0
FRESNO STATE	<i>1/3</i>	0	0	0	0	0	0	0	0
5/22/16	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:12.60	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:33.50	:39.00	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
JUNIOR NATIONAL	<i>1/3</i>	63 0.95 1.42	63.5 0.94 1.21	0	0	0	0	0	0
8/08/16	<i>1/2</i>	59 1.02 1.52	58 1.03 1.33	0	0	0	0	0	0
<i>Time:</i> 1:12.60	<i>2/3</i>	53.5 1.12 1.67	59 1.02 1.30	0	0	0	0	0	0
100 BREAST		:33.60	:39.00	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
JUNIOR NATIONAL	<i>1/3</i>	61.5 0.98 1.45	62 0.97 1.24	0	0	0	0	0	0
7/30/15	<i>1/2</i>	61.5 0.98 1.45	58 1.03 1.33	0	0	0	0	0	0
<i>Time:</i> 1:12.70	<i>2/3</i>	63.5 0.94 1.41	63.5 0.94 1.21	0	0	0	0	0	0
100 BREAST		:33.60	:39.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
JUNIOR NATIONAL	<i>1/3</i>	65 0.92 1.37	60.5 0.99 1.27	0	0	0	0	0	0
7/30/15	<i>1/2</i>	59 1.02 1.51	65.5 0.92 1.17	0	0	0	0	0	0
<i>Time:</i> 1:12.70	<i>2/3</i>	60 1.00 1.49	57.5 1.04 1.33	0	0	0	0	0	0
100 BREAST		:34.30	:38.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
JUNIOR NATIONAL	<i>1/3</i>	60 1.00 1.46	58 1.03 1.35	0	0	0	0	0	0
8/13/12	<i>1/2</i>	59 1.02 1.48	60 1.00 1.31	0	0	0	0	0	0
<i>Time:</i> 1:12.74	<i>2/3</i>	61.5 0.98 1.42	57 1.05 1.37	0	0	0	0	0	0
100 BREAST		:33.81	:39.03	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
JUNIOR NATIONAL	<i>1/3</i>	0	0	0	0	0	0	0	0
7/30/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:12.84	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:34.00	:39.00	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
LA INVITE	<i>1/3</i>	62 0.97 1.42	55.5 1.08 1.39	0	0	0	0	0	0
7/09/15	<i>1/2</i>	64 0.94 1.38	54.5 1.10 1.41	0	0	0	0	0	0
<i>Time:</i> 1:12.90	<i>2/3</i>	57 1.05 1.55	53.5 1.12 1.44	0	0	0	0	0	0
100 BREAST		:33.90	:39.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
JUNIOR NATIONAL	<i>1/3</i>	66 0.91 1.34	68 0.88 1.13	0	0	0	0	0	0
8/05/13	<i>1/2</i>	63 0.95 1.40	61.5 0.98 1.25	0	0	0	0	0	0
<i>Time:</i> 1:12.90	<i>2/3</i>	64 0.94 1.38	68 0.88 1.13	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:33.90	:39.00	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	59.5 1.01 1.49	62 0.97 1.24	0	0	0	0	0	0
6/26/16	<i>1/2</i>	57.5 1.04 1.54	62.5 0.96 1.23	0	0	0	0	0	0
<i>Time:</i> 1:12.90	<i>2/3</i>	54.5 1.10 1.62	59 1.02 1.30	0	0	0	0	0	0
100 BREAST		:33.90	:39.00	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	59.5 1.01 1.49	62.5 0.96 1.23	0	0	0	0	0	0
6/26/16	<i>1/2</i>	57.5 1.04 1.54	59 1.02 1.30	0	0	0	0	0	0
<i>Time:</i> 1:12.90	<i>2/3</i>	54.5 1.10 1.62	62.5 0.96 1.23	0	0	0	0	0	0
100 BREAST		:34.30	:38.60	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
JUNIOR NATIONAL	<i>1/3</i>	60 1.00 1.46	54 1.11 1.44	0	0	0	0	0	0
8/08/16	<i>1/2</i>	55.5 1.08 1.58	59.5 1.01 1.31	0	0	0	0	0	0
<i>Time:</i> 1:13.00	<i>2/3</i>	56.5 1.06 1.55	57.5 1.04 1.35	0	0	0	0	0	0
100 BREAST		:34.00	:39.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
NATIONALS	<i>1/3</i>	65.5 0.92 1.35	53 1.13 1.45	0	0	0	0	0	0
8/06/15	<i>1/2</i>	62 0.97 1.42	58.5 1.03 1.31	0	0	0	0	0	0
<i>Time:</i> 1:13.00	<i>2/3</i>	59.5 1.01 1.48	58 1.03 1.32	0	0	0	0	0	0
100 BREAST		:34.13	:38.96	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
NATIONALS	<i>1/3</i>	0	0	0	0	0	0	0	0
8/06/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:13.09	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:34.30	:38.80	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SECTIONALS	<i>1/3</i>	58 1.03 1.51	58.5 1.03 1.32	0	0	0	0	0	0
7/26/12	<i>1/2</i>	61 0.98 1.43	61.5 0.98 1.26	0	0	0	0	0	0
<i>Time:</i> 1:13.10	<i>2/3</i>	56 1.07 1.56	53 1.13 1.46	0	0	0	0	0	0
100 BREAST		:34.30	:38.90	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
JUNIOR NATIONAL	<i>1/3</i>	64.5 0.93 1.36	59 1.02 1.31	0	0	0	0	0	0
12/03/15	<i>1/2</i>	63 0.95 1.39	60.5 0.99 1.27	0	0	0	0	0	0
<i>Time:</i> 1:13.30	<i>2/3</i>	59 1.02 1.48	58 1.03 1.33	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:34.40	:38.80	: :0	: :0	: :0	: :0	: :0	: :0
MESA GRAND PRI	<i>1/3</i>	62 0.97 1.41	57.5 1.04 1.34	0	0	0	0	0	0
4/24/14	<i>1/2</i>	63 0.95 1.38	59 1.02 1.31	0	0	0	0	0	0
<i>Time:</i> 1:13.36	<i>2/3</i>	58.5 1.03 1.49	64 0.94 1.21	0	0	0	0	0	0
100 BREAST		:34.10	:39.30	: :0	: :0	: :0	: :0	: :0	: :0
JUNIOR NATIONAL	<i>1/3</i>	55.5 1.08 1.59	57.5 1.04 1.33	0	0	0	0	0	0
8/13/12	<i>1/2</i>	60 1.00 1.47	63.5 0.94 1.20	0	0	0	0	0	0
<i>Time:</i> 1:13.40	<i>2/3</i>	60 1.00 1.47	61.5 0.98 1.24	0	0	0	0	0	0
100 BREAST		:34.70	:38.60	: :0	: :0	: :0	: :0	: :0	: :0
LAI	<i>1/3</i>	59 1.02 1.47	59.5 1.01 1.31	0	0	0	0	0	0
7/18/14	<i>1/2</i>	61.5 0.98 1.41	59.5 1.01 1.31	0	0	0	0	0	0
<i>Time:</i> 1:13.40	<i>2/3</i>	57.5 1.04 1.50	60 1.00 1.30	0	0	0	0	0	0
100 BREAST		:34.80	:38.60	: :0	: :0	: :0	: :0	: :0	: :0
SMOC	<i>1/3</i>	61 0.98 1.41	57 1.05 1.36	0	0	0	0	0	0
6/26/14	<i>1/2</i>	59 1.02 1.46	54 1.11 1.44	0	0	0	0	0	0
<i>Time:</i> 1:13.40	<i>2/3</i>	58 1.03 1.49	60 1.00 1.30	0	0	0	0	0	0
100 BREAST		:34.50	:38.90	: :0	: :0	: :0	: :0	: :0	: :0
LA INVITE	<i>1/3</i>	60.5 0.99 1.44	57.5 1.04 1.34	0	0	0	0	0	0
7/09/15	<i>1/2</i>	61 0.98 1.43	62 0.97 1.24	0	0	0	0	0	0
<i>Time:</i> 1:13.50	<i>2/3</i>	57 1.05 1.53	59 1.02 1.31	0	0	0	0	0	0
100 BREAST		:34.60	:38.80	: :0	: :0	: :0	: :0	: :0	: :0
SECTIONALS	<i>1/3</i>	61.5 0.98 1.41	62 0.97 1.25	0	0	0	0	0	0
7/17/13	<i>1/2</i>	58 1.03 1.49	60 1.00 1.29	0	0	0	0	0	0
<i>Time:</i> 1:13.50	<i>2/3</i>	60 1.00 1.45	60.5 0.99 1.28	0	0	0	0	0	0
100 BREAST		:34.30	:39.10	: :0	: :0	: :0	: :0	: :0	: :0
SECTIONALS	<i>1/3</i>	62.5 0.96 1.40	63.5 0.94 1.21	0	0	0	0	0	0
7/17/13	<i>1/2</i>	59.5 1.01 1.47	69 0.87 1.11	0	0	0	0	0	0
<i>Time:</i> 1:13.50	<i>2/3</i>	59 1.02 1.48	62 0.97 1.24	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:34.40	:39.20	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MESA GRAND PRI	<i>1/3</i>	65 0.92 1.34	61.5 0.98 1.24	0	0	0	0	0	0
4/24/14	<i>1/2</i>	61 0.98 1.43	57.5 1.04 1.33	0	0	0	0	0	0
<i>Time:</i> 1:13.60	<i>2/3</i>	64.5 0.93 1.35	61 0.98 1.25	0	0	0	0	0	0
100 BREAST		:33.50	:40.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MESA	<i>1/3</i>	59 1.02 1.52	55.5 1.08 1.35	0	0	0	0	0	0
4/14/16	<i>1/2</i>	61 0.98 1.47	58 1.03 1.29	0	0	0	0	0	0
<i>Time:</i> 1:13.60	<i>2/3</i>	60 1.00 1.49	58.5 1.03 1.28	0	0	0	0	0	0
100 BREAST		:34.30	:39.40	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MESA	<i>1/3</i>	60 1.00 1.46	56.5 1.06 1.35	0	0	0	0	0	0
4/13/13	<i>1/2</i>	59 1.02 1.48	57.5 1.04 1.32	0	0	0	0	0	0
<i>Time:</i> 1:13.70	<i>2/3</i>	56.5 1.06 1.55	61.5 0.98 1.24	0	0	0	0	0	0
100 BREAST		:34.20	:39.40	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SANTA CLARA INT	<i>1/3</i>	64 0.94 1.37	57 1.05 1.34	0	0	0	0	0	0
6/19/14	<i>1/2</i>	55.5 1.08 1.58	58 1.03 1.31	0	0	0	0	0	0
<i>Time:</i> 1:13.70	<i>2/3</i>	60 1.00 1.46	52 1.15 1.46	0	0	0	0	0	0
100 BREAST		:34.40	:39.20	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SC JR LC TIME TRI	<i>1/3</i>	64 0.94 1.36	54 1.11 1.42	0	0	0	0	0	0
12/12/14	<i>1/2</i>	65.5 0.92 1.33	53 1.13 1.44	0	0	0	0	0	0
<i>Time:</i> 1:13.70	<i>2/3</i>	61 0.98 1.43	57 1.05 1.34	0	0	0	0	0	0
100 BREAST		:34.40	:39.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SMOC	<i>1/3</i>	57 1.05 1.53	56 1.07 1.36	0	0	0	0	0	0
6/26/15	<i>1/2</i>	60.5 0.99 1.44	54 1.11 1.41	0	0	0	0	0	0
<i>Time:</i> 1:13.70	<i>2/3</i>	56.5 1.06 1.54	56.5 1.06 1.35	0	0	0	0	0	0
100 BREAST		:34.50	:39.70	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
LA INVITE	<i>1/3</i>	59.5 1.01 1.46	57.5 1.04 1.31	0	0	0	0	0	0
7/12/12	<i>1/2</i>	58 1.03 1.50	55.5 1.08 1.36	0	0	0	0	0	0
<i>Time:</i> 1:13.70	<i>2/3</i>	56.5 1.06 1.54	57 1.05 1.33	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:34.30	:39.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SC NATS LC TIME	<i>1/3</i>	60 1.00 1.46	61 0.98 1.25	0	0	0	0	0	0
12/07/14	<i>1/2</i>	59.5 1.01 1.47	54 1.11 1.41	0	0	0	0	0	0
<i>Time:</i> 1:13.70	<i>2/3</i>	57.5 1.04 1.52	54.5 1.10 1.40	0	0	0	0	0	0
100 BREAST		:34.80	:39.00	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SANTA CLARA INT	<i>1/3</i>	61.5 0.98 1.40	58 1.03 1.33	0	0	0	0	0	0
6/19/14	<i>1/2</i>	57.5 1.04 1.50	59.5 1.01 1.29	0	0	0	0	0	0
<i>Time:</i> 1:13.80	<i>2/3</i>	54.5 1.10 1.58	61.5 0.98 1.25	0	0	0	0	0	0
100 BREAST		:34.60	:38.90	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SMOC	<i>1/3</i>	59.5 1.01 1.46	56.5 1.06 1.36	0	0	0	0	0	0
6/26/14	<i>1/2</i>	60 1.00 1.45	54.5 1.10 1.42	0	0	0	0	0	0
<i>Time:</i> 1:13.80	<i>2/3</i>	56.5 1.06 1.53	57 1.05 1.35	0	0	0	0	0	0
100 BREAST		:34.40	:39.50	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MESA	<i>1/3</i>		0	0	0	0	0	0	0
4/15/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:13.90	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:35.00	:39.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
LAI	<i>1/3</i>	60.5 0.99 1.42	58.5 1.03 1.31	0	0	0	0	0	0
7/18/14	<i>1/2</i>	59.5 1.01 1.44	55 1.09 1.40	0	0	0	0	0	0
<i>Time:</i> 1:14.10	<i>2/3</i>	58.5 1.03 1.47	55 1.09 1.40	0	0	0	0	0	0
100 BREAST		:34.90	:39.20	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MESA	<i>1/3</i>	56.5 1.06 1.52	55 1.09 1.39	0	0	0	0	0	0
4/11/13	<i>1/2</i>	49.5 1.21 1.74	54 1.11 1.42	0	0	0	0	0	0
<i>Time:</i> 1:14.10	<i>2/3</i>	51 1.18 1.69	58.5 1.03 1.31	0	0	0	0	0	0
100 BREAST		:34.70	:39.57	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SANTA CLARA	<i>1/3</i>	57 1.05 1.52	61.5 0.98 1.23	0	0	0	0	0	0
6/18/15	<i>1/2</i>	60 1.00 1.44	61 0.98 1.24	0	0	0	0	0	0
<i>Time:</i> 1:14.20	<i>2/3</i>	56 1.07 1.54	58 1.03 1.31	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:34.80	:39.40	: :0	: :0	: :0	: :0	: :0	: :0
LA INVITE	<i>1/3</i>	59 1.02 1.46	61 0.98 1.25	0	0	0	0	0	0
7/05/13	<i>1/2</i>	57.5 1.04 1.50	57.5 1.04 1.32	0	0	0	0	0	0
<i>Time:</i> 1:14.20	<i>2/3</i>	56 1.07 1.54	61.5 0.98 1.24	0	0	0	0	0	0
100 BREAST		:34.70	:39.60	: :0	: :0	: :0	: :0	: :0	: :0
FULLERTON	<i>1/3</i>	58 1.03 1.49	56 1.07 1.35	0	0	0	0	0	0
1/26/13	<i>1/2</i>	57.5 1.04 1.50	53 1.13 1.43	0	0	0	0	0	0
<i>Time:</i> 1:14.20	<i>2/3</i>	60 1.00 1.44	59.5 1.01 1.27	0	0	0	0	0	0
100 BREAST		:34.60	:39.60	: :0	: :0	: :0	: :0	: :0	: :0
LA MIRADA	<i>1/3</i>	65 0.92 1.33	55.5 1.08 1.37	0	0	0	0	0	0
4/08/16	<i>1/2</i>	56 1.07 1.55	56.5 1.06 1.34	0	0	0	0	0	0
<i>Time:</i> 1:14.30	<i>2/3</i>	56.5 1.06 1.53	59 1.02 1.28	0	0	0	0	0	0
100 BREAST		:35.00	:39.20	: :0	: :0	: :0	: :0	: :0	: :0
LA INVITE	<i>1/3</i>	59 1.02 1.45	56 1.07 1.37	0	0	0	0	0	0
7/12/12	<i>1/2</i>	57 1.05 1.50	56.5 1.06 1.35	0	0	0	0	0	0
<i>Time:</i> 1:14.30	<i>2/3</i>	61 0.98 1.41	57.5 1.04 1.33	0	0	0	0	0	0
100 BREAST		:35.00	:39.30	: :0	: :0	: :0	: :0	: :0	: :0
SMOC	<i>1/3</i>	58 1.03 1.48	54.5 1.10 1.40	0	0	0	0	0	0
6/26/15	<i>1/2</i>	53 1.13 1.62	55 1.09 1.39	0	0	0	0	0	0
<i>Time:</i> 1:14.30	<i>2/3</i>	58.5 1.03 1.47	56.5 1.06 1.35	0	0	0	0	0	0
100 BREAST		:34.50	:39.90	: :0	: :0	: :0	: :0	: :0	: :0
JUNIOR NATIONAL	<i>1/3</i>	62 0.97 1.40	59 1.02 1.27	0	0	0	0	0	0
12/03/15	<i>1/2</i>	61 0.98 1.43	60.5 0.99 1.24	0	0	0	0	0	0
<i>Time:</i> 1:14.40	<i>2/3</i>	61 0.98 1.43	61 0.98 1.23	0	0	0	0	0	0
100 BREAST		:35.00	:39.30	: :0	: :0	: :0	: :0	: :0	: :0
SMOC	<i>1/3</i>	50 1.20 1.71	58 1.03 1.32	0	0	0	0	0	0
6/06/13	<i>1/2</i>	54.5 1.10 1.57	57.5 1.04 1.33	0	0	0	0	0	0
<i>Time:</i> 1:14.40	<i>2/3</i>	55.5 1.08 1.54	59 1.02 1.29	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150	200	250	300	350	400
100 BREAST		:34.50			:40.00			:.0	:.0	:.0	:.0	:.0	:.0
FULLERTON	<i>1/3</i>	61.5	0.98	1.41	62.5	0.96	1.20	0	0	0	0	0	0
2/21/16	<i>1/2</i>	61.5	0.98	1.41	57.5	1.04	1.30	0	0	0	0	0	0
<i>Time:</i> 1:14.50	<i>2/3</i>	64.5	0.93	1.35	58.5	1.03	1.28	0	0	0	0	0	0
100 BREAST		:34.90			:39.90			:.0	:.0	:.0	:.0	:.0	:.0
MISSION VIEJO	<i>1/3</i>	61	0.98	1.41	56	1.07	1.34	0	0	0	0	0	0
2/05/16	<i>1/2</i>	58	1.03	1.48	52	1.15	1.45	0	0	0	0	0	0
<i>Time:</i> 1:14.90	<i>2/3</i>	59	1.02	1.46	53.5	1.12	1.41	0	0	0	0	0	0
100 BREAST		:35.00			:39.90			:.0	:.0	:.0	:.0	:.0	:.0
SANTA CLARA	<i>1/3</i>	56.5	1.06	1.52	58.5	1.03	1.29	0	0	0	0	0	0
6/18/15	<i>1/2</i>	56.5	1.06	1.52	57.5	1.04	1.31	0	0	0	0	0	0
<i>Time:</i> 1:14.90	<i>2/3</i>	55.5	1.08	1.54	54	1.11	1.39	0	0	0	0	0	0
100 BREAST		:35.10			:39.80			:.0	:.0	:.0	:.0	:.0	:.0
LA MIRADA	<i>1/3</i>	61.5	0.98	1.39	56.5	1.06	1.33	0	0	0	0	0	0
4/08/16	<i>1/2</i>	57.5	1.04	1.49	58	1.03	1.30	0	0	0	0	0	0
<i>Time:</i> 1:14.99	<i>2/3</i>	59.5	1.01	1.44	55.5	1.08	1.36	0	0	0	0	0	0
100 BREAST		:35.20			:39.70			:.0	:.0	:.0	:.0	:.0	:.0
LA INVITE	<i>1/3</i>	60	1.00	1.42	57.5	1.04	1.31	0	0	0	0	0	0
7/05/13	<i>1/2</i>	58	1.03	1.47	53.5	1.12	1.41	0	0	0	0	0	0
<i>Time:</i> 1:15.00	<i>2/3</i>	60.5	0.99	1.41	61	0.98	1.24	0	0	0	0	0	0
100 BREAST		:35.20			:39.80			:.0	:.0	:.0	:.0	:.0	:.0
MISSION VIEJO	<i>1/3</i>	60.5	0.99	1.41	62	0.97	1.22	0	0	0	0	0	0
2/05/16	<i>1/2</i>	61	0.98	1.40	55	1.09	1.37	0	0	0	0	0	0
<i>Time:</i> 1:15.00	<i>2/3</i>	57	1.05	1.50	63	0.95	1.20	0	0	0	0	0	0
100 BREAST		:35.50			:39.90			:.0	:.0	:.0	:.0	:.0	:.0
FULLERTON	<i>1/3</i>	62.5	0.96	1.35	58.5	1.03	1.29	0	0	0	0	0	0
2/21/15	<i>1/2</i>	56.5	1.06	1.50	56.5	1.06	1.33	0	0	0	0	0	0
<i>Time:</i> 1:15.10	<i>2/3</i>	55.5	1.08	1.52	55	1.09	1.37	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150	200	250	300	350	400
100 BREAST		:35.50			:40.10			:.0	:.0	:.0	:.0	:.0	:.0
OMAHA	<i>1/3</i>	56.6	1.06	1.49	58.2	1.03	1.29	0	0	0	0	0	0
6/08/12	<i>1/2</i>	55.5	1.08	1.52	57.1	1.05	1.31	0	0	0	0	0	0
<i>Time:</i> 1:15.70	<i>2/3</i>	56.1	1.07	1.51	58.2	1.03	1.29	0	0	0	0	0	0
100 BREAST		:35.50			:40.20			:.0	:.0	:.0	:.0	:.0	:.0
SANTA CLARA	<i>1/3</i>	56.5	1.06	1.50	54.5	1.10	1.37	0	0	0	0	0	0
5/31/12	<i>1/2</i>	55.5	1.08	1.52	56.5	1.06	1.32	0	0	0	0	0	0
<i>Time:</i> 1:15.70	<i>2/3</i>	61.5	0.98	1.37	57.5	1.04	1.30	0	0	0	0	0	0
100 BREAST		:35.10			:40.70			:.0	:.0	:.0	:.0	:.0	:.0
SAN MATEO	<i>1/3</i>	58.5	1.03	1.46	56.5	1.06	1.30	0	0	0	0	0	0
10/11/15	<i>1/2</i>	56	1.07	1.53	57	1.05	1.29	0	0	0	0	0	0
<i>Time:</i> 1:15.90	<i>2/3</i>	58.5	1.03	1.46	56.5	1.06	1.30	0	0	0	0	0	0
100 BREAST		:35.00			:41.00			:.0	:.0	:.0	:.0	:.0	:.0
CLOVIS	<i>1/3</i>	0			0			0	0	0	0	0	0
3/22/14	<i>1/2</i>	0			0			0	0	0	0	0	0
<i>Time:</i> 1:16.00	<i>2/3</i>	0			0			0	0	0	0	0	0
100 BREAST		:36.10			:40.10			:.0	:.0	:.0	:.0	:.0	:.0
LA MIRADA	<i>1/3</i>	52.5	1.14	1.58	51	1.18	1.47	0	0	0	0	0	0
2/22/14	<i>1/2</i>	53	1.13	1.57	54	1.11	1.39	0	0	0	0	0	0
<i>Time:</i> 1:16.20	<i>2/3</i>	47.5	1.26	1.75	52	1.15	1.44	0	0	0	0	0	0
100 BREAST		:35.50			:40.80			:.0	:.0	:.0	:.0	:.0	:.0
SANTA CLARA	<i>1/3</i>	59.5	1.01	1.42	60	1.00	1.23	0	0	0	0	0	0
5/30/13	<i>1/2</i>	59.5	1.01	1.42	58.5	1.03	1.26	0	0	0	0	0	0
<i>Time:</i> 1:16.40	<i>2/3</i>	57.5	1.04	1.47	55.5	1.08	1.32	0	0	0	0	0	0
100 BREAST		:35.60			:41.00			:.0	:.0	:.0	:.0	:.0	:.0
LA MIRADA	<i>1/3</i>	60	1.00	1.40	55.5	1.08	1.32	0	0	0	0	0	0
1/17/16	<i>1/2</i>	53.5	1.12	1.58	52.5	1.14	1.39	0	0	0	0	0	0
<i>Time:</i> 1:16.70	<i>2/3</i>	54	1.11	1.56	54	1.11	1.36	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:36.20	:41.00	: :0	: :0	: :0	: :0	: :0	: :0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/28/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:17.20	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:35.50	:42.00	: :0	: :0	: :0	: :0	: :0	: :0
REEDLEY	<i>1/3</i>	61.5 0.98 1.37	51 1.18 1.40	0	0	0	0	0	0
11/28/15	<i>1/2</i>	62.5 0.96 1.35	52.5 1.14 1.36	0	0	0	0	0	0
<i>Time:</i> 1:17.60	<i>2/3</i>	61.5 0.98 1.37	53 1.13 1.35	0	0	0	0	0	0
100 BREAST		:37.50	:41.40	: :0	: :0	: :0	: :0	: :0	: :0
SMOC	<i>1/3</i>	50.5 1.19 1.58	52 1.15 1.39	0	0	0	0	0	0
4/19/12	<i>1/2</i>	51 1.18 1.57	52 1.15 1.39	0	0	0	0	0	0
<i>Time:</i> 1:18.90	<i>2/3</i>	55.5 1.08 1.44	56.5 1.06 1.28	0	0	0	0	0	0
100 BREAST		:37.80	:41.20	: :0	: :0	: :0	: :0	: :0	: :0
SPEEDO	<i>1/3</i>	53.5 1.12 1.48	52 1.15 1.40	0	0	0	0	0	0
5/27/11	<i>1/2</i>	56 1.07 1.42	58.5 1.03 1.24	0	0	0	0	0	0
<i>Time:</i> 1:19.10	<i>2/3</i>	49.5 1.21 1.60	56.5 1.06 1.29	0	0	0	0	0	0
100 BREAST		:37.80	:42.00	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/16/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:19.80	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:37.70	:43.10	: :0	: :0	: :0	: :0	: :0	: :0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/26/07	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:20.80	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:38.30	:42.80	: :0	: :0	: :0	: :0	: :0	: :0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/28/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:21.10	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:38.90	:42.10	: :0	: :0	: :0	: :0	: :0	: :0
SECTIONALS	<i>1/3</i>	54 1.11 1.43	54 1.11 1.32	0	0	0	0	0	0
7/20/11	<i>1/2</i>	52 1.15 1.48	55.5 1.08 1.28	0	0	0	0	0	0
<i>Time:</i> 1:21.11	<i>2/3</i>	51 1.18 1.51	57 1.05 1.25	0	0	0	0	0	0
100 BREAST		:39.50	:42.40	: :0	: :0	: :0	: :0	: :0	: :0
CLOVIS SENIOR	<i>1/3</i>	57 1.05 1.33	63 0.95 1.12	0	0	0	0	0	0
7/17/10	<i>1/2</i>	55.5 1.08 1.37	58.5 1.03 1.21	0	0	0	0	0	0
<i>Time:</i> 1:21.90	<i>2/3</i>	59 1.02 1.29	60.5 0.99 1.17	0	0	0	0	0	0
100 BREAST		:39.10	:43.10	: :0	: :0	: :0	: :0	: :0	: :0
CLOVIS SR Q	<i>1/3</i>	64 0.94 1.20	59.5 1.01 1.17	0	0	0	0	0	0
7/16/10	<i>1/2</i>	64 0.94 1.20	59 1.02 1.18	0	0	0	0	0	0
<i>Time:</i> 1:22.20	<i>2/3</i>	61 0.98 1.26	60 1.00 1.16	0	0	0	0	0	0
100 BREAST		:40.30	:43.60	: :0	: :0	: :0	: :0	: :0	: :0
BAKERSFIELD	<i>1/3</i>	0	0	0	0	0	0	0	0
5/01/10	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:23.90	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:40.30	:44.60	: :0	: :0	: :0	: :0	: :0	: :0
PORTERVILLE	<i>1/3</i>	46 1.30 1.62	45.5 1.32 1.48	0	0	0	0	0	0
3/20/10	<i>1/2</i>	50.5 1.19 1.47	56 1.07 1.20	0	0	0	0	0	0
<i>Time:</i> 1:25.00	<i>2/3</i>	49.5 1.21 1.50	51.5 1.17 1.31	0	0	0	0	0	0
100 BREAST		:42.40	:45.20	: :0	: :0	: :0	: :0	: :0	: :0
BAKERSFIELD	<i>1/3</i>	52.5 1.14 1.35	55.5 1.08 1.20	0	0	0	0	0	0
5/02/09	<i>1/2</i>	49.5 1.21 1.43	43 1.40 1.54	0	0	0	0	0	0
<i>Time:</i> 1:27.70	<i>2/3</i>	47.5 1.26 1.49	56.5 1.06 1.17	0	0	0	0	0	0
100 BREAST		:43.70	:46.70	: :0	: :0	: :0	: :0	: :0	: :0
JUNIOR OLYMPIC	<i>1/3</i>	49 1.22 1.40	50.5 1.19 1.27	0	0	0	0	0	0
7/24/08	<i>1/2</i>	46.5 1.29 1.48	1.5 #####	0	0	0	0	0	0
<i>Time:</i> 1:30.40	<i>2/3</i>	43 1.40 1.60	52.5 1.14 1.22	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:44.70	:52.90	: :0	: :0	: :0	: :0	: :0	: :0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/26/07	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:37.60	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:47.50	:55.20	: :0	: :0	: :0	: :0	: :0	: :0
PORTERVILLE	<i>1/3</i>	0	0	0	0	0	0	0	0
6/08/07	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:42.70	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:44.10	:48.50	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/26/08	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:52.60	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FLY		:29.30	:33.60	: :0	: :0	: :0	: :0	: :0	: :0
JUNIORS	<i>1/3</i>	58 1.03 1.77	58 1.03 1.54	0	0	0	0	0	0
7/31/14	<i>1/2</i>	58.5 1.03 1.75	54.5 1.10 1.64	0	0	0	0	0	0
<i>Time:</i> 1:03.00	<i>2/3</i>	59 1.02 1.74	52.5 1.14 1.70	0	0	0	0	0	0
100 FLY		:29.40	:34.30	: :0	: :0	: :0	: :0	: :0	: :0
JUNIOR NATIONAL	<i>1/3</i>	59.5 1.01 1.71	54 1.11 1.62	0	0	0	0	0	0
7/30/15	<i>1/2</i>	59.5 1.01 1.71	57.5 1.04 1.52	0	0	0	0	0	0
<i>Time:</i> 1:03.80	<i>2/3</i>	57 1.05 1.79	56 1.07 1.56	0	0	0	0	0	0
100 FLY		:29.70	:34.00	: :0	: :0	: :0	: :0	: :0	: :0
LAI	<i>1/3</i>	61.5 0.98 1.64	54 1.11 1.63	0	0	0	0	0	0
7/18/14	<i>1/2</i>	59.5 1.01 1.70	57 1.05 1.55	0	0	0	0	0	0
<i>Time:</i> 1:03.80	<i>2/3</i>	54.5 1.10 1.85	53.5 1.12 1.65	0	0	0	0	0	0
100 FLY		:30.00	:34.70	: :0	: :0	: :0	: :0	: :0	: :0
FULLERTON	<i>1/3</i>	64.5 0.93 1.55	58.5 1.03 1.48	0	0	0	0	0	0
2/21/16	<i>1/2</i>	59.5 1.01 1.68	58.5 1.03 1.48	0	0	0	0	0	0
<i>Time:</i> 1:04.70	<i>2/3</i>	62 0.97 1.61	53 1.13 1.63	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 FLY		:29.90	:34.90	: :0	: :0	: :0	: :0	: :0	: :0
LA MIRADA	1/3	63.5 0.94 1.58	59.5 1.01 1.44	0	0	0	0	0	0
4/08/16	1/2	61.5 0.98 1.63	55 1.09 1.56	0	0	0	0	0	0
Time: 1:04.80	2/3	53.5 1.12 1.88	53.5 1.12 1.61	0	0	0	0	0	0
100 FLY		:30.20	:34.70	: :0	: :0	: :0	: :0	: :0	: :0
SANTA CLARA INT	1/3	64 0.94 1.55	57.5 1.04 1.50	0	0	0	0	0	0
6/19/14	1/2	61 0.98 1.63	50 1.20 1.73	0	0	0	0	0	0
Time: 1:04.90	2/3	52 1.15 1.91	52.5 1.14 1.65	0	0	0	0	0	0
100 FLY		:30.50	:34.20	: :0	: :0	: :0	: :0	: :0	: :0
LAI	1/3	61 0.98 1.61	55.5 1.08 1.58	0	0	0	0	0	0
7/18/14	1/2	54.5 1.10 1.80	60.5 0.99 1.45	0	0	0	0	0	0
Time: 1:04.90	2/3	57 1.05 1.73	53 1.13 1.66	0	0	0	0	0	0
100 FLY		:30.20	:34.70	: :0	: :0	: :0	: :0	: :0	: :0
LA INVITE	1/3	62 0.97 1.60	58 1.03 1.49	0	0	0	0	0	0
7/09/15	1/2	53.5 1.12 1.86	54 1.11 1.60	0	0	0	0	0	0
Time: 1:05.00	2/3	56.5 1.06 1.76	53.1 1.13 1.63	0	0	0	0	0	0
100 FLY		:30.20	:34.80	: :0	: :0	: :0	: :0	: :0	: :0
JUNIOR NATIONAL	1/3	61.5 0.98 1.62	55.5 1.08 1.55	0	0	0	0	0	0
8/05/13	1/2	60 1.00 1.66	55.5 1.08 1.55	0	0	0	0	0	0
Time: 1:05.03	2/3	56 1.07 1.77	53.5 1.12 1.61	0	0	0	0	0	0
100 FLY		:30.20	:35.00	: :0	: :0	: :0	: :0	: :0	: :0
SMOC	1/3	61 0.98 1.63	54.5 1.10 1.57	0	0	0	0	0	0
6/26/15	1/2	57.5 1.04 1.73	54 1.11 1.59	0	0	0	0	0	0
Time: 1:05.30	2/3	56.5 1.06 1.76	52 1.15 1.65	0	0	0	0	0	0
100 FLY		:30.50	:34.90	: :0	: :0	: :0	: :0	: :0	: :0
MISSION VIEJO	1/3	62.5 0.96 1.57	58.5 1.03 1.47	0	0	0	0	0	0
2/05/16	1/2	60 1.00 1.64	55 1.09 1.56	0	0	0	0	0	0
Time: 1:05.50	2/3	55 1.09 1.79	55.5 1.08 1.55	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 FLY		:30.10	:35.50	: :0	: :0	: :0	: :0	: :0	: :0
LA MIRADA	<i>1/3</i>	58.5 1.03 1.70	57 1.05 1.48	0	0	0	0	0	0
4/08/16	<i>1/2</i>	55 1.09 1.81	54.5 1.10 1.55	0	0	0	0	0	0
<i>Time:</i> 1:05.60	<i>2/3</i>	53.5 1.12 1.86	54.5 1.10 1.55	0	0	0	0	0	0
100 FLY		:30.30	:35.20	: :0	: :0	: :0	: :0	: :0	: :0
MESA GRAND PRI	<i>1/3</i>	60.5 0.99 1.64	56 1.07 1.52	0	0	0	0	0	0
4/24/14	<i>1/2</i>	60 1.00 1.65	54 1.11 1.58	0	0	0	0	0	0
<i>Time:</i> 1:05.62	<i>2/3</i>	55.5 1.08 1.78	53.5 1.12 1.59	0	0	0	0	0	0
100 FLY		:30.40	:35.20	: :0	: :0	: :0	: :0	: :0	: :0
LA MIRADA	<i>1/3</i>	60 1.00 1.64	55.5 1.08 1.54	0	0	0	0	0	0
1/17/16	<i>1/2</i>	58 1.03 1.70	53.5 1.12 1.59	0	0	0	0	0	0
<i>Time:</i> 1:05.70	<i>2/3</i>	54 1.11 1.83	57.5 1.04 1.48	0	0	0	0	0	0
100 FLY		:30.20	:35.50	: :0	: :0	: :0	: :0	: :0	: :0
SMOC	<i>1/3</i>	60.5 0.99 1.64	57 1.05 1.48	0	0	0	0	0	0
6/26/14	<i>1/2</i>	61 0.98 1.63	56.5 1.06 1.50	0	0	0	0	0	0
<i>Time:</i> 1:05.70	<i>2/3</i>	57.5 1.04 1.73	52 1.15 1.63	0	0	0	0	0	0
100 FLY		:30.30	:35.40	: :0	: :0	: :0	: :0	: :0	: :0
MISSION VIEJO	<i>1/3</i>	64 0.94 1.55	55.5 1.08 1.53	0	0	0	0	0	0
2/05/16	<i>1/2</i>	61 0.98 1.62	56.5 1.06 1.50	0	0	0	0	0	0
<i>Time:</i> 1:05.80	<i>2/3</i>	52.5 1.14 1.89	55 1.09 1.54	0	0	0	0	0	0
100 FLY		:30.30	:35.90	: :0	: :0	: :0	: :0	: :0	: :0
FRESNO STATE	<i>1/3</i>	56 1.07 1.77	55 1.09 1.52	0	0	0	0	0	0
5/22/16	<i>1/2</i>	55.5 1.08 1.78	52 1.15 1.61	0	0	0	0	0	0
<i>Time:</i> 1:06.20	<i>2/3</i>	56 1.07 1.77	51 1.18 1.64	0	0	0	0	0	0
100 FLY		:31.00	:35.40	: :0	: :0	: :0	: :0	: :0	: :0
SECTIONALS	<i>1/3</i>	65 0.92 1.49	50 1.20 1.69	0	0	0	0	0	0
7/26/12	<i>1/2</i>	54 1.11 1.79	57.5 1.04 1.47	0	0	0	0	0	0
<i>Time:</i> 1:06.50	<i>2/3</i>	57 1.05 1.70	51.5 1.17 1.65	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 FLY		:30.60	:35.90	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MESA GRAND PRI	<i>1/3</i>	58 1.03 1.69	55 1.09 1.52	0	0	0	0	0	0
4/11/13	<i>1/2</i>	52 1.15 1.89	51.5 1.17 1.62	0	0	0	0	0	0
<i>Time:</i> 1:06.73	<i>2/3</i>	54.5 1.10 1.80	51 1.18 1.64	0	0	0	0	0	0
100 FLY		:31.10	:35.80	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
JUNIOR NATIONAL	<i>1/3</i>	58.5 1.03 1.65	53 1.13 1.58	0	0	0	0	0	0
8/13/12	<i>1/2</i>	56 1.07 1.72	54.5 1.10 1.54	0	0	0	0	0	0
<i>Time:</i> 1:06.80	<i>2/3</i>	51 1.18 1.89	5.5 ##### #####	0	0	0	0	0	0
100 FLY		:30.60	:36.40	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
REEDLEY	<i>1/3</i>	0	0	0	0	0	0	0	0
3/21/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:07.00	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FLY		:31.00	:36.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MESA GRAND PRI	<i>1/3</i>	56.5 1.06 1.71	50.5 1.19 1.64	0	0	0	0	0	0
4/11/13	<i>1/2</i>	55 1.09 1.76	50.5 1.19 1.64	0	0	0	0	0	0
<i>Time:</i> 1:07.10	<i>2/3</i>	51.5 1.17 1.88	50 1.20 1.65	0	0	0	0	0	0
100 FLY		:31.10	:36.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SANTA CLARA	<i>1/3</i>	56 1.07 1.72	54 1.11 1.54	0	0	0	0	0	0
5/30/13	<i>1/2</i>	55 1.09 1.75	52 1.15 1.60	0	0	0	0	0	0
<i>Time:</i> 1:07.20	<i>2/3</i>	53.5 1.12 1.80	53.5 1.12 1.55	0	0	0	0	0	0
100 FLY		:31.50	:36.00	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SAN MATEO	<i>1/3</i>	56 1.07 1.70	55.5 1.08 1.50	0	0	0	0	0	0
10/11/15	<i>1/2</i>	56 1.07 1.70	54.5 1.10 1.53	0	0	0	0	0	0
<i>Time:</i> 1:07.50	<i>2/3</i>	54 1.11 1.76	49.5 1.21 1.68	0	0	0	0	0	0
100 FLY		:31.60	:36.00	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SECTIONALS	<i>1/3</i>	57 1.05 1.67	52 1.15 1.60	0	0	0	0	0	0
7/17/13	<i>1/2</i>	54 1.11 1.76	54 1.11 1.54	0	0	0	0	0	0
<i>Time:</i> 1:07.81	<i>2/3</i>	54.5 1.10 1.74	55 1.09 1.52	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 FLY		:32.10	:36.00	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SANTA CLARA	<i>1/3</i>	55.5 1.08 1.68	52 1.15 1.60	0	0	0	0	0	0
5/31/12	<i>1/2</i>	52 1.15 1.80	54 1.11 1.54	0	0	0	0	0	0
<i>Time:</i> 1:07.90	<i>2/3</i>	51 1.18 1.83	51.5 1.17 1.62	0	0	0	0	0	0
100 FLY		:31.70	:36.40	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
FULLERTON	<i>1/3</i>	59.5 1.01 1.59	55 1.09 1.50	0	0	0	0	0	0
2/21/15	<i>1/2</i>	56 1.07 1.69	54.5 1.10 1.51	0	0	0	0	0	0
<i>Time:</i> 1:08.10	<i>2/3</i>	57 1.05 1.66	53 1.13 1.56	0	0	0	0	0	0
100 FLY		:31.50	:36.60	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
LA MIRADA	<i>1/3</i>	56.5 1.06 1.69	52 1.15 1.58	0	0	0	0	0	0
2/22/14	<i>1/2</i>	54.5 1.10 1.75	55 1.09 1.49	0	0	0	0	0	0
<i>Time:</i> 1:08.10	<i>2/3</i>	53 1.13 1.80	49.5 1.21 1.66	0	0	0	0	0	0
100 FLY		:31.70	:36.60	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SMOC	<i>1/3</i>	60 1.00 1.58	56 1.07 1.46	0	0	0	0	0	0
6/06/13	<i>1/2</i>	55.5 1.08 1.71	54 1.11 1.52	0	0	0	0	0	0
<i>Time:</i> 1:08.60	<i>2/3</i>	55 1.09 1.72	51.5 1.17 1.59	0	0	0	0	0	0
100 FLY		:32.10	:36.60	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/28/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:08.70	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FLY		:31.60	:37.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
LA INVITE	<i>1/3</i>	60 1.00 1.58	53.5 1.12 1.51	0	0	0	0	0	0
7/05/13	<i>1/2</i>	53.5 1.12 1.77	52 1.15 1.56	0	0	0	0	0	0
<i>Time:</i> 1:08.70	<i>2/3</i>	53 1.13 1.79	53.5 1.12 1.51	0	0	0	0	0	0
100 FLY		:32.00	:36.50	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
LA INVITE	<i>1/3</i>	52.5 1.14 1.79	58 1.03 1.42	0	0	0	0	0	0
7/12/12	<i>1/2</i>	54.5 1.10 1.72	50.5 1.19 1.63	0	0	0	0	0	0
<i>Time:</i> 1:08.78	<i>2/3</i>	52 1.15 1.80	51.5 1.17 1.60	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 FLY		:32.50	:36.80	: :0	: :0	: :0	: :0	: :0	: :0
FULLERTON	<i>1/3</i>	52 1.15 1.78	49 1.22 1.66	0	0	0	0	0	0
1/26/13	<i>1/2</i>	51 1.18 1.81	52 1.15 1.57	0	0	0	0	0	0
<i>Time:</i> 1:09.30	<i>2/3</i>	50 1.20 1.85	49 1.22 1.66	0	0	0	0	0	0
100 FLY		:32.10	:38.00	: :0	: :0	: :0	: :0	: :0	: :0
REEDLEY	<i>1/3</i>	58 1.03 1.61	54.5 1.10 1.45	0	0	0	0	0	0
11/28/15	<i>1/2</i>	54.5 1.10 1.71	54.5 1.10 1.45	0	0	0	0	0	0
<i>Time:</i> 1:10.20	<i>2/3</i>	51 1.18 1.83	51.5 1.17 1.53	0	0	0	0	0	0
100 FLY		:33.60	:37.70	: :0	: :0	: :0	: :0	: :0	: :0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/25/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:11.30	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FLY		:33.40	:37.90	: :0	: :0	: :0	: :0	: :0	: :0
SMOC	<i>1/3</i>	55 1.09 1.63	51.5 1.17 1.54	0	0	0	0	0	0
4/19/12	<i>1/2</i>	50.5 1.19 1.78	43 1.40 1.84	0	0	0	0	0	0
<i>Time:</i> 1:11.30	<i>2/3</i>	48 1.25 1.87	48 1.25 1.65	0	0	0	0	0	0
100 FLY		:33.60	:37.90	: :0	: :0	: :0	: :0	: :0	: :0
SPEEDO	<i>1/3</i>	52.5 1.14 1.70	50.5 1.19 1.57	0	0	0	0	0	0
5/27/11	<i>1/2</i>	49 1.22 1.82	52.5 1.14 1.51	0	0	0	0	0	0
<i>Time:</i> 1:11.50	<i>2/3</i>	50.5 1.19 1.77	52.5 1.14 1.51	0	0	0	0	0	0
100 FLY		:34.20	:39.70	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	54 1.11 1.62	50 1.20 1.51	0	0	0	0	0	0
4/14/12	<i>1/2</i>	50 1.20 1.75	0	0	0	0	0	0	0
<i>Time:</i> 1:13.40	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FLY		:35.00	:38.80	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/16/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:13.80	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100		150		200		250		300		350		400		
100 FLY		:36.00		:39.30		: : 0		: : 0		: : 0		: : 0		: : 0		: : 0	
VALLEJO	<i>1/3</i>	0		0		0		0		0		0		0		0	
5/07/11	<i>1/2</i>	0		0		0		0		0		0		0		0	
<i>Time:</i> 1:15.30	<i>2/3</i>	0		0		0		0		0		0		0		0	
100 FLY		:35.60		:42.30		: : 0		: : 0		: : 0		: : 0		: : 0		: : 0	
JO'S	<i>1/3</i>	51	1.18	1.65	54	1.11	1.31	0		0		0		0		0	
7/28/10	<i>1/2</i>	50	1.20	1.69	52	1.15	1.36	0		0		0		0		0	
<i>Time:</i> 1:18.00	<i>2/3</i>	48.5	1.24	1.74	49.5	1.21	1.43	0		0		0		0		0	
100 FLY		:37.00		:43.60		: : 0		: : 0		: : 0		: : 0		: : 0		: : 0	
SLO	<i>1/3</i>	51	1.18	1.59	49.5	1.21	1.39	0		0		0		0		0	
7/02/10	<i>1/2</i>	48.5	1.24	1.67	48	1.25	1.43	0		0		0		0		0	
<i>Time:</i> 1:20.60	<i>2/3</i>	46.5	1.29	1.74	48.5	1.24	1.42	0		0		0		0		0	
100 FLY		:38.90		:45.90		: : 0		: : 0		: : 0		: : 0		: : 0		: : 0	
BAKERSFIELD	<i>1/3</i>	0		0		0		0		0		0		0		0	
5/01/10	<i>1/2</i>	0		0		0		0		0		0		0		0	
<i>Time:</i> 1:24.80	<i>2/3</i>	0		0		0		0		0		0		0		0	
100 FLY		:42.80		:47.00		: : 0		: : 0		: : 0		: : 0		: : 0		: : 0	
JUNIOR OLYMPIC	<i>1/3</i>	43	1.40	1.63	44.5	1.35	1.43	0		0		0		0		0	
7/24/08	<i>1/2</i>	44.5	1.35	1.58	46	1.30	1.39	0		0		0		0		0	
<i>Time:</i> 1:29.90	<i>2/3</i>	42	1.43	1.67	45.5	1.32	1.40	0		0		0		0		0	
100 FLY		:43.20		:51.20		: : 0		: : 0		: : 0		: : 0		: : 0		: : 0	
JUNIOR OLYMPIC	<i>1/3</i>	44.5	1.35	1.56	42.5	1.41	1.38	0		0		0		0		0	
7/24/08	<i>1/2</i>	41	1.46	1.69	39.5	1.52	1.48	0		0		0		0		0	
<i>Time:</i> 1:34.55	<i>2/3</i>	39.5	1.52	1.76	40	1.50	1.46	0		0		0		0		0	
100 FREE		:28.10		:31.10		: : 0		: : 0		: : 0		: : 0		: : 0		: : 0	
LA INVITE	<i>1/3</i>	56	1.07	1.91	42	1.43	2.30	0		0		0		0		0	
7/14/16	<i>1/2</i>	50.5	1.19	2.11	50.5	1.19	1.91	0		0		0		0		0	
<i>Time:</i> :59.30	<i>2/3</i>	50	1.20	2.14	48.5	1.24	1.99	0		0		0		0		0	

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
100 FREE		:28.30			:31.10			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
LA INVITE	<i>1/3</i>	57	1.05	1.86	47.5	1.26	2.03	0			0			0			0			0			0		
7/14/16	<i>1/2</i>	51.5	1.17	2.06	48	1.25	2.01	0			0			0			0			0			0		
<i>Time:</i> :59.40	<i>2/3</i>	49.5	1.21	2.14	46.5	1.29	2.07	0			0			0			0			0			0		
100 FREE		:28.80			:31.00			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
REEDLEY	<i>1/3</i>	53	1.13	1.97	49.5	1.21	1.96	0			0			0			0			0			0		
4/23/16	<i>1/2</i>	50.5	1.19	2.06	47	1.28	2.06	0			0			0			0			0			0		
<i>Time:</i> :59.90	<i>2/3</i>	45.5	1.32	2.29	46.5	1.29	2.08	0			0			0			0			0			0		
100 FREE		:28.70			:31.40			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SMOC	<i>1/3</i>	51.5	1.17	2.03	52	1.15	1.84	0			0			0			0			0			0		
6/26/15	<i>1/2</i>	49	1.22	2.13	46	1.30	2.08	0			0			0			0			0			0		
<i>Time:</i> 1:00.20	<i>2/3</i>	48.5	1.24	2.16	45	1.33	2.12	0			0			0			0			0			0		
100 FREE		:28.80			:31.40			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
LAI	<i>1/3</i>	55	1.09	1.89	44.5	1.35	2.15	0			0			0			0			0			0		
7/18/14	<i>1/2</i>	50	1.20	2.08	49	1.22	1.95	0			0			0			0			0			0		
<i>Time:</i> 1:00.30	<i>2/3</i>	47	1.28	2.22	46	1.30	2.08	0			0			0			0			0			0		
100 FREE		:28.80			:31.50			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
LA INVITE	<i>1/3</i>	48.5	1.24	2.15	48	1.25	1.98	0			0			0			0			0			0		
7/09/15	<i>1/2</i>	49	1.22	2.13	49.5	1.21	1.92	0			0			0			0			0			0		
<i>Time:</i> 1:00.30	<i>2/3</i>	49	1.22	2.13	46.5	1.29	2.05	0			0			0			0			0			0		
100 FREE		:29.90			:32.80			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
FULLERTON	<i>1/3</i>	51.5	1.17	1.95	49	1.22	1.87	0			0			0			0			0			0		
2/21/15	<i>1/2</i>	50	1.20	2.01	46	1.30	1.99	0			0			0			0			0			0		
<i>Time:</i> 1:02.80	<i>2/3</i>	46.5	1.29	2.16	42	1.43	2.18	0			0			0			0			0			0		
100 FREE		:30.30			:32.40			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SAN MATEO	<i>1/3</i>	50	1.20	1.98	44	1.36	2.10	0			0			0			0			0			0		
10/11/15	<i>1/2</i>	44	1.36	2.25	51.5	1.17	1.80	0			0			0			0			0			0		
<i>Time:</i> 1:02.80	<i>2/3</i>	45	1.33	2.20	45	1.33	2.06	0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
100 FREE		:30.20			:32.50			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
LA INVITE	<i>1/3</i>	47.5	1.26	2.09	51	1.18	1.81	0			0			0			0			0			0		
7/05/13	<i>1/2</i>	48.5	1.24	2.05	49	1.22	1.88	0			0			0			0			0			0		
<i>Time:</i> 1:02.90	<i>2/3</i>	47.5	1.26	2.09	48	1.25	1.92	0			0			0			0			0			0		
100 FREE		:30.30			:32.90			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SANTA CLARA	<i>1/3</i>	48	1.25	2.06	43	1.40	2.12	0			0			0			0			0			0		
5/31/12	<i>1/2</i>	47	1.28	2.11	46.5	1.29	1.96	0			0			0			0			0			0		
<i>Time:</i> 1:03.20	<i>2/3</i>	44.5	1.35	2.22	45.5	1.32	2.00	0			0			0			0			0			0		
100 FREE		:30.80			:34.20			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
JO'S	<i>1/3</i>	0			0			0			0			0			0			0			0		
7/28/11	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 1:05.00	<i>2/3</i>	0			0			0			0			0			0			0			0		
100 FREE		:30.90			:34.50			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
JO'S	<i>1/3</i>	0			0			0			0			0			0			0			0		
7/28/11	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 1:05.40	<i>2/3</i>	0			0			0			0			0			0			0			0		
100 FREE		:32.30			:35.10			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
MERCED	<i>1/3</i>	0			0			0			0			0			0			0			0		
4/16/11	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 1:07.40	<i>2/3</i>	0			0			0			0			0			0			0			0		
100 FREE		:32.30			:35.80			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
JO'S	<i>1/3</i>	0			0			0			0			0			0			0			0		
7/28/10	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 1:08.10	<i>2/3</i>	0			0			0			0			0			0			0			0		
100 FREE		:33.00			:35.20			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
VALLEJO	<i>1/3</i>	0			0			0			0			0			0			0			0		
5/07/11	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 1:08.20	<i>2/3</i>	0			0			0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
100 FREE		:34.20			:38.20			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
BAKERSFIELD	<i>1/3</i>	46	1.30	1.91	43.5	1.38	1.81	0			0			0			0			0			0		
5/01/10	<i>1/2</i>	45.5	1.32	1.93	42.5	1.41	1.85	0			0			0			0			0			0		
<i>Time:</i> 1:12.40	<i>2/3</i>	41.5	1.45	2.11	42	1.43	1.87	0			0			0			0			0			0		
100 FREE		:36.70			:40.00			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
JUNIOR OLYMPIC	<i>1/3</i>	49	1.22	1.67	45.5	1.32	1.65	0			0			0			0			0			0		
7/24/08	<i>1/2</i>	45.5	1.32	1.80	47	1.28	1.60	0			0			0			0			0			0		
<i>Time:</i> 1:16.80	<i>2/3</i>	48	1.25	1.70	43	1.40	1.74	0			0			0			0			0			0		
100 FREE		:36.40			:40.80			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
BAKERSFIELD	<i>1/3</i>	0			0			0			0			0			0			0			0		
5/03/08	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 1:17.20	<i>2/3</i>	0			0			0			0			0			0			0			0		
100 FREE		:36.10			:41.20			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
MERCED	<i>1/3</i>	0			0			0			0			0			0			0			0		
4/26/08	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 1:17.30	<i>2/3</i>	0			0			0			0			0			0			0			0		
100 FREE		:37.10			:41.40			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
LAKE FOREST	<i>1/3</i>	44.5	1.35	1.82	45.5	1.32	1.59	0			0			0			0			0			0		
3/15/08	<i>1/2</i>	46.5	1.29	1.74	46	1.30	1.58	0			0			0			0			0			0		
<i>Time:</i> 1:18.40	<i>2/3</i>	41.5	1.45	1.95	42.5	1.41	1.71	0			0			0			0			0			0		
100 FREE		:37.90			:44.50			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
JO'S	<i>1/3</i>	0			0			0			0			0			0			0			0		
7/26/07	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 1:22.40	<i>2/3</i>	0			0			0			0			0			0			0			0		
100 FREE		:38.20			:47.70			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
PORTERVILLE	<i>1/3</i>	0			0			0			0			0			0			0			0		
6/08/07	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 1:25.90	<i>2/3</i>	0			0			0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
100 FREE		:34.30			:39.20			:39.80			:38.60			: .0			: .0			: .0			: .0		
JO'S	<i>1/3</i>	47.5	1.26	1.84	41	1.46	1.87	41.5	1.45	1.82	43.5	1.38	1.79	0		0		0		0		0			
7/29/10	<i>1/2</i>	43.5	1.38	2.01	43	1.40	1.78	44	1.36	1.71	41	1.46	1.90	0		0		0		0		0			
<i>Time:</i> 2:32.10	<i>2/3</i>	44	1.36	1.99	41.5	1.45	1.84	41.5	1.45	1.82	43.5	1.38	1.79	0		0		0		0		0			
100 IM		:31.70			:41.00			:44.00			:37.10			: .0			: .0			: .0			: .0		
JO'S	<i>1/3</i>	0			0			0			0			0		0		0		0		0			
7/28/11	<i>1/2</i>	0			0			0			0			0		0		0		0		0			
<i>Time:</i> 2:33.80	<i>2/3</i>	0			0			0			0			0		0		0		0		0			
200 BACK		:36.10			:40.10			:40.60			:40.50			: .0			: .0			: .0			: .0		
SMOC	<i>1/3</i>	45	1.33	1.85	37.5	1.60	2.00	37.5	1.60	1.97	38	1.58	1.95	0		0		0		0		0			
6/26/14	<i>1/2</i>	40	1.50	2.08	36.5	1.64	2.05	38.5	1.56	1.92	38	1.58	1.95	0		0		0		0		0			
<i>Time:</i> 2:37.40	<i>2/3</i>	39.5	1.52	2.10	37.5	1.60	2.00	0			37.5	1.60	1.98	0		0		0		0		0			
200 BACK		:37.90			:40.60			:40.20			:40.20			: .0			: .0			: .0			: .0		
FRESNO	<i>1/3</i>	0			0			0			0			0		0		0		0		0			
6/21/13	<i>1/2</i>	0			0			0			0			0		0		0		0		0			
<i>Time:</i> 2:39.10	<i>2/3</i>	0			0			0			0			0		0		0		0		0			
200 BACK		:40.10			:44.20			:44.50			:44.00			: .0			: .0			: .0			: .0		
VALLEJO	<i>1/3</i>	0			0			0			0			0		0		0		0		0			
5/07/11	<i>1/2</i>	0			0			0			0			0		0		0		0		0			
<i>Time:</i> 2:52.90	<i>2/3</i>	0			0			0			0			0		0		0		0		0			
200 BACK		:41.30			:44.50			:43.80			:43.30			: .0			: .0			: .0			: .0		
IMX	<i>1/3</i>	0			0			0			0			0		0		0		0		0			
5/14/11	<i>1/2</i>	0			0			0			0			0		0		0		0		0			
<i>Time:</i> 2:53.10	<i>2/3</i>	0			0			0			0			0		0		0		0		0			
200 BACK		:41.70			:45.80			:45.70			:44.60			: .0			: .0			: .0			: .0		
BAKERSFIELD	<i>1/3</i>	41.5	1.45	1.73	37	1.62	1.77	36	1.67	1.82	39.5	1.52	1.70	0		0		0		0		0			
5/01/10	<i>1/2</i>	39	1.54	1.84	35	1.71	1.87	38.5	1.56	1.71	38.5	1.56	1.75	0		0		0		0		0			
<i>Time:</i> 2:57.70	<i>2/3</i>	38	1.58	1.89	36	1.67	1.82	37.5	1.60	1.75	37	1.62	1.82	0		0		0		0		0			

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100			150			200			250			300			350			400				
200 BACK		:41.50			:46.60			:47.60			:46.40			: .0			: .0			: .0			: .0		
SLO	<i>1/3</i>	0			0			0			0			0			0			0			0		
7/02/10	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 3:02.10	<i>2/3</i>	0			0			0			0			0			0			0			0		
200 BREAST		:30.50			:39.46			:43.60			:35.40			: .0			: .0			: .0			: .0		
SANTA CLARA	<i>1/3</i>	61	0.98	1.61	42.5	1.41	1.79	49	1.22	1.40	43	1.40	1.97	0			0			0			0		
6/18/15	<i>1/2</i>	57	1.05	1.73	38.5	1.56	1.97	45	1.33	1.53	40	1.50	2.12	0			0			0			0		
<i>Time:</i> 2:29.10	<i>2/3</i>	56.5	1.06	1.74	40.5	1.48	1.88	44.5	1.35	1.55	40	1.50	2.12	0			0			0			0		
200 BREAST		:35.90			:40.70			:40.80			:41.60			: .0			: .0			: .0			: .0		
SECTIONALS	<i>1/3</i>	42.5	1.41	1.97	40.5	1.48	1.82	49	1.22	1.50	50.5	1.19	1.43	0			0			0			0		
7/26/12	<i>1/2</i>	40	1.50	2.09	41.5	1.45	1.78	52	1.15	1.41	52	1.15	1.39	0			0			0			0		
<i>Time:</i> 2:39.10	<i>2/3</i>	38.5	1.56	2.17	39.5	1.52	1.87	49.5	1.21	1.49	50	1.20	1.44	0			0			0			0		
200 BREAST		:35.90			:40.70			:40.80			:41.60			: .0			: .0			: .0			: .0		
SANTA CLARA INT	<i>1/3</i>	42.5	1.41	1.97	40.5	1.48	1.82	49	1.22	1.50	50.5	1.19	1.43	0			0			0			0		
6/19/14	<i>1/2</i>	40	1.50	2.09	41.5	1.45	1.78	52	1.15	1.41	52	1.15	1.39	0			0			0			0		
<i>Time:</i> 2:39.10	<i>2/3</i>	38.5	1.56	2.17	39.5	1.52	1.87	49.5	1.21	1.49	50	1.20	1.44	0			0			0			0		
200 BREAST		:35.30			:41.10			:41.00			:42.40			: .0			: .0			: .0			: .0		
JUNIORS	<i>1/3</i>	53	1.13	1.60	46	1.30	1.59	52.5	1.14	1.39	51.5	1.17	1.37	0			0			0			0		
7/31/14	<i>1/2</i>	49.5	1.21	1.72	47.5	1.26	1.54	51.5	1.17	1.42	54	1.11	1.31	0			0			0			0		
<i>Time:</i> 2:39.90	<i>2/3</i>	46	1.30	1.85	44.5	1.35	1.64	53	1.13	1.38	51.5	1.17	1.37	0			0			0			0		
200 BREAST		:35.90			:41.10			:41.20			:41.50			: .0			: .0			: .0			: .0		
SECTIONALS	<i>1/3</i>	51.5	1.17	1.62	48	1.25	1.52	51.5	1.17	1.41	53	1.13	1.36	0			0			0			0		
7/17/13	<i>1/2</i>	45	1.33	1.86	44	1.36	1.66	53.5	1.12	1.36	53	1.13	1.36	0			0			0			0		
<i>Time:</i> 2:40.00	<i>2/3</i>	42.5	1.41	1.97	43	1.40	1.70	50	1.20	1.46	54	1.11	1.34	0			0			0			0		
200 BREAST		:36.10			:41.20			:41.30			:42.20			: .0			: .0			: .0			: .0		
SECTIONALS	<i>1/3</i>	42	1.43	1.98	41	1.46	1.78	50	1.20	1.45	52	1.15	1.37	0			0			0			0		
7/26/12	<i>1/2</i>	45	1.33	1.85	48	1.25	1.52	51.5	1.17	1.41	50.5	1.19	1.41	0			0			0			0		
<i>Time:</i> 2:40.90	<i>2/3</i>	44	1.36	1.89	45	1.33	1.62	51	1.18	1.42	52.5	1.14	1.35	0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 BREAST		:36.10	:41.00	:41.40	:43.10	: .0	: .0	: .0	: .0
JUNIOR NATIONAL	<i>1/3</i>	45.5 1.32 1.83	37 1.62 1.98	50 1.20 1.45	48 1.25 1.45	0	0	0	0
7/30/15	<i>1/2</i>	38 1.58 2.19	37.5 1.60 1.95	48 1.25 1.51	49 1.22 1.42	0	0	0	0
<i>Time:</i> 2:41.70	<i>2/3</i>	37 1.62 2.25	37.5 1.60 1.95	48.5 1.24 1.49	49 1.22 1.42	0	0	0	0
200 BREAST		:36.50	:41.90	:41.20	:42.30				
MESA	<i>1/3</i>	36 1.67 2.28	34.5 1.74 2.08	39 1.54 1.87	41 1.46 1.73				
4/12/18	<i>1/2</i>	34.5 1.74 2.38	35.5 1.69 2.02	37 1.62 1.97	43.5 1.38 1.63				
<i>Time:</i> 2:41.80	<i>2/3</i>	36.5 1.64 2.25	37 1.62 1.94	42.5 1.41 1.71	44 1.36 1.61				
200 BREAST		:36.40	:41.50	:41.90	:42.60	: .0	: .0	: .0	: .0
SECTIONALS	<i>1/3</i>	50.5 1.19 1.63	48.5 1.24 1.49	47 1.28 1.52	50.5 1.19 1.39	0	0	0	0
7/17/13	<i>1/2</i>	49.5 1.21 1.67	45.5 1.32 1.59	50.5 1.19 1.42	50 1.20 1.41	0	0	0	0
<i>Time:</i> 2:42.50	<i>2/3</i>	47 1.28 1.75	0	50 1.20 1.43	51.5 1.17 1.37	0	0	0	0
200 BREAST		:36.20	:42.50	:41.20	:42.80	: .0	: .0	: .0	: .0
MESA GRAND PRI	<i>1/3</i>	48.5 1.24 1.71	40.5 1.48 1.74	44.5 1.35 1.64	51 1.18 1.37	0	0	0	0
4/24/14	<i>1/2</i>	39.5 1.52 2.10	48.5 1.24 1.46	49 1.22 1.49	49 1.22 1.43	0	0	0	0
<i>Time:</i> 2:42.80	<i>2/3</i>	43.5 1.38 1.91	41.5 1.45 1.70	52.5 1.14 1.39	51 1.18 1.37	0	0	0	0
200 BREAST		:36.80	:42.10	:41.00	:42.80	: .0	: .0	: .0	: .0
SANTA CLARA	<i>1/3</i>	42 1.43 1.94	38.5 1.56 1.85	50.5 1.19 1.45	54 1.11 1.30	0	0	0	0
5/30/13	<i>1/2</i>	44 1.36 1.85	40 1.50 1.78	55 1.09 1.33	57 1.05 1.23	0	0	0	0
<i>Time:</i> 2:42.90	<i>2/3</i>	45 1.33 1.81	41 1.46 1.74	54.5 1.10 1.34	63 0.95 1.11	0	0	0	0
200 BREAST		:36.70	:41.20	:41.70	:43.20	: .0	: .0	: .0	: .0
LA INVITE	<i>1/3</i>	47.5 1.26 1.72	43 1.40 1.69	52 1.15 1.38	46.5 1.29 1.49	0	0	0	0
7/09/15	<i>1/2</i>	45.5 1.32 1.80	45.5 1.32 1.60	53 1.13 1.36	52.5 1.14 1.32	0	0	0	0
<i>Time:</i> 2:42.90	<i>2/3</i>	43 1.40 1.90	45 1.33 1.62	50 1.20 1.44	51.5 1.17 1.35	0	0	0	0
200 BREAST		:36.20	:41.80	:42.00	:43.10	: .0	: .0	: .0	: .0
LA INVITE	<i>1/3</i>	49.5 1.21 1.67	42 1.43 1.71	49 1.22 1.46	51 1.18 1.36	0	0	0	0
7/05/13	<i>1/2</i>	43 1.40 1.93	45 1.33 1.59	48 1.25 1.49	54 1.11 1.29	0	0	0	0
<i>Time:</i> 2:43.20	<i>2/3</i>	46 1.30 1.80	45.5 1.32 1.58	48 1.25 1.49	51 1.18 1.36	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
200 BREAST		:35.50			:41.60			:42.10			:44.40			: .0			: .0			: .0			: .0		
LA INVITE	<i>1/3</i>	52	1.15	1.63	49	1.22	1.47	51.5	1.17	1.38	52	1.15	1.30	0			0			0			0		
7/18/14	<i>1/2</i>	47.5	1.26	1.78	49	1.22	1.47	50.5	1.19	1.41	53.5	1.12	1.26	0			0			0			0		
<i>Time:</i> 2:43.50	<i>2/3</i>	53.5	1.12	1.58	45.5	1.32	1.58	54.5	1.10	1.31	53.5	1.12	1.26	0			0			0			0		
200 BREAST		:36.40			:41.50			:41.60			:44.00			: .0			: .0			: .0			: .0		
SANTA CLARA	<i>1/3</i>	46	1.30	1.79	43	1.40	1.68	49	1.22	1.47	52.5	1.14	1.30	0			0			0			0		
5/30/13	<i>1/2</i>	45	1.33	1.83	42.5	1.41	1.70	54.5	1.10	1.32	52	1.15	1.31	0			0			0			0		
<i>Time:</i> 2:43.60	<i>2/3</i>	45	1.33	1.83	42	1.43	1.72	53	1.13	1.36	54	1.11	1.26	0			0			0			0		
200 BREAST		:37.00			:41.80			:41.80			:43.10			: .0			: .0			: .0			: .0		
LA INVITE	<i>1/3</i>	39	1.54	2.08	40	1.50	1.79	47.5	1.26	1.51	55.5	1.08	1.25	0			0			0			0		
7/05/13	<i>1/2</i>	41	1.46	1.98	40	1.50	1.79	48	1.25	1.50	51	1.18	1.36	0			0			0			0		
<i>Time:</i> 2:43.80	<i>2/3</i>	39	1.54	2.08	42	1.43	1.71	53.5	1.12	1.34	54.5	1.10	1.28	0			0			0			0		
200 BREAST		:36.70			:41.50			:40.90			:44.60			: .0			: .0			: .0			: .0		
MESA GRAND PRI	<i>1/3</i>	45.5	1.32	1.80	48	1.25	1.51	56	1.07	1.31	55.5	1.08	1.21	0			0			0			0		
4/11/13	<i>1/2</i>	42	1.43	1.95	50	1.20	1.45	53.5	1.12	1.37	55.5	1.08	1.21	0			0			0			0		
<i>Time:</i> 2:43.90	<i>2/3</i>	44.5	1.35	1.84	49	1.22	1.48	54.5	1.10	1.35	55.5	1.08	1.21	0			0			0			0		
200 BREAST		:35.70			:41.90			:41.20			:45.00			: .0			: .0			: .0			: .0		
MESA	<i>1/3</i>	44.5	1.35	1.89	41	1.46	1.75	48	1.25	1.52	49	1.22	1.36	0			0			0			0		
4/14/16	<i>1/2</i>	43	1.40	1.95	39	1.54	1.84	49.5	1.21	1.47	50.5	1.19	1.32	0			0			0			0		
<i>Time:</i> 2:44.00	<i>2/3</i>	44.5	1.35	1.89	39.5	1.52	1.81	50.5	1.19	1.44	47.5	1.26	1.40	0			0			0			0		
200 BREAST		:36.40			:42.10			:41.50			:43.90			: .0			: .0			: .0			: .0		
MESA GRAND PRI	<i>1/3</i>	47.5	1.26	1.74	43.5	1.38	1.64	51	1.18	1.42	57.5	1.04	1.19	0			0			0			0		
4/24/14	<i>1/2</i>	45.5	1.32	1.81	42.5	1.41	1.68	46.5	1.29	1.55	52.5	1.14	1.30	0			0			0			0		
<i>Time:</i> 2:44.10	<i>2/3</i>	42	1.43	1.96	46	1.30	1.55	48	1.25	1.51	53.5	1.12	1.28	0			0			0			0		
200 BREAST		:37.30			:42.20			:42.00			:42.50			: .0			: .0			: .0			: .0		
LA INVITE	<i>1/3</i>	48	1.25	1.68	41.5	1.45	1.71	47.5	1.26	1.50	55.5	1.08	1.27	0			0			0			0		
7/12/12	<i>1/2</i>	44	1.36	1.83	43	1.40	1.65	52	1.15	1.37	49	1.22	1.44	0			0			0			0		
<i>Time:</i> 2:44.20	<i>2/3</i>	43.5	1.38	1.85	42.5	1.41	1.67	51.5	1.17	1.39	52.5	1.14	1.34	0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 BREAST		:37.00	:43.00	:41.30	:43.00	: .0	: .0	: .0	: .0
LA INVITE	<i>1/3</i>	49 1.22 1.65	37 1.62 1.89	48.5 1.24 1.50	49.5 1.21 1.41	0	0	0	0
7/18/14	<i>1/2</i>	41.5 1.45 1.95	42 1.43 1.66	50 1.20 1.45	49.5 1.21 1.41	0	0	0	0
<i>Time:</i> 2:44.40	<i>2/3</i>	43.5 1.38 1.86	42 1.43 1.66	51 1.18 1.42	55 1.09 1.27	0	0	0	0
200 BREAST		:37.00	:41.90	:42.10	:43.90	: .0	: .0	: .0	: .0
LA INVITE	<i>1/3</i>	45 1.33 1.80	43 1.40 1.67	50.5 1.19 1.41	51.5 1.17 1.33	0	0	0	0
7/09/15	<i>1/2</i>	43 1.40 1.89	41 1.46 1.75	48 1.25 1.48	50 1.20 1.37	0	0	0	0
<i>Time:</i> 2:44.50	<i>2/3</i>	40 1.50 2.03	42 1.43 1.70	51.5 1.17 1.38	50.5 1.19 1.35	0	0	0	0
200 BREAST		:37.70	:43.00	:41.40	:42.00	: .0	: .0	: .0	: .0
LA INVITE	<i>1/3</i>	45 1.33 1.77	42.5 1.41 1.64	50 1.20 1.45	53 1.13 1.35	0	0	0	0
7/12/12	<i>1/2</i>	39 1.54 2.04	43 1.40 1.62	52 1.15 1.39	49.5 1.21 1.44	0	0	0	0
<i>Time:</i> 2:44.50	<i>2/3</i>	37 1.62 2.15	37.5 1.60 1.86	50 1.20 1.45	50.5 1.19 1.41	0	0	0	0
200 BREAST		:36.10	:41.60	:42.20	:44.50	: .0	: .0	: .0	: .0
MESA	<i>1/3</i>	45 1.33 1.85	42 1.43 1.72	41.5 1.45 1.71	47.5 1.26 1.42	0	0	0	0
4/15/15	<i>1/2</i>	43.5 1.38 1.91	38.5 1.56 1.87	49.5 1.21 1.44	48.5 1.24 1.39	0	0	0	0
<i>Time:</i> 2:44.60	<i>2/3</i>	42.5 1.41 1.96	40 1.50 1.80	45.5 1.32 1.56	48 1.25 1.40	0	0	0	0
200 BREAST		:36.50	:42.60	:42.10	:43.30	: .0	: .0	: .0	: .0
LA INVITE	<i>1/3</i>	48 1.25 1.71	43.5 1.38 1.62	47.5 1.26 1.50	49.5 1.21 1.40	0	0	0	0
7/14/16	<i>1/2</i>	44.5 1.35 1.85	42 1.43 1.68	50 1.20 1.43	52 1.15 1.33	0	0	0	0
<i>Time:</i> 2:44.60	<i>2/3</i>	39.5 1.52 2.08	42 1.43 1.68	48.5 1.24 1.47	49.5 1.21 1.40	0	0	0	0
200 BREAST		:35.70	:42.40	:41.70	:45.00	: .0	: .0	: .0	: .0
MESA	<i>1/3</i>	50.5 1.19 1.66	43 1.40 1.65	50 1.20 1.44	46 1.30 1.45	0	0	0	0
4/15/15	<i>1/2</i>	46 1.30 1.83	39 1.54 1.81	48.5 1.24 1.48	52 1.15 1.28	0	0	0	0
<i>Time:</i> 2:44.80	<i>2/3</i>	45.5 1.32 1.85	41.5 1.45 1.70	46 1.30 1.56	52 1.15 1.28	0	0	0	0
200 BREAST		:37.00	:42.80	:41.50	:43.90	: .0	: .0	: .0	: .0
JUNIOR NATIONAL	<i>1/3</i>	43.5 1.38 1.86	41 1.46 1.71	57.5 1.04 1.26	50.5 1.19 1.35	0	0	0	0
8/13/12	<i>1/2</i>	42 1.43 1.93	44 1.36 1.59	54.5 1.10 1.33	52 1.15 1.31	0	0	0	0
<i>Time:</i> 2:45.30	<i>2/3</i>	42 1.43 1.93	45.5 1.32 1.54	50 1.20 1.45	52.5 1.14 1.30	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 BREAST		:37.50	:42.90	:41.30	:43.10	: .0	: .0	: .0	: .0
SWIMVITATIONAL	<i>1/3</i>	48.7 1.23 1.64	40.5 1.48 1.73	52.1 1.15 1.39	51.2 1.17 1.36	0	0	0	0
6/08/12	<i>1/2</i>	41.6 1.44 1.92	44.1 1.36 1.59	51.2 1.17 1.42	47.2 1.27 1.47	0	0	0	0
<i>Time:</i> 2:45.50	<i>2/3</i>	41.3 1.45 1.94	45.8 1.31 1.53	49.5 1.21 1.47	48.7 1.23 1.43	0	0	0	0
200 BREAST		:36.60	:42.20	:42.80	:43.90	: .0	: .0	: .0	: .0
CLOVIS	<i>1/3</i>	47.5 1.26 1.73	37 1.62 1.92	51.5 1.17 1.36	49.5 1.21 1.38	0	0	0	0
5/29/15	<i>1/2</i>	43 1.40 1.91	40 1.50 1.78	48.5 1.24 1.45	51.5 1.17 1.33	0	0	0	0
<i>Time:</i> 2:45.70	<i>2/3</i>	45 1.33 1.82	43.5 1.38 1.63	48.5 1.24 1.45	50 1.20 1.37	0	0	0	0
200 BREAST		:37.20	:42.70	:42.10	:44.00	: .0	: .0	: .0	: .0
MISSION VIEJO	<i>1/3</i>	52 1.15 1.55	42.5 1.41 1.65	43.5 1.38 1.64	52 1.15 1.31	0	0	0	0
2/05/16	<i>1/2</i>	41 1.46 1.97	38.5 1.56 1.82	47.5 1.26 1.50	49.5 1.21 1.38	0	0	0	0
<i>Time:</i> 2:46.10	<i>2/3</i>	46 1.30 1.75	41.5 1.45 1.69	48 1.25 1.48	50.5 1.19 1.35	0	0	0	0
200 BREAST		:38.20	:42.00	:42.10	:43.90	: .0	: .0	: .0	: .0
SANTA CLARA	<i>1/3</i>	41.5 1.45 1.89	40.5 1.48 1.76	44.5 1.35 1.60	48.5 1.24 1.41	0	0	0	0
6/18/15	<i>1/2</i>	38 1.58 2.07	39.5 1.52 1.81	47.5 1.26 1.50	52.5 1.14 1.30	0	0	0	0
<i>Time:</i> 2:46.20	<i>2/3</i>	37 1.62 2.12	40 1.50 1.79	46 1.30 1.55	51 1.18 1.34	0	0	0	0
200 BREAST		:37.00	:42.80	:42.60	:44.10	: .0	: .0	: .0	: .0
SANTA CLARA INT	<i>1/3</i>	51.5 1.17 1.57	43.5 1.38 1.61	51.5 1.17 1.37	49.5 1.21 1.37	0	0	0	0
6/20/14	<i>1/2</i>	49 1.22 1.65	48.5 1.24 1.45	50.5 1.19 1.39	53.5 1.12 1.27	0	0	0	0
<i>Time:</i> 2:46.60	<i>2/3</i>	42 1.43 1.93	43.5 1.38 1.61	51.5 1.17 1.37	53.5 1.12 1.27	0	0	0	0
200 BREAST		:37.40	:42.50	:42.70	:44.00	: .0	: .0	: .0	: .0
FULLERTON	<i>1/3</i>	49.5 1.21 1.62	40 1.50 1.76	50 1.20 1.41	50 1.20 1.36	0	0	0	0
2/21/16	<i>1/2</i>	45.5 1.32 1.76	41.5 1.45 1.70	50 1.20 1.41	55 1.09 1.24	0	0	0	0
<i>Time:</i> 2:46.70	<i>2/3</i>	39 1.54 2.06	42 1.43 1.68	49 1.22 1.43	54.5 1.10 1.25	0	0	0	0
200 BREAST		:37.50	:42.90	:42.00	:44.20	: .0	: .0	: .0	: .0
MISSION VIEJO	<i>1/3</i>	42.5 1.41 1.88	40 1.50 1.75	48.5 1.24 1.47	48 1.25 1.41	0	0	0	0
2/05/16	<i>1/2</i>	43.5 1.38 1.84	40 1.50 1.75	50 1.20 1.43	51 1.18 1.33	0	0	0	0
<i>Time:</i> 2:46.70	<i>2/3</i>	40.5 1.48 1.98	42.5 1.41 1.65	48.5 1.24 1.47	49.5 1.21 1.37	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 BREAST		:37.70	:43.00	:42.30	:43.20	: :0	: :0	: :0	: :0
SANTA CLARA	<i>1/3</i>	41.5 1.45 1.92	41.5 1.45 1.68	50.5 1.19 1.40	49.5 1.21 1.40	0	0	0	0
5/31/12	<i>1/2</i>	46 1.30 1.73	41 1.46 1.70	49.5 1.21 1.43	51.5 1.17 1.35	0	0	0	0
<i>Time:</i> 2:46.80	<i>2/3</i>	40 1.50 1.99	43.5 1.38 1.60	44.5 1.35 1.59	50 1.20 1.39	0	0	0	0
200 BREAST		: :0	: :0	: :0	: :0	: :0	: :0	: :0	: :0
CLOVIS SENIOR	<i>1/3</i>	0	0	0	0	0	0	0	0
7/17/10	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:47.10	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BREAST		:39.20	:43.70	:42.70	:41.70	: :0	: :0	: :0	: :0
FULLERTON	<i>1/3</i>	51.5 1.17 1.49	36 1.67 1.91	46 1.30 1.53	50.5 1.19 1.42	0	0	0	0
1/26/13	<i>1/2</i>	35 1.71 2.19	37 1.62 1.86	45.5 1.32 1.54	54 1.11 1.33	0	0	0	0
<i>Time:</i> 2:47.40	<i>2/3</i>	34 1.76 2.25	37.5 1.60 1.83	43.5 1.38 1.62	53 1.13 1.36	0	0	0	0
200 BREAST		:37.50	:42.90	:42.40	:44.40	: :0	: :0	: :0	: :0
LA MIRADA	<i>1/3</i>	41.5 1.45 1.93	39.5 1.52 1.77	46 1.30 1.54	48 1.25 1.41	0	0	0	0
4/08/16	<i>1/2</i>	38 1.58 2.11	39.5 1.52 1.77	47 1.28 1.51	49 1.22 1.38	0	0	0	0
<i>Time:</i> 2:47.40	<i>2/3</i>	40 1.50 2.00	40.5 1.48 1.73	46.5 1.29 1.52	49.5 1.21 1.37	0	0	0	0
200 BREAST		:38.60	:43.00	:42.30	:44.90	: :0	: :0	: :0	: :0
FULLERTON	<i>1/3</i>	53.5 1.12 1.45	44 1.36 1.59	46.5 1.29 1.53	46 1.30 1.45	0	0	0	0
2/21/15	<i>1/2</i>	39 1.54 1.99	41 1.46 1.70	49.5 1.21 1.43	48.5 1.24 1.38	0	0	0	0
<i>Time:</i> 2:48.90	<i>2/3</i>	40 1.50 1.94	39 1.54 1.79	0	43.5 1.38 1.54	0	0	0	0
200 BREAST		:39.40	:45.70	:41.50	:42.30	: :0	: :0	: :0	: :0
REEDLEY	<i>1/3</i>	0	0	0	0	0	0	0	0
3/21/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:48.90	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BREAST		:38.40	:43.80	:43.30	:43.50	: :0	: :0	: :0	: :0
LA MIRADA	<i>1/3</i>	39 1.54 2.00	34 1.76 2.01	45 1.33 1.54	49.5 1.21 1.39	0	0	0	0
2/22/14	<i>1/2</i>	34 1.76 2.30	36 1.67 1.90	44.5 1.35 1.56	42.5 1.41 1.62	0	0	0	0
<i>Time:</i> 2:49.50	<i>2/3</i>	34 1.76 2.30	33.5 1.79 2.04	42.5 1.41 1.63	45 1.33 1.53	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 BREAST		: .0	1:21.10	1:29.20	: .0	: .0	: .0	: .0	: .0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/28/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:50.30	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BREAST		:39.90	:43.60	:43.40	:44.10	: .0	: .0	: .0	: .0
SMOC	<i>1/3</i>	42.5 1.41 1.77	42 1.43 1.64	43.5 1.38 1.59	49.5 1.21 1.37	0	0	0	0
4/19/12	<i>1/2</i>	38 1.58 1.98	42.54 1.41 1.62	47 1.28 1.47	49.5 1.21 1.37	0	0	0	0
<i>Time:</i> 2:50.60	<i>2/3</i>	42 1.43 1.79	41 1.46 1.68	49 1.22 1.41	47 1.28 1.45	0	0	0	0
200 BREAST		:39.20	:43.70	:43.70	:44.70	: .0	: .0	: .0	: .0
LA MIRADA	<i>1/3</i>	37 1.62 2.07	38 1.58 1.81	44 1.36 1.56	48 1.25 1.40	0	0	0	0
1/17/16	<i>1/2</i>	34.5 1.74 2.22	40.5 1.48 1.70	46 1.30 1.49	46 1.30 1.46	0	0	0	0
<i>Time:</i> 2:51.40	<i>2/3</i>	35.5 1.69 2.16	36 1.67 1.91	45 1.33 1.53	47 1.28 1.43	0	0	0	0
200 BREAST		:39.30	:44.10	:44.80	:44.10	: .0	: .0	: .0	: .0
SECTIONALS	<i>1/3</i>	41 1.46 1.86	41 1.46 1.66	46 1.30 1.46	48.5 1.24 1.40	0	0	0	0
7/21/11	<i>1/2</i>	42.5 1.41 1.80	41 1.46 1.66	46.5 1.29 1.44	49 1.22 1.39	0	0	0	0
<i>Time:</i> 2:52.50	<i>2/3</i>	41.5 1.45 1.84	39 1.54 1.74	47.5 1.26 1.41	51.5 1.17 1.32	0	0	0	0
200 BREAST		:40.60	:44.20	:43.70	:44.50	: .0	: .0	: .0	: .0
BAKERSFIELD	<i>1/3</i>	33.5 1.79 2.21	35.5 1.69 1.91	47.5 1.26 1.45	47.5 1.26 1.42	0	0	0	0
5/12/12	<i>1/2</i>	30.5 1.97 2.42	35 1.71 1.94	46 1.30 1.49	51.5 1.17 1.31	0	0	0	0
<i>Time:</i> 2:53.10	<i>2/3</i>	32 1.88 2.31	35 1.71 1.94	47 1.28 1.46	53 1.13 1.27	0	0	0	0
200 BREAST		:39.00	:46.30	:43.70	:44.50	: .0	: .0	: .0	: .0
REEDLEY	<i>1/3</i>	43 1.40 1.79	26 2.31 2.49	42 1.43 1.63	45.5 1.32 1.48	0	0	0	0
11/28/15	<i>1/2</i>	36 1.67 2.14	30.5 1.97 2.12	43.5 1.38 1.58	47.5 1.26 1.42	0	0	0	0
<i>Time:</i> 2:53.70	<i>2/3</i>	33.5 1.79 2.30	28 2.14 2.31	42.5 1.41 1.62	45.5 1.32 1.48	0	0	0	0
200 BREAST		:40.10	:45.70	:44.40	:45.20	: .0	: .0	: .0	: .0
SPEEDO	<i>1/3</i>	47 1.28 1.59	42.5 1.41 1.54	45 1.33 1.50	50.5 1.19 1.31	0	0	0	0
5/27/11	<i>1/2</i>	45 1.33 1.66	45.5 1.32 1.44	48 1.25 1.41	51 1.18 1.30	0	0	0	0
<i>Time:</i> 2:55.50	<i>2/3</i>	46 1.30 1.63	46 1.30 1.43	46 1.30 1.47	48 1.25 1.38	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
200 BREAST		:41.10			:44.10			:45.20			:45.90			: .0			: .0			: .0			: .0		
MERCED	<i>1/3</i>	41.5	1.45	1.76	40	1.50	1.70	45	1.33	1.47	44	1.36	1.49	0			0			0			0		
4/14/12	<i>1/2</i>	40	1.50	1.82	39.5	1.52	1.72	44.5	1.35	1.49	47	1.28	1.39	0			0			0			0		
<i>Time:</i> 2:57.10	<i>2/3</i>	36.5	1.64	2.00	41.5	1.45	1.64	44	1.36	1.51	46.5	1.29	1.41	0			0			0			0		
200 BREAST		:40.40			:45.90			:45.00			:46.50			: .0			: .0			: .0			: .0		
VALLEJO	<i>1/3</i>	0			0			0			0			0			0			0			0		
5/07/11	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 2:57.70	<i>2/3</i>	0			0			0			0			0			0			0			0		
200 BREAST		:41.10			:43.60			:45.50			:45.20			: .0			: .0			: .0			: .0		
CLOVIS SENIOR	<i>1/3</i>	46.5	1.29	1.57	41.5	1.45	1.66	54	1.11	1.22	53.5	1.12	1.24	0			0			0			0		
7/17/10	<i>1/2</i>	48	1.25	1.52	46	1.30	1.50	52	1.15	1.27	54	1.11	1.23	0			0			0			0		
<i>Time:</i> 2:58.20	<i>2/3</i>	45.5	1.32	1.60	44.5	1.35	1.55	50	1.20	1.32	52.5	1.14	1.26	0			0			0			0		
200 BREAST		:41.30			:45.40			:46.90			:46.90			: .0			: .0			: .0			: .0		
CLOVIS SENIOR	<i>1/3</i>	46.5	1.29	1.56	49	1.22	1.35	48	1.25	1.33	53.5	1.12	1.20	0			0			0			0		
7/17/10	<i>1/2</i>	48	1.25	1.51	51	1.18	1.30	55.5	1.08	1.15	52	1.15	1.23	0			0			0			0		
<i>Time:</i> 3:00.60	<i>2/3</i>	47.5	1.26	1.53	49.5	1.21	1.33	53	1.13	1.21	52.5	1.14	1.22	0			0			0			0		
200 BREAST		:41.60			:48.00			:47.50			:47.70			: .0			: .0			: .0			: .0		
BAKERSFIELD	<i>1/3</i>	0			0			0			0			0			0			0			0		
5/01/10	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 3:04.80	<i>2/3</i>	0			0			0			0			0			0			0			0		
200 BREAST		:46.30			:50.00			:52.60			:54.70			: .0			: .0			: .0			: .0		
BAKERSFIELD	<i>1/3</i>	0			0			0			0			0			0			0			0		
5/02/09	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 3:20.60	<i>2/3</i>	0			0			0			0			0			0			0			0		
200 BREAST		:36.10			:42.30			:42.40			:43.40			: .0			: .0			: .0			: .0		
LA INVITE	<i>1/3</i>	51	1.18	1.63	43	1.40	1.65	48	1.25	1.47	47.5	1.26	1.46	0			0			0			0		
7/14/16	<i>1/2</i>	44.5	1.35	1.87	44	1.36	1.61	46	1.30	1.54	50.5	1.19	1.37	0			0			0			0		
<i>Time:</i> 4:44.30	<i>2/3</i>	42	1.43	1.98	42.5	1.41	1.67	45	1.33	1.57	49.5	1.21	1.40	0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
200 FLY		:31.40			:37.50			:39.60			:40.80			: : 0			: : 0			: : 0			: : 0		
SMOC	<i>1/3</i>	54.5	1.10	1.75	50.5	1.19	1.58	50	1.20	1.52	46.5	1.29	1.58	0		0		0		0		0			
6/26/14	<i>1/2</i>	55	1.09	1.74	51	1.18	1.57	49.5	1.21	1.53	49	1.22	1.50	0		0		0		0		0			
<i>Time:</i> 2:29.10	<i>2/3</i>	50.5	1.19	1.89	50	1.20	1.60	45.5	1.32	1.67	49.5	1.21	1.49	0		0		0		0		0			
200 FLY		:33.50			:39.40			:40.70			:43.30			: : 0			: : 0			: : 0			: : 0		
FRESNO	<i>1/3</i>	0			0			0			0			0		0		0		0		0			
6/21/13	<i>1/2</i>	0			0			0			0			0		0		0		0		0			
<i>Time:</i> 2:37.00	<i>2/3</i>	0			0			0			0			0		0		0		0		0			
200 FLY		:34.30			:40.30			: : 0			1:24.80			: : 0			: : 0			: : 0			: : 0		
JO'S	<i>1/3</i>	0			0			0			0			0		0		0		0		0			
7/28/11	<i>1/2</i>	0			0			0			0			0		0		0		0		0			
<i>Time:</i> 2:39.40	<i>2/3</i>	0			0			0			0			0		0		0		0		0			
200 FLY		: : 0			1:17.10			: : 0			1:29.70			: : 0			: : 0			: : 0			: : 0		
JO'S	<i>1/3</i>	0			0			0			0			0		0		0		0		0			
7/28/11	<i>1/2</i>	0			0			0			0			0		0		0		0		0			
<i>Time:</i> 2:46.80	<i>2/3</i>	0			0			0			0			0		0		0		0		0			
200 FLY		: : 0			1:18.70			: : 0			1:32.10			: : 0			: : 0			: : 0			: : 0		
IMX	<i>1/3</i>	0			0			0			0			0		0		0		0		0			
5/14/11	<i>1/2</i>	0			0			0			0			0		0		0		0		0			
<i>Time:</i> 2:50.80	<i>2/3</i>	0			0			0			0			0		0		0		0		0			
200 FR		: : 0			1:05.60			: : 0			1:10.50			: : 0			: : 0			: : 0			: : 0		
CLOVIS	<i>1/3</i>	0			0			0			0			0		0		0		0		0			
3/22/14	<i>1/2</i>	0			0			0			0			0		0		0		0		0			
<i>Time:</i> 2:16.10	<i>2/3</i>	0			0			0			0			0		0		0		0		0			
200 FREE		:35.40			:39.20			:39.10			:38.50			: : 0			: : 0			: : 0			: : 0		
SLO	<i>1/3</i>	44	1.36	1.93	40	1.50	1.91	41	1.46	1.87	43	1.40	1.81	0		0		0		0		0			
7/02/10	<i>1/2</i>	41	1.46	2.07	43	1.40	1.78	38	1.58	2.02	42.5	1.41	1.83	0		0		0		0		0			
<i>Time:</i> : : 0	<i>2/3</i>	41	1.46	2.07	40	1.50	1.91	40.5	1.48	1.89	41.5	1.45	1.88	0		0		0		0		0			

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100			150			200			250			300			350			400				
200 FREE		:30.90																							
FULLERTON	<i>1/3</i>	0																							
2/21/15	<i>1/2</i>	0																							
<i>Time:</i> 2:16.80	<i>2/3</i>	0																							
200 FREE		:31.90																							
FULLERTON	<i>1/3</i>	42.5	1.41	2.21	40	1.50	2.08	41	1.46	2.04	42.5	1.41	2.01	0	0	0	0	0	0	0	0	0	0	0	0
1/26/13	<i>1/2</i>	45	1.33	2.09	40	1.50	2.08	40.5	1.48	2.07	42	1.43	2.04	0	0	0	0	0	0	0	0	0	0	0	0
<i>Time:</i> 2:19.10	<i>2/3</i>	40.5	1.48	2.32	39	1.54	2.13	40	1.50	2.09	45.5	1.32	1.88	0	0	0	0	0	0	0	0	0	0	0	0
200 FREE		:32.00																							
FRESNO	<i>1/3</i>	0																							
6/21/13	<i>1/2</i>	0																							
<i>Time:</i> 2:19.80	<i>2/3</i>	0																							
200 FREE		:33.80																							
MERCED	<i>1/3</i>	0																							
4/16/11	<i>1/2</i>	0																							
<i>Time:</i> 2:25.20	<i>2/3</i>	0																							
200 FREE		:33.50																							
MERCED	<i>1/3</i>	44	1.36	2.04	41.5	1.45	1.92	41.5	1.45	1.92	40.5	1.48	1.99	0	0	0	0	0	0	0	0	0	0	0	0
4/12/12	<i>1/2</i>	42	1.43	2.13	41.5	1.45	1.92	42	1.43	1.89	42	1.43	1.91	0	0	0	0	0	0	0	0	0	0	0	0
<i>Time:</i> 2:25.20	<i>2/3</i>	41.5	1.45	2.16	41.5	1.45	1.92	42	1.43	1.89	42.5	1.41	1.89	0	0	0	0	0	0	0	0	0	0	0	0
200 FREE		:35.20																							
BAKERSFIELD	<i>1/3</i>	40.5	1.48	2.10	39.5	1.52	1.89	42.5	1.41	1.77	41.5	1.45	1.86	0	0	0	0	0	0	0	0	0	0	0	0
5/01/10	<i>1/2</i>	41	1.46	2.08	39.5	1.52	1.89	42.5	1.41	1.77	42.5	1.41	1.82	0	0	0	0	0	0	0	0	0	0	0	0
<i>Time:</i> 2:34.10	<i>2/3</i>	42	1.43	2.03	39.5	1.52	1.89	42	1.43	1.79	41	1.46	1.89	0	0	0	0	0	0	0	0	0	0	0	0
200 FREE		:37.70																							
MERCED	<i>1/3</i>	0																							
4/16/08	<i>1/2</i>	0																							
<i>Time:</i> 2:50.60	<i>2/3</i>	0																							

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100			150			200			250			300			350			400			
200 FREE		:37.60		:44.20			:44.90			:43.90			: .0			: .0			: .0			: .0		
BAKERSFIELD	<i>1/3</i>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
5/03/08	<i>1/2</i>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
<i>Time:</i> 2:50.60	<i>2/3</i>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
200 IM		:30.30		:38.60			:42.50			:35.00			: .0			: .0			: .0			: .0		
LA MIRADA	<i>1/3</i>	58	1.03	1.71	42	1.43	1.85	49.5	1.21	1.43	44.5	1.35	1.93	0	0	0	0	0	0	0	0	0	0	
4/08/16	<i>1/2</i>	58.5	1.03	1.69	39.5	1.52	1.97	46	1.30	1.53	41.5	1.45	2.07	0	0	0	0	0	0	0	0	0	0	
<i>Time:</i> 2:26.50	<i>2/3</i>	53	1.13	1.87	40	1.50	1.94	43.5	1.38	1.62	40	1.50	2.14	0	0	0	0	0	0	0	0	0	0	
200 IM		:30.40		:39.00			:41.60			:35.40			: .0			: .0			: .0			: .0		
MISSION VIEJO	<i>1/3</i>	58.5	1.03	1.69	40.5	1.48	1.90	53.5	1.12	1.35	44	1.36	1.93	0	0	0	0	0	0	0	0	0	0	
2/05/16	<i>1/2</i>	56.5	1.06	1.75	42	1.43	1.83	48.5	1.24	1.49	39.5	1.52	2.15	0	0	0	0	0	0	0	0	0	0	
<i>Time:</i> 2:26.70	<i>2/3</i>	53	1.13	1.86	39.5	1.52	1.95	50.5	1.19	1.43	43	1.40	1.97	0	0	0	0	0	0	0	0	0	0	
200 IM		:30.80		:39.20			:42.20			:34.80			: .0			: .0			: .0			: .0		
MISSION VIEJO	<i>1/3</i>	56.5	1.06	1.72	42.5	1.41	1.80	49	1.22	1.45	48	1.25	1.80	0	0	0	0	0	0	0	0	0	0	
2/05/16	<i>1/2</i>	52.5	1.14	1.86	42	1.43	1.82	46.5	1.29	1.53	41.5	1.45	2.08	0	0	0	0	0	0	0	0	0	0	
<i>Time:</i> 2:27.20	<i>2/3</i>	54.5	1.10	1.79	40	1.50	1.91	48	1.25	1.48	39.5	1.52	2.18	0	0	0	0	0	0	0	0	0	0	
200 IM		:30.20		:39.10			:42.50			:35.40			: .0			: .0			: .0			: .0		
LA INVITE	<i>1/3</i>	58.5	1.03	1.70	41	1.46	1.87	46.5	1.29	1.52	46	1.30	1.84	0	0	0	0	0	0	0	0	0	0	
7/09/15	<i>1/2</i>	58	1.03	1.71	38	1.58	2.02	46	1.30	1.53	43	1.40	1.97	0	0	0	0	0	0	0	0	0	0	
<i>Time:</i> 2:27.30	<i>2/3</i>	56	1.07	1.77	40	1.50	1.92	46.5	1.29	1.52	42	1.43	2.02	0	0	0	0	0	0	0	0	0	0	
200 IM		:30.30		:38.90			:43.30			:35.00			: .0			: .0			: .0			: .0		
SANTA CLARA INT	<i>1/3</i>	62	0.97	1.60	40	1.50	1.93	46	1.30	1.51	41.5	1.45	2.07	0	0	0	0	0	0	0	0	0	0	
6/19/14	<i>1/2</i>	54	1.11	1.83	38	1.58	2.03	46.5	1.29	1.49	42.5	1.41	2.02	0	0	0	0	0	0	0	0	0	0	
<i>Time:</i> 2:27.60	<i>2/3</i>	52	1.15	1.90	38	1.58	2.03	44	1.36	1.57	39	1.54	2.20	0	0	0	0	0	0	0	0	0	0	
200 IM		:30.80		:39.20			:42.90			:34.60			: .0			: .0			: .0			: .0		
LAI	<i>1/3</i>	61.5	0.98	1.58	38.5	1.56	1.99	43.5	1.38	1.61	48	1.25	1.81	0	0	0	0	0	0	0	0	0	0	
7/18/14	<i>1/2</i>	57	1.05	1.71	40.5	1.48	1.89	48.5	1.24	1.44	43.5	1.38	1.99	0	0	0	0	0	0	0	0	0	0	
<i>Time:</i> 2:27.60	<i>2/3</i>	53	1.13	1.84	39	1.54	1.96	44	1.36	1.59	39.5	1.52	2.20	0	0	0	0	0	0	0	0	0	0	

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
200 IM		:30.40			:39.50			:41.80			:36.70			: .0			: .0			: .0			: .0		
MESA	<i>1/3</i>	58.5	1.03	1.69	39	1.54	1.95	54.5	1.10	1.32	40.5	1.48	2.02	0		0		0		0		0			
4/15/15	<i>1/2</i>	56.5	1.06	1.75	39.5	1.52	1.92	48	1.25	1.50	40	1.50	2.04	0		0		0		0		0			
<i>Time:</i> 2:28.50	<i>2/3</i>	57.5	1.04	1.72	38.5	1.56	1.97	48.5	1.24	1.48	40	1.50	2.04	0		0		0		0		0			
200 IM		:30.70			:39.70			:43.20			:35.00			: .0			: .0			: .0			: .0		
SMOC	<i>1/3</i>	64.5	0.93	1.52	39	1.54	1.94	45.5	1.32	1.53	47	1.28	1.82	0		0		0		0		0			
6/26/14	<i>1/2</i>	59	1.02	1.66	40	1.50	1.89	51.5	1.17	1.35	44	1.36	1.95	0		0		0		0		0			
<i>Time:</i> 2:28.80	<i>2/3</i>	55.5	1.08	1.76	35	1.71	2.16	45	1.33	1.54	41.5	1.45	2.07	0		0		0		0		0			
200 IM		:30.50			:39.40			:43.60			:35.40			: .0			: .0			: .0			: .0		
SANTA CLARA	<i>1/3</i>	61	0.98	1.61	42.5	1.41	1.79	49	1.22	1.40	43	1.40	1.97	0		0		0		0		0			
6/18/15	<i>1/2</i>	57	1.05	1.73	38.5	1.56	1.98	45	1.33	1.53	40	1.50	2.12	0		0		0		0		0			
<i>Time:</i> 2:29.10	<i>2/3</i>	56.5	1.06	1.74	40.5	1.48	1.88	44.5	1.35	1.55	40	1.50	2.12	0		0		0		0		0			
200 IM		:31.30			:39.50			:42.10			:36.00			: .0			: .0			: .0			: .0		
SECTIONALS	<i>1/3</i>	61	0.98	1.57	40	1.50	1.90	50	1.20	1.43	44.5	1.35	1.87	0		0		0		0		0			
7/17/13	<i>1/2</i>	59	1.02	1.62	40	1.50	1.90	49	1.22	1.45	43.5	1.38	1.92	0		0		0		0		0			
<i>Time:</i> 2:29.10	<i>2/3</i>	50.5	1.19	1.90	38.5	1.56	1.97	52	1.15	1.37	41.5	1.45	2.01	0		0		0		0		0			
200 IM		:31.10			:39.90			:43.30			:35.90			: .0			: .0			: .0			: .0		
MESA GRAND PRI	<i>1/3</i>	60	1.00	1.61	43	1.40	1.75	47	1.28	1.47	43.5	1.38	1.92	0		0		0		0		0			
4/24/14	<i>1/2</i>	55	1.09	1.75	41	1.46	1.83	44	1.36	1.57	39.5	1.52	2.12	0		0		0		0		0			
<i>Time:</i> 2:30.30	<i>2/3</i>	51.5	1.17	1.87	39.5	1.52	1.90	47.5	1.26	1.46	40	1.50	2.09	0		0		0		0		0			
200 IM		:31.60			:39.90			:43.10			:35.50			: .0			: .0			: .0			: .0		
SANTA CLARA	<i>1/3</i>	55	1.09	1.73	39.5	1.52	1.90	46	1.30	1.51	41	1.46	2.06	0		0		0		0		0			
5/30/13	<i>1/2</i>	55	1.09	1.73	36.5	1.64	2.06	46.5	1.29	1.50	49	1.22	1.72	0		0		0		0		0			
<i>Time:</i> 2:30.30	<i>2/3</i>	51	1.18	1.86	40	1.50	1.88	53	1.13	1.31	41.5	1.45	2.04	0		0		0		0		0			
200 IM		:31.10			:39.90			:43.00			:36.40			: .0			: .0			: .0			: .0		
SECTIONALS	<i>1/3</i>	55.5	1.08	1.74	42	1.43	1.79	48.5	1.24	1.44	42.5	1.41	1.94	0		0		0		0		0			
7/26/12	<i>1/2</i>	57.5	1.04	1.68	40	1.50	1.88	46	1.30	1.52	45.5	1.32	1.81	0		0		0		0		0			
<i>Time:</i> 2:30.60	<i>2/3</i>	58.5	1.03	1.65	38.5	1.56	1.95	47.5	1.26	1.47	46	1.30	1.79	0		0		0		0		0			

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100			150			200			250			300			350			400				
200 IM		:31.40			:41.20			:42.10			:36.40			: .0			: .0			: .0			: .0		
JUNIOR NATIONAL	<i>1/3</i>	0			0			0			0			0			0			0			0		
8/13/12	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 2:31.05	<i>2/3</i>	0			0			0			0			0			0			0			0		
200 IM		:31.60			:40.30			:42.90			:36.20			: .0			: .0			: .0			: .0		
LA INVITE	<i>1/3</i>	61	0.98	1.56	39.5	1.52	1.88	48.5	1.24	1.44	42.5	1.41	1.95	0			0			0			0		
7/05/13	<i>1/2</i>	53.5	1.12	1.77	38	1.58	1.96	49.5	1.21	1.41	45	1.33	1.84	0			0			0			0		
<i>Time:</i> 2:31.10	<i>2/3</i>	55	1.09	1.73	38	1.58	1.96	49	1.22	1.43	42	1.43	1.97	0			0			0			0		
200 IM		:31.10			:41.00			:42.80			:36.60			: .0			: .0			: .0			: .0		
CLOVIS	<i>1/3</i>	54.5	1.10	1.77	39.5	1.52	1.85	49.5	1.21	1.42	41.5	1.45	1.98	0			0			0			0		
5/29/15	<i>1/2</i>	53.5	1.12	1.80	42	1.43	1.74	51.5	1.17	1.36	42.5	1.41	1.93	0			0			0			0		
<i>Time:</i> 2:31.50	<i>2/3</i>	53.5	1.12	1.80	41	1.46	1.78	52	1.15	1.35	49.5	1.21	1.66	0			0			0			0		
200 IM		:31.10			:40.50			:43.50			:36.30			: .0			: .0			: .0			: .0		
MESA	<i>1/3</i>	54.5	1.10	1.77	38.5	1.56	1.92	45	1.33	1.53	45	1.33	1.84	0			0			0			0		
4/11/13	<i>1/2</i>	53.5	1.12	1.80	42	1.43	1.76	44.5	1.35	1.55	43.5	1.38	1.90	0			0			0			0		
<i>Time:</i> 2:31.60	<i>2/3</i>	5.5	#####	#####	40	1.50	1.85	45	1.33	1.53	42.5	1.41	1.94	0			0			0			0		
200 IM		:32.00			:40.40			:43.10			:36.10			: .0			: .0			: .0			: .0		
SMOC	<i>1/3</i>	59.5	1.01	1.58	39.5	1.52	1.88	46.5	1.29	1.50	42	1.43	1.98	0			0			0			0		
6/06/13	<i>1/2</i>	53	1.13	1.77	38	1.58	1.95	44.5	1.35	1.56	42	1.43	1.98	0			0			0			0		
<i>Time:</i> 2:31.80	<i>2/3</i>	52	1.15	1.80	38	1.58	1.95	43.5	1.38	1.60	44	1.36	1.89	0			0			0			0		
200 IM		:31.40			:40.40			:42.70			:37.10			: .0			: .0			: .0			: .0		
LA MIRADA	<i>1/3</i>	63	0.95	1.52	42	1.43	1.77	42	1.43	1.67	41	1.46	1.97	0			0			0			0		
2/22/14	<i>1/2</i>	56	1.07	1.71	38.5	1.56	1.93	45	1.33	1.56	40	1.50	2.02	0			0			0			0		
<i>Time:</i> 2:31.90	<i>2/3</i>	53	1.13	1.80	39.5	1.52	1.88	49.5	1.21	1.42	39	1.54	2.07	0			0			0			0		
200 IM		:31.40			:40.00			:43.10			:37.30			: .0			: .0			: .0			: .0		
MESA	<i>1/3</i>	53	1.13	1.80	38	1.58	1.97	51	1.18	1.36	43	1.40	1.87	0			0			0			0		
4/13/13	<i>1/2</i>	53.5	1.12	1.79	38	1.58	1.97	50	1.20	1.39	40	1.50	2.01	0			0			0			0		
<i>Time:</i> 2:32.40	<i>2/3</i>	52	1.15	1.84	40	1.50	1.88	47.5	1.26	1.47	40.5	1.48	1.99	0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 IM		:31.50	:40.90	:43.10	:36.80	:.0	:.0	:.0	:.0
FULLERTON	<i>1/3</i>	58 1.03 1.64	40 1.50 1.83	47.5 1.26 1.47	40.5 1.48 2.01	0	0	0	0
2/21/15	<i>1/2</i>	55.5 1.08 1.72	39 1.54 1.88	46.5 1.29 1.50	39 1.54 2.09	0	0	0	0
<i>Time:</i> 2:32.40	<i>2/3</i>	55 1.09 1.73	39 1.54 1.88	50.5 1.19 1.38	42 1.43 1.94	0	0	0	0
200 IM		:31.70	:41.10	:42.40	:37.60	:.0	:.0	:.0	:.0
LA INVITE	<i>1/3</i>	58 1.03 1.63	40 1.50 1.82	51 1.18 1.39	42.5 1.41 1.88	0	0	0	0
7/12/12	<i>1/2</i>	53 1.13 1.79	39 1.54 1.87	49 1.22 1.44	42 1.43 1.90	0	0	0	0
<i>Time:</i> 2:33.00	<i>2/3</i>	52 1.15 1.82	38.5 1.56 1.90	52.5 1.14 1.35	42.5 1.41 1.88	0	0	0	0
200 IM		:32.40	:40.00	:45.30	:36.90	:.0	:.0	:.0	:.0
SWIMVITATIONAL	<i>1/3</i>	50.8 1.18 1.82	41.9 1.43 1.79	41.9 1.43 1.58	40.2 1.49 2.02	0	0	0	0
6/08/12	<i>1/2</i>	52.1 1.15 1.78	40.8 1.47 1.84	43.1 1.39 1.54	40.5 1.48 2.01	0	0	0	0
<i>Time:</i> 2:34.10	<i>2/3</i>	51.2 1.17 1.81	39.2 1.53 1.91	42.2 1.42 1.57	42.5 1.41 1.91	0	0	0	0
200 IM		:33.70	:41.50	:43.80	:37.90	:.0	:.0	:.0	:.0
FULLERTON	<i>1/3</i>	51 1.18 1.75	38.5 1.56 1.88	50 1.20 1.37	41 1.46 1.93	0	0	0	0
1/26/13	<i>1/2</i>	47 1.28 1.89	37.5 1.60 1.93	44 1.36 1.56	43.5 1.38 1.82	0	0	0	0
<i>Time:</i> 2:37.10	<i>2/3</i>	50.5 1.19 1.76	38 1.58 1.90	45.5 1.32 1.51	39 1.54 2.03	0	0	0	0
200 IM		:34.10	:41.40	:45.50	:36.20	:.0	:.0	:.0	:.0
SMOC	<i>1/3</i>	0	0	0	0	0	0	0	0
4/19/12	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:37.20	<i>2/3</i>	0	0	0	0	0	0	0	0
200 IM		:34.40	:43.30	:44.90	:38.00	:.0	:.0	:.0	:.0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/16/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:40.70	<i>2/3</i>	0	0	0	0	0	0	0	0
200 IM		:35.30	:44.80	:45.90	:39.30	:.0	:.0	:.0	:.0
JO'	<i>1/3</i>	0	0	0	0	0	0	0	0
7/29/10	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:45.30	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100			150			200			250			300			350			400				
200 IM		:36.00			:46.40			:47.50			:41.10			: .0			: .0			: .0			: .0		
JO'S	<i>1/3</i>	52.5	1.14	1.59	44	1.36	1.47	54	1.11	1.17	44.5	1.35	1.64	0		0		0		0		0		0	
7/29/10	<i>1/2</i>	52	1.15	1.60	41.5	1.45	1.56	51.5	1.17	1.23	45.5	1.32	1.60	0		0		0		0		0		0	
<i>Time:</i> 2:51.10	<i>2/3</i>	47.5	1.26	1.75	43	1.40	1.50	52.5	1.14	1.20	44.5	1.35	1.64	0		0		0		0		0		0	
200 IM		:37.50			:45.50			:48.70			:39.90			: .0			: .0			: .0			: .0		
CLOVIS SENIOR	<i>1/3</i>	41	1.46	1.95	41.5	1.45	1.59	51.5	1.17	1.20	42.5	1.41	1.77	0		0		0		0		0		0	
7/17/10	<i>1/2</i>	48.5	1.24	1.65	41	1.46	1.61	48	1.25	1.28	41.5	1.45	1.81	0		0		0		0		0		0	
<i>Time:</i> 2:51.70	<i>2/3</i>	47	1.28	1.70	39	1.54	1.69	47	1.28	1.31	41	1.46	1.83	0		0		0		0		0		0	
200 IM		:42.00			:47.50			:49.50			:42.60			: .0			: .0			: .0			: .0		
JUNIOR OLYMPIC	<i>1/3</i>	0			0			0			0			0		0		0		0		0		0	
7/24/08	<i>1/2</i>	0			0			0			0			0		0		0		0		0		0	
<i>Time:</i> 3:01.60	<i>2/3</i>	0			0			0			0			0		0		0		0		0		0	
200 IM		:42.60			:47.10			:50.70			:44.00			: .0			: .0			: .0			: .0		
BAKERSFIELD	<i>1/3</i>	0			0			0			0			0		0		0		0		0		0	
5/02/09	<i>1/2</i>	0			0			0			0			0		0		0		0		0		0	
<i>Time:</i> 3:04.50	<i>2/3</i>	0			0			0			0			0		0		0		0		0		0	
200 IM		:42.80			:46.80			:53.30			:44.80			: .0			: .0			: .0			: .0		
BAKERSFIELD	<i>1/3</i>	0			0			0			0			0		0		0		0		0		0	
5/03/08	<i>1/2</i>	0			0			0			0			0		0		0		0		0		0	
<i>Time:</i> 3:07.70	<i>2/3</i>	0			0			0			0			0		0		0		0		0		0	
200 IM		:44.70			:47.70			:50.70			:45.60			: .0			: .0			: .0			: .0		
MERCED	<i>1/3</i>	0			0			0			0			0		0		0		0		0		0	
4/26/08	<i>1/2</i>	0			0			0			0			0		0		0		0		0		0	
<i>Time:</i> 3:08.80	<i>2/3</i>	0			0			0			0			0		0		0		0		0		0	
400 FREE		:32.90			:37.00			:37.90			:38.70			:37.90			:37.60			:38.30			:38.20		
BAKERSFIELD	<i>1/3</i>	45	1.33	2.03	39	1.54	2.08	39	1.54	2.03	40	1.50	1.94	41	1.46	1.93	38	1.58	2.10	40	1.50	1.96	40	1.50	1.96
5/12/12	<i>1/2</i>	41	1.46	2.22	39.5	1.52	2.05	39	1.54	2.03	39	1.54	1.99	40.5	1.48	1.95	36	1.67	2.22	40.5	1.48	1.93	38	1.58	2.07
<i>Time:</i> 4:58.60	<i>2/3</i>	39	1.54	2.34	39	1.54	2.08	39	1.54	2.03	38.5	1.56	2.01	38.5	1.56	2.06	38.5	1.56	2.07	40	1.50	1.96	40	1.50	1.96

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
400 IM		:31.60			:36.80			:41.40			:40.90			:44.00			:44.00			:36.90			:35.50		
LAI	<i>1/3</i>	60	1.00	1.58	45	1.33	1.81	38	1.58	1.91	40	1.50	1.83	44	1.36	1.55	48	1.25	1.42	39.5	1.52	2.06	39.5	1.52	2.14
7/18/14	<i>1/2</i>	52	1.15	1.83	48	1.25	1.70	37	1.62	1.96	37.5	1.60	1.96	46.5	1.29	1.47	45	1.33	1.52	39.5	1.52	2.06	40.5	1.48	2.09
<i>Time:</i> 5:11.50	<i>2/3</i>	52	1.15	1.83	46	1.30	1.77	37	1.62	1.96	35.5	1.69	2.07	43	1.40	1.59	45	1.33	1.52	41	1.46	1.98	37.5	1.60	2.25
400 IM		:31.60			:37.00			:41.60			:41.00			:44.10			:45.10			:38.30			:37.50		
SECTIONALS	<i>1/3</i>	52	1.15	1.83	53	1.13	1.53	39	1.54	1.85	36.5	1.64	2.00	44	1.36	1.55	46.5	1.29	1.43	39	1.54	2.01	39.5	1.52	2.03
7/17/13	<i>1/2</i>	51	1.18	1.86	49	1.22	1.65	37.5	1.60	1.92	37.5	1.60	1.95	45.5	1.32	1.50	46	1.30	1.45	39	1.54	2.01	38.5	1.56	2.08
<i>Time:</i> 5:16.40	<i>2/3</i>	51.5	1.17	1.84	48.5	1.24	1.67	36	1.67	2.00	35.5	1.69	2.06	50.5	1.19	1.35	44.5	1.35	1.49	42	1.43	1.86	40	1.50	2.00
400 IM		:31.20			:36.80			:41.90			:41.50			:43.90			:46.00			:38.00			:37.20		
MESA GRAND PRI	<i>1/3</i>	54	1.11	1.78	48.5	1.24	1.68	38	1.58	1.88	36.5	1.64	1.98	40.5	1.48	1.69	42	1.43	1.55	40	1.50	1.97	37.5	1.60	2.15
4/24/14	<i>1/2</i>				49	1.22	1.66	35.5	1.69	2.02	36	1.67	2.01	44	1.36	1.55	42.5	1.41	1.53	40	1.50	1.97	38.5	1.56	2.09
<i>Time:</i> 5:16.80	<i>2/3</i>	49	1.22	1.96	47	1.28	1.73	38	1.58	1.88	37	1.62	1.95	45	1.33	1.52	42	1.43	1.55	40	1.50	1.97	38.5	1.56	2.09
400 IM		:31.10			:38.10			:43.00			:41.40			:44.00			:45.20			:37.40			:37.20		
SMOC	<i>1/3</i>	57	1.05	1.69	49	1.22	1.61	39	1.54	1.79	35.5	1.69	2.04	41	1.46	1.66	44.5	1.35	1.49	40.5	1.48	1.98	41	1.46	1.97
6/26/14	<i>1/2</i>	50.5	1.19	1.91	46.5	1.29	1.69	38	1.58	1.84	37	1.62	1.96	44	1.36	1.55	42.5	1.41	1.56	38.5	1.56	2.08	39	1.54	2.07
<i>Time:</i> 5:17.70	<i>2/3</i>	49	1.22	1.97	49.5	1.21	1.59	35	1.71	1.99	36.5	1.64	1.99	42.5	1.41	1.60	43	1.40	1.54	37.5	1.60	2.14	39.5	1.52	2.04
400 IM		:32.10			:38.70			:42.40			:41.60			:44.10			:44.10			:37.50			:37.30		
MESA	<i>1/3</i>	55.5	1.08	1.68	48	1.25	1.61	37.5	1.60	1.89	37	1.62	1.95	42.5	1.41	1.60	46.5	1.29	1.46	42.5	1.41	1.88	43.5	1.38	1.85
4/11/13	<i>1/2</i>	48.5	1.24	1.93	45.5	1.32	1.70	37.5	1.60	1.89	36.5	1.64	1.98	43	1.40	1.58	45	1.33	1.51	41.5	1.45	1.93	40	1.50	2.01
<i>Time:</i> 5:18.00	<i>2/3</i>	49	1.22	1.91	46.5	1.29	1.67	36	1.67	1.97	37	1.62	1.95	38.5	1.56	1.77	45	1.33	1.51	39.5	1.52	2.03	39.5	1.52	2.04
400 IM		:32.10			:38.20			:43.00			:41.70			:43.90			:44.80			:37.50			:36.70		
SANTA CLARA	<i>1/3</i>	56.5	1.06	1.65	51	1.18	1.54	36.5	1.64	1.91	32	1.88	2.25	41	1.46	1.67	41.5	1.45	1.61	43	1.40	1.86	41	1.46	1.99
5/30/13	<i>1/2</i>	50.5	1.19	1.85	46.5	1.29	1.69	35.5	1.69	1.97	35.5	1.69	2.03	39.5	1.52	1.73	43.5	1.38	1.54	41.5	1.45	1.93	42	1.43	1.95
<i>Time:</i> 5:18.30	<i>2/3</i>	50	1.20	1.87	47.5	1.26	1.65	35.5	1.69	1.97	35.5	1.69	2.03	40.5	1.48	1.69	43	1.40	1.56	41	1.46	1.95	42.5	1.41	1.92
400 IM		:33.50			:38.30			:42.30			:41.40			:44.60			:44.40			: . 0			1:14.50		
SMOC	<i>1/3</i>	0			0			0			0			0			0			0			0		
6/06/13	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 5:18.50	<i>2/3</i>	0			0			0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
400 IM		:33.20			:38.10			:42.90			:41.10			:45.10			:44.50			:37.80			:36.70		
SANTA CLARA	<i>1/3</i>	50	1.20	1.81	49.5	1.21	1.59	34.5	1.74	2.03	39	1.54	1.87	45	1.33	1.48	47.5	1.26	1.42	43	1.40	1.85	40	1.50	2.04
5/30/13	<i>1/2</i>	53.5	1.12	1.69	46	1.30	1.71	35.5	1.69	1.97	37	1.62	1.97	44.5	1.35	1.49	49	1.22	1.38	41.5	1.45	1.91	37.5	1.60	2.18
<i>Time:</i> 5:19.80	<i>2/3</i>	51.5	1.17	1.75	47	1.28	1.68	35	1.71	2.00	37	1.62	1.97	43	1.40	1.55	42.5	1.41	1.59	40.5	1.48	1.96	42	1.43	1.95
400 IM		:31.90			:37.90			:42.10			:42.10			:44.30			:45.10			:39.80			:37.90		
SECTIONALS	<i>1/3</i>	53	1.13	1.77	42.5	1.41	1.86	41	1.46	1.74	39	1.54	1.83	43	1.40	1.57	44	1.36	1.51	42.5	1.41	1.77	39.5	1.52	2.00
7/26/12	<i>1/2</i>	53	1.13	1.77	47.5	1.26	1.67	40	1.50	1.78	38.5	1.56	1.85	42.5	1.41	1.59	44.5	1.35	1.49	36	1.67	2.09	43.5	1.38	1.82
<i>Time:</i> 5:21.40	<i>2/3</i>	53	1.13	1.77	43.5	1.38	1.82	39.5	1.52	1.80	38.5	1.56	1.85	43	1.40	1.57	42	1.43	1.58	39	1.54	1.93	39.5	1.52	2.00
400 IM		:32.50			:39.40			:41.70			:40.90			:46.60			:46.40			:38.10			:38.00		
MESA	<i>1/3</i>	54	1.11	1.71	48.5	1.24	1.57	38.5	1.56	1.87	36.5	1.64	2.01	34.5	1.74	1.87	37.5	1.60	1.72	41	1.46	1.92	39.5	1.52	2.00
4/11/13	<i>1/2</i>	48	1.25	1.92	46	1.30	1.66	37	1.62	1.94	38.5	1.56	1.91	37	1.62	1.74	34.5	1.74	1.87	38.5	1.56	2.05	39.5	1.52	2.00
<i>Time:</i> 5:24.00	<i>2/3</i>	50.5	1.19	1.83	46	1.30	1.66	39	1.54	1.84	37.5	1.60	1.96	36	1.67	1.79	37.5	1.60	1.72	41	1.46	1.92	40.5	1.48	1.95
400 IM		:32.90			:38.80			:43.50			:42.80			:44.40			:45.90			:39.90			:37.90		
LA INVITE	<i>1/3</i>	53.5	1.12	1.70	47	1.28	1.65	39	1.54	1.77	36	1.67	1.95	40.5	1.48	1.67	44	1.36	1.49	40	1.50	1.88	42	1.43	1.88
7/12/12	<i>1/2</i>	52	1.15	1.75	48	1.25	1.61	36.5	1.64	1.89	35.5	1.69	1.97	41	1.46	1.65	43.5	1.38	1.50	42	1.43	1.79	39.5	1.52	2.00
<i>Time:</i> 5:25.90	<i>2/3</i>	49.5	1.21	1.84	45.5	1.32	1.70	35	1.71	1.97	37	1.62	1.89	0	43	1.40	1.52	40.5	1.48	1.86	39	1.54	2.03		
400 IM		:32.00			:38.20			:42.80			:42.20			:46.00			:46.80			:39.60			:39.50		
LA MIRADA	<i>1/3</i>	51.5	1.17	1.82	50	1.20	1.57	38.5	1.56	1.82	36	1.67	1.97	38	1.58	1.72	42.5	1.41	1.51	37	1.62	2.05	37	1.62	2.05
2/22/14	<i>1/2</i>	52	1.15	1.80	48.5	1.24	1.62	36.5	1.64	1.92	37	1.62	1.92	43.5	1.38	1.50	43	1.40	1.49	38	1.58	1.99	36.5	1.64	2.08
<i>Time:</i> 5:27.50	<i>2/3</i>	52	1.15	1.80	49	1.22	1.60	37	1.62	1.89	36	1.67	1.97	39	1.54	1.67	41.5	1.45	1.54	38	1.58	1.99	36.5	1.64	2.08
400 IM		:33.80			: 9.30			:44.10			:43.30			:45.90			:45.90			:39.20			:38.20		
LA INVITE	<i>1/3</i>	50	1.20	1.78	49.5	1.21	6.52	36.5	1.64	1.86	37	1.62	1.87	43	1.40	1.52	47	1.28	1.39	40.5	1.48	1.89	41.5	1.45	1.89
7/05/13	<i>1/2</i>	51	1.18	1.74	45	1.33	7.17	35.5	1.69	1.92	35	1.71	1.98	45	1.33	1.45	47.5	1.26	1.38	41.5	1.45	1.84	38.5	1.56	2.04
<i>Time:</i> 5:30.50	<i>2/3</i>	46.5	1.29	1.91	47.5	1.26	6.79	35	1.71	1.94	35.5	1.69	1.95	44.5	1.35	1.47	46.5	1.29	1.41	40	1.50	1.91	42.5	1.41	1.85
400 IM		:35.20			:47.10			:45.30			:43.70			:41.40			:41.10			:39.80			:37.80		
BAKERSFIELD	<i>1/3</i>	49	1.22	1.74	46	1.30	1.38	36	1.67	1.84	36.5	1.64	1.88	36	1.67	2.01	41.5	1.45	1.76	39	1.54	1.93	36.5	1.64	2.17
5/12/12	<i>1/2</i>	47.5	1.26	1.79	44.5	1.35	1.43	37	1.62	1.79	37.5	1.60	1.83	35	1.71	2.07	44.5	1.35	1.64	39.5	1.52	1.91	39.5	1.52	2.01
<i>Time:</i> 5:38.30	<i>2/3</i>	45	1.33	1.89	45.5	1.32	1.40	36.5	1.64	1.81	0	37.5	1.60	1.93	42.5	1.41	1.72	38	1.58	1.98	38	1.58	2.09		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
50 BACK		:38.50	: :0	: :0	: :0	: :0	: :0	: :0	: :0
JO'S	<i>1/3</i>	65.5 0.92 1.19	0	0	0	0	0	0	0
7/28/10	<i>1/2</i>	66.5 0.90 1.17	0	0	0	0	0	0	0
<i>Time:</i> :38.50	<i>2/3</i>	61.5 0.98 1.27	0	0	0	0	0	0	0
50 BACK		:38.70	: :0	: :0	: :0	: :0	: :0	: :0	: :0
PORTERVILLE	<i>1/3</i>	50.5 1.19 1.54	0	0	0	0	0	0	0
3/20/10	<i>1/2</i>	50.5 1.19 1.54	0	0	0	0	0	0	0
<i>Time:</i> :38.70	<i>2/3</i>	46.5 1.29 1.67	0	0	0	0	0	0	0
50 back		:41.30	: :0	: :0	: :0	: :0	: :0	: :0	: :0
LAKE FOREST	<i>1/3</i>	56 1.07 1.30	0	0	0	0	0	0	0
3/15/08	<i>1/2</i>	52.5 1.14 1.38	0	0	0	0	0	0	0
<i>Time:</i> :41.30	<i>2/3</i>	46.5 1.29 1.56	0	0	0	0	0	0	0
50 BREAST		:38.70	: :0	: :0	: :0	: :0	: :0	: :0	: :0
BAKERSFIELD	<i>1/3</i>	68.5 0.88 1.13	0	0	0	0	0	0	0
5/01/10	<i>1/2</i>	64 0.94 1.21	0	0	0	0	0	0	0
<i>Time:</i> :38.70	<i>2/3</i>	59.5 1.01 1.30	0	0	0	0	0	0	0
50 BREAST		:39.90	: :0	: :0	: :0	: :0	: :0	: :0	: :0
AGE GROUP INVIT	<i>1/3</i>	58 1.03 1.30	0	0	0	0	0	0	0
6/19/08	<i>1/2</i>	57.5 1.04 1.31	0	0	0	0	0	0	0
<i>Time:</i> :39.90	<i>2/3</i>	54 1.11 1.39	0	0	0	0	0	0	0
50 BREAST		:43.50	: :0	: :0	: :0	: :0	: :0	: :0	: :0
LAKE FOREST	<i>1/3</i>	59.5 1.01 1.16	0	0	0	0	0	0	0
3/15/08	<i>1/2</i>	61.5 0.98 1.12	0	0	0	0	0	0	0
<i>Time:</i> :43.50	<i>2/3</i>	59.5 1.01 1.16	0	0	0	0	0	0	0
50 FLY		:32.80	: :0	: :0	: :0	: :0	: :0	: :0	: :0
JO'S	<i>1/3</i>	62.5 0.96 1.46	0	0	0	0	0	0	0
7/28/10	<i>1/2</i>	62.5 0.96 1.46	0	0	0	0	0	0	0
<i>Time:</i> :32.80	<i>2/3</i>	65.5 0.92 1.40	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
50 FLY		:33.70	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
JO'S	1/3	59 1.02 1.51	0	0	0	0	0	0	0
7/28/10	1/2	60 1.00 1.48	0	0	0	0	0	0	0
Time: :33.70	2/3	62 0.97 1.44	0	0	0	0	0	0	0
50 FLY		:34.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
PORTERVILLE	1/3	55.5 1.08 1.58	0	0	0	0	0	0	0
3/20/10	1/2	51.5 1.17 1.70	0	0	0	0	0	0	0
Time: :34.30	2/3	52.5 1.14 1.67	0	0	0	0	0	0	0
50 FREE		:27.50	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
JUNIOR NATIONAL	1/3	54.5 1.10 2.00	0	0	0	0	0	0	0
7/30/15	1/2	52.5 1.14 2.08	0	0	0	0	0	0	0
Time: :27.50	2/3	55.5 1.08 1.97	0	0	0	0	0	0	0
50 FREE		:27.60	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
LA INVITE	1/3	56.5 1.06 1.92	0	0	0	0	0	0	0
7/14/16	1/2	57 1.05 1.91	0	0	0	0	0	0	0
Time: :27.60	2/3	54.5 1.10 1.99	0	0	0	0	0	0	0
50 FREE		:27.90	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SPEEDO	1/3	55 1.09 1.96	0	0	0	0	0	0	0
5/11/16	1/2	54 1.11 1.99	0	0	0	0	0	0	0
Time: :27.90	2/3	52.5 1.14 2.05	0	0	0	0	0	0	0
50 FREE		:28.00	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
FULLERTON	1/3	57 1.05 1.88	0	0	0	0	0	0	0
2/21/16	1/2	49.5 1.21 2.16	0	0	0	0	0	0	0
Time: :28.00	2/3	53 1.13 2.02	0	0	0	0	0	0	0
50 FREE		:28.00	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SANTA CLARA INT	1/3	56 1.07 1.91	0	0	0	0	0	0	0
6/19/14	1/2	52.5 1.14 2.04	0	0	0	0	0	0	0
Time: :28.00	2/3	52 1.15 2.06	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
50 FREE		:28.40	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
LA MIRADA	1/3	55.5 1.08 1.90	0	0	0	0	0	0	0
1/17/16	1/2	48 1.25 2.20	0	0	0	0	0	0	0
Time: :28.40	2/3	46 1.30 2.30	0	0	0	0	0	0	0
50 FREE		:28.50	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
FULLERTON	1/3	58 1.03 1.81	0	0	0	0	0	0	0
2/21/15	1/2	55 1.09 1.91	0	0	0	0	0	0	0
Time: :28.50	2/3	48.5 1.24 2.17	0	0	0	0	0	0	0
50 FREE		:28.54	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MESA GRAND PRI	1/3	55.5 1.08 1.89	0	0	0	0	0	0	0
4/24/14	1/2	53.5 1.12 1.96	0	0	0	0	0	0	0
Time: :28.54	2/3	51 1.18 2.06	0	0	0	0	0	0	0
50 FREE		:29.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
LA MIRADA	1/3	53 1.13 1.95	0	0	0	0	0	0	0
2/22/14	1/2	50.5 1.19 2.04	0	0	0	0	0	0	0
Time: :29.10	2/3	50 1.20 2.06	0	0	0	0	0	0	0
50 FREE		:29.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SANTA CLARA	1/3	54.5 1.10 1.89	0	0	0	0	0	0	0
5/30/13	1/2	51 1.18 2.02	0	0	0	0	0	0	0
Time: :29.10	2/3	51 1.18 2.02	0	0	0	0	0	0	0
50 FREE		:29.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SMOC	1/3	55.5 1.08 1.86	0	0	0	0	0	0	0
6/26/14	1/2	49.5 1.21 2.08	0	0	0	0	0	0	0
Time: :29.10	2/3	47.5 1.26 2.17	0	0	0	0	0	0	0
50 FREE		:29.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MESA	1/3	53.5 1.12 1.91	0	0	0	0	0	0	0
4/11/13	1/2	51 1.18 2.01	0	0	0	0	0	0	0
Time: :29.30	2/3	50 1.20 2.05	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
50 FREE		:29.40	: :0	: :0	: :0	: :0	: :0	: :0	: :0
FULLERTON	<i>1/3</i>	54.5 1.10 1.87	0	0	0	0	0	0	0
1/26/13	<i>1/2</i>	53.5 1.12 1.91	0	0	0	0	0	0	0
<i>Time:</i> :29.40	<i>2/3</i>	51 1.18 2.00	0	0	0	0	0	0	0
50 FREE		:31.40	: :0	: :0	: :0	: :0	: :0	: :0	: :0
JO'S	<i>1/3</i>	53 1.13 1.80	0	0	0	0	0	0	0
7/29/10	<i>1/2</i>	52 1.15 1.84	0	0	0	0	0	0	0
<i>Time:</i> :31.40	<i>2/3</i>	52 1.15 1.84	0	0	0	0	0	0	0
50 FREE		:31.90	: :0	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	51 1.18 1.84	0	0	0	0	0	0	0
4/14/12	<i>1/2</i>	47.5 1.26 1.98	0	0	0	0	0	0	0
<i>Time:</i> :31.90	<i>2/3</i>	43.5 1.38 2.16	0	0	0	0	0	0	0
50 FREE		:31.90	: :0	: :0	: :0	: :0	: :0	: :0	: :0
SLO	<i>1/3</i>	52.5 1.14 1.79	0	0	0	0	0	0	0
7/02/10	<i>1/2</i>	53 1.13 1.77	0	0	0	0	0	0	0
<i>Time:</i> :31.90	<i>2/3</i>	52.5 1.14 1.79	0	0	0	0	0	0	0
50 FREE		:32.30	: :0	: :0	: :0	: :0	: :0	: :0	: :0
BAKERSFIELD	<i>1/3</i>	51 1.18 1.82	0	0	0	0	0	0	0
5/01/10	<i>1/2</i>	50 1.20 1.86	0	0	0	0	0	0	0
<i>Time:</i> :32.30	<i>2/3</i>	50 1.20 1.86	0	0	0	0	0	0	0
50 FREE		:33.60	: :0	: :0	: :0	: :0	: :0	: :0	: :0
BAKERSFIELD	<i>1/3</i>	54 1.11 1.65	0	0	0	0	0	0	0
5/02/09	<i>1/2</i>	52.5 1.14 1.70	0	0	0	0	0	0	0
<i>Time:</i> :33.60	<i>2/3</i>	50 1.20 1.79	0	0	0	0	0	0	0
50 FREE		:34.32	: :0	: :0	: :0	: :0	: :0	: :0	: :0
AGE GROUP INVIT	<i>1/3</i>	52.5 1.14 1.67	0	0	0	0	0	0	0
6/19/08	<i>1/2</i>	51.5 1.17 1.70	0	0	0	0	0	0	0
<i>Time:</i> :34.32	<i>2/3</i>	50.5 1.19 1.73	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400	
100 BACK		:32.20			:35.90					
FRESNO	<i>1/3</i>	52.5	1.14	1.77	49	1.22	1.71			
6/18/17	<i>1/2</i>	51.5	1.17	1.81	46	1.30	1.82			
<i>Time: 1:08.20</i>	<i>2/3</i>	49.5	1.21	1.88	45.5	1.32	1.84			
100 BREAST		:33.40			:36.70					
LA INVITE	<i>1/3</i>	49	1.22	1.83	45	1.33	1.82			
7/14/18	<i>1/2</i>	47	1.28	1.91	47.5	1.26	1.72			
<i>Time: 1:10.10</i>	<i>2/3</i>	47	1.28	1.91	47.5	1.26	1.72			
100 BREAST		:33.90			:37.50			: : 0	: : 0	: : 0
SPEEDO	<i>1/3</i>	56.5	1.06	1.57	50.5	1.19	1.58	0	0	0
5/27/16	<i>1/2</i>	51.5	1.17	1.72	49	1.22	1.63	0	0	0
<i>Time: 1:11.50</i>	<i>2/3</i>	52	1.15	1.70	52.5	1.14	1.52	0	0	0
100 BREAST		:33.70			:37.90			: : 0	: : 0	: : 0
SMOC	<i>1/3</i>	0			0			0	0	0
4/29/16	<i>1/2</i>	0			0			0	0	0
<i>Time: 1:11.60</i>	<i>2/3</i>	0			0			0	0	0
100 BREAST		:34.20			:37.60			: : 0	: : 0	: : 0
MISSION VIEJO	<i>1/3</i>	49.5	1.21	1.77	51	1.18	1.56	0	0	0
2/05/16	<i>1/2</i>	53.5	1.12	1.64	48.5	1.24	1.65	0	0	0
<i>Time: 1:11.80</i>	<i>2/3</i>	52	1.15	1.69	51.5	1.17	1.55	0	0	0
100 BREAST		:34.20			:38.00					
SMOC	<i>1/3</i>	46.5	1.29	1.89	40.5	1.48	1.95			
4/24/17	<i>1/2</i>	48	1.25	1.83	47.5	1.26	1.66			
<i>Time: 1:12.20</i>	<i>2/3</i>	42.5	1.41	2.06	42.5	1.41	1.86			

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:34.10	:38.10	: .0	: .0	: .0	: .0	: .0	: .0
MISSION VIEJO	<i>1/3</i>	55 1.09 1.60	52.5 1.14 1.50	0	0	0	0	0	0
2/05/16	<i>1/2</i>	56 1.07 1.57	49.5 1.21 1.59	0	0	0	0	0	0
<i>Time:</i> 1:12.20	<i>2/3</i>	54 1.11 1.63	51 1.18 1.54	0	0	0	0	0	0
100 BREAST		:34.50	:38.30	: .0	: .0	: .0	: .0	: .0	: .0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/23/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:12.80	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:34.00	:38.90	: .0	: .0	: .0	: .0	: .0	: .0
LA MIRADA	<i>1/3</i>	54 1.11 1.63	48.5 1.24 1.59	0	0	0	0	0	0
4/08/16	<i>1/2</i>	53.5 1.12 1.65	52 1.15 1.48	0	0	0	0	0	0
<i>Time:</i> 1:12.90	<i>2/3</i>	51.5 1.17 1.71	48.5 1.24 1.59	0	0	0	0	0	0
100 BREAST		:35.10	:38.40	: .0	: .0	: .0	: .0	: .0	: .0
LA MIRADA	<i>1/3</i>	49.5 1.21 1.73	45.5 1.32 1.72	0	0	0	0	0	0
1/17/16	<i>1/2</i>	46 1.30 1.86	42.5 1.41 1.84	0	0	0	0	0	0
<i>Time:</i> 1:13.50	<i>2/3</i>	47 1.28 1.82	45.5 1.32 1.72	0	0	0	0	0	0
100 BREAST		:34.70	:39.30						
GOLDEN WEST	<i>1/3</i>	50.5 1.19 1.71	43 1.40 1.78						
2/18/17	<i>1/2</i>	46.5 1.29 1.86	46 1.30 1.66						
<i>Time:</i> 1:14.10	<i>2/3</i>	44.5 1.35 1.94	43 1.40 1.78						
100 BREAST		:36.20	:40.80	: .0	: .0	: .0	: .0	: .0	: .0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/11/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:17.00	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:36.40	:40.70	: .0	: .0	: .0	: .0	: .0	: .0
JO'S	<i>1/3</i>	54.5 1.10 1.51	46.5 1.29 1.59	0	0	0	0	0	0
7/23/15	<i>1/2</i>	55.5 1.08 1.49	48.5 1.24 1.52	0	0	0	0	0	0
<i>Time:</i> 1:17.10	<i>2/3</i>	49.5 1.21 1.67	45.5 1.32 1.62	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:36.10	:41.40	: :0	: :0	: :0	: :0	: :0	: :0
REEDLEY	<i>1/3</i>	0	0	0	0	0	0	0	0
3/21/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:17.50	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:38.00	:41.40	: :0	: :0	: :0	: :0	: :0	: :0
FULLERTON	<i>1/3</i>	53.5 1.12 1.48	51.5 1.17 1.41	0	0	0	0	0	0
2/21/15	<i>1/2</i>	55.5 1.08 1.42	50 1.20 1.45	0	0	0	0	0	0
<i>Time:</i> 1:19.40	<i>2/3</i>	48.5 1.24 1.63	52 1.15 1.39	0	0	0	0	0	0
100 BREAST		:36.80	:43.70	: :0	: :0	: :0	: :0	: :0	: :0
REEDLEY	<i>1/3</i>	0	0	0	0	0	0	0	0
11/28/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:20.50	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:39.80	:44.70	: :0	: :0	: :0	: :0	: :0	: :0
CLOVIS	<i>1/3</i>	41 1.46 1.84	41.1 1.46 1.63	0	0	0	0	0	0
7/13/14	<i>1/2</i>	47.5 1.26 1.59	44 1.36 1.53	0	0	0	0	0	0
<i>Time:</i> 1:24.50	<i>2/3</i>	46 1.30 1.64	44.5 1.35 1.51	0	0	0	0	0	0
100 FLY		:27.50	:31.30						
FUTURES	<i>1/3</i>	56.5 1.06 1.93	51.5 1.17 1.86						
8/02/18	<i>1/2</i>	55 1.09 1.98	51 1.18 1.88						
<i>Time:</i> :58.80	<i>2/3</i>	52.5 1.14 2.08	51.5 1.17 1.86						
100 FLY		:27.50	:32.30						
GOLDEN WEST	<i>1/3</i>								
2/17/18	<i>1/2</i>								
<i>Time:</i> :59.80	<i>2/3</i>								
100 FLY		:28.90	:32.22	: :0	: :0	: :0	: :0	: :0	: :0
SECTIONALS	<i>1/3</i>	0	0	0	0	0	0	0	0
7/23/16	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:01.12	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400	
100 FLY		:28.50			:32.80					
SMOC	<i>1/3</i>	52.5	1.14	2.01	47.5	1.26	1.93			
4/24/17	<i>1/2</i>	53	1.13	1.99	50.5	1.19	1.81			
<i>Time:</i> 1:01.40	<i>2/3</i>	49.5	1.21	2.13	52.5	1.14	1.74			
100 FLY		:29.10			:32.60					
LA MIRADA	<i>1/3</i>	54	1.11	1.91	48.5	1.24	1.90			
1/15/17	<i>1/2</i>	49	1.22	2.10	48	1.25	1.92			
<i>Time:</i> 1:01.80	<i>2/3</i>	44.5	1.35	2.32	48	1.25	1.92			
100 FLY		:29.00			:32.90			:.0	:.0	:.0
LA INVITE	<i>1/3</i>	54.5	1.10	1.90	52	1.15	1.75	0	0	
7/14/16	<i>1/2</i>	54	1.11	1.92	48	1.25	1.90	0	0	
<i>Time:</i> 1:01.90	<i>2/3</i>	51	1.18	2.03	47.5	1.26	1.92	0	0	
100 FLY		:29.10			:32.90			:.0	:.0	:.0
LA MIRADA	<i>1/3</i>	60	1.00	1.72	49.5	1.21	1.84	0	0	
4/08/16	<i>1/2</i>	54	1.11	1.91	47	1.28	1.94	0	0	
<i>Time:</i> 1:02.10	<i>2/3</i>	50	1.20	2.06	51	1.18	1.79	0	0	
100 FLY		:29.00			:33.60					
GOLDEN WEST	<i>1/3</i>	52	1.15	1.99	46.5	1.29	1.92			
2/18/17	<i>1/2</i>	49.5	1.21	2.09	48.5	1.24	1.84			
<i>Time:</i> 1:02.70	<i>2/3</i>	47	1.28	2.20	48	1.25	1.86			
100 FLY		:29.70			:34.00			:.0	:.0	:.0
MISSION VIEJO	<i>1/3</i>	57.5	1.04	1.76	47.5	1.26	1.86	0	0	
2/05/16	<i>1/2</i>	51	1.18	1.98	49	1.22	1.80	0	0	
<i>Time:</i> 1:03.70	<i>2/3</i>	50.5	1.19	2.00	45.5	1.32	1.94	0	0	
100 FLY		:30.30			:34.70			:.0	:.0	:.0
JO'S	<i>1/3</i>	0			0			0	0	
7/23/15	<i>1/2</i>	0			0			0	0	
<i>Time:</i> 1:05.00	<i>2/3</i>	0			0			0	0	

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100			150			200			250			300			350			400		
100 FLY		:29.20			:36.70			: : 0			: : 0			: : 0			: : 0			: : 0			
REEDLEY	<i>1/3</i>	0			0			0			0			0			0			0			
11/28/15	<i>1/2</i>	0			0			0			0			0			0			0			
<i>Time:</i> 1:05.90	<i>2/3</i>	0			0			0			0			0			0			0			
100 FLY		:31.40			:37.30			: : 0			: : 0			: : 0			: : 0			: : 0			
LA MIRADA	<i>1/3</i>	51	1.18	1.87	39.5	1.52	2.04	0			0			0			0			0			
1/17/16	<i>1/2</i>	54	1.11	1.77	39	1.54	2.06	0			0			0			0			0			
<i>Time:</i> 1:08.70	<i>2/3</i>	45.5	1.32	2.10	43.5	1.38	1.85	0			0			0			0			0			
100 FLY		:31.50			:36.90			: : 0			: : 0			: : 0			: : 0			: : 0			
JO'S	<i>1/3</i>	0			0			0			0			0			0			0			
7/23/15	<i>1/2</i>	0			0			0			0			0			0			0			
<i>Time:</i> 1:08.90	<i>2/3</i>	0			0			0			0			0			0			0			
100 FLY		:33.00			:39.10			: : 0			: : 0			: : 0			: : 0			: : 0			
REEDLEY	<i>1/3</i>	0			0			0			0			0			0			0			
4/25/15	<i>1/2</i>	0			0			0			0			0			0			0			
<i>Time:</i> 1:12.10	<i>2/3</i>	0			0			0			0			0			0			0			
100 FREE		:29.90			:31.70			: : 0			: : 0			: : 0			: : 0			: : 0			
JO'S	<i>1/3</i>	46	1.30	2.18	46	1.30	2.06	0			0			0			0			0			
7/23/15	<i>1/2</i>	46	1.30	2.18	43.5	1.38	2.18	0			0			0			0			0			
<i>Time:</i> 1:01.70	<i>2/3</i>	44	1.36	2.28	45	1.33	2.10	0			0			0			0			0			
100 FREE		:30.60			:33.90			: : 0			: : 0			: : 0			: : 0			: : 0			
JO'S	<i>1/3</i>	51	1.18	1.92	43	1.40	2.06	0			0			0			0			0			
7/23/15	<i>1/2</i>	49.5	1.21	1.98	41	1.46	2.16	0			0			0			0			0			
<i>Time:</i> 1:04.60	<i>2/3</i>	46.5	1.29	2.11	43	1.40	2.06	0			0			0			0			0			
100 FREE		:30.50			:34.20			: : 0			: : 0			: : 0			: : 0			: : 0			
REEDLEY	<i>1/3</i>	57	1.05	1.73	44.5	1.35	1.97	0			0			0			0			0			
3/21/15	<i>1/2</i>	58.5	1.03	1.68	44	1.36	1.99	0			0			0			0			0			
<i>Time:</i> 1:04.70	<i>2/3</i>	47	1.28	2.09	43.5	1.38	2.02	0			0			0			0			0			

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 FREE		:30.80	:34.50	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	1/3	54.5 1.10 1.79	42.5 1.41 2.05	0	0	0	0	0	0
4/11/15	1/2	48.5 1.24 2.01	41 1.46 2.12	0	0	0	0	0	0
Time: 1:05.30	2/3	45.5 1.32 2.14	40 1.50 2.17	0	0	0	0	0	0
100 FREE		:29.70	:40.30	: :0	: :0	: :0	: :0	: :0	: :0
REEDLEY	1/3	0	0	0	0	0	0	0	0
4/25/15	1/2	0	0	0	0	0	0	0	0
Time: 1:10.00	2/3	0	0	0	0	0	0	0	0
200 BACK		:39.20	:43.60	:48.30	:42.30	: :0	: :0	: :0	: :0
MERCED	1/3	48 1.25 1.59	42.5 1.41 1.62	0.8 ##### #####	45 1.33 1.58	0	0	0	0
4/11/15	1/2	47.5 1.26 1.61	42.5 1.41 1.62	41 1.46 1.51	43.5 1.38 1.63	0	0	0	0
Time: 2:53.50	2/3	41.5 1.45 1.84	44.5 1.35 1.55	37 1.62 1.68	44.5 1.35 1.59	0	0	0	0
200 BREAST		:34.70	:39.70	:39.80	:39.80	: :0	: :0	: :0	: :0
LA INVITE	1/3	48.5 1.24 1.78	45 1.33 1.68	44 1.36 1.71	45 1.33 1.68	0	0	0	0
7/14/16	1/2	45 1.33 1.92	44 1.36 1.72	47 1.28 1.60	45.5 1.32 1.66	0	0	0	0
Time: 2:34.20	2/3	52 1.15 1.66	42 1.43 1.80	43 1.40 1.75	46.5 1.29 1.62	0	0	0	0
200 BREAST		:35.10	:38.80	:40.20	:40.20	: :0	: :0	: :0	: :0
JO'S	1/3	0	0	0	0	0	0	0	0
7/23/15	1/2	0	0	0	0	0	0	0	0
Time: 2:34.30	2/3	0	0	0	0	0	0	0	0
200 BREAST		:35.10	:39.70	:40.70	:40.20				
GOLDEN WEST	1/3								
2/18/17	1/2								
Time: 2:35.70	2/3								
200 BREAST		:35.60	:40.20	:40.20	:40.20				
SMOC	1/3								
4/28/17	1/2								
Time: 2:36.20	2/3								

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 BREAST		:35.10	:39.10	:40.90	:41.30	: .0	: .0	: .0	: .0
SMOC	<i>1/3</i>	0	0	0	0	0	0	0	0
4/29/16	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:36.50	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BREAST		:35.00	:40.00	:41.40	:42.30	: .0	: .0	: .0	: .0
LA MIRADA	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/16	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:38.70	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BREAST		:35.90	:40.00	:41.50	:41.00	: .0	: .0	: .0	: .0
MISSION VIEJO	<i>1/3</i>	49.5 1.21 1.69	43.5 1.38 1.72	45 1.33 1.61	46 1.30 1.59	0	0	0	0
2/05/16	<i>1/2</i>	45.5 1.32 1.84	41.5 1.45 1.81	45.5 1.32 1.59	42 1.43 1.74	0	0	0	0
<i>Time:</i> 2:38.90	<i>2/3</i>	45.5 1.32 1.84	42.5 1.41 1.76	45 1.33 1.61	45.5 1.32 1.61	0	0	0	0
200 BREAST		:35.90	:40.30	:41.60	:42.20				
SMOC	<i>1/3</i>								
4/24/17	<i>1/2</i>								
<i>Time:</i> 2:40.00	<i>2/3</i>								
200 BREAST		:35.27	:40.49	:43.07	:41.74	: .0	: .0	: .0	: .0
SECTIONALS	<i>1/3</i>	0	0	0	0	0	0	0	0
7/22/16	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:40.57	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BREAST		:35.70	:40.70	:42.60	:42.10	: .0	: .0	: .0	: .0
MISSION VIEJO	<i>1/3</i>	45 1.33 1.87	40 1.50 1.84	42.5 1.41 1.66	42 1.43 1.70	0	0	0	0
2/05/16	<i>1/2</i>	46 1.30 1.83	42 1.43 1.76	41 1.46 1.72	42.5 1.41 1.68	0	0	0	0
<i>Time:</i> 2:41.30	<i>2/3</i>	43.5 1.38 1.93	43 1.40 1.71	39 1.54 1.81	39.5 1.52 1.80	0	0	0	0
200 BREAST		:36.40	:42.00	:42.80	:43.30	: .0	: .0	: .0	: .0
LA MIRADA	<i>1/3</i>	45 1.33 1.83	42 1.43 1.70	39 1.54 1.80	37 1.62 1.87	0	0	0	0
1/17/16	<i>1/2</i>	44.5 1.35 1.85	40 1.50 1.79	41 1.46 1.71	42 1.43 1.65	0	0	0	0
<i>Time:</i> 2:44.60	<i>2/3</i>	41.5 1.45 1.99	40 1.50 1.79	37 1.62 1.89	38.5 1.56 1.80	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100			150			200			250			300			350			400				
200 BREAST		:36.70			:41.80			:45.10			:44.10			: .0			: .0			: .0			: .0		
MERCED	<i>1/3</i>	0			0			0			0			0			0			0			0		
4/11/15	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 2:47.70	<i>2/3</i>	0			0			0			0			0			0			0			0		
200 BREAST		:37.50			:43.60			:44.10			:45.70			: .0			: .0			: .0			: .0		
REEDLEY	<i>1/3</i>	50.5	1.19	1.58	37.5	1.60	1.83	36.5	1.64	1.86	36	1.67	1.82	0			0			0			0		
11/28/15	<i>1/2</i>	43	1.40	1.86	39.5	1.52	1.74	39	1.54	1.74	37.5	1.60	1.75	0			0			0			0		
<i>Time:</i> 2:51.00	<i>2/3</i>	41.5	1.45	1.93	39	1.54	1.76	39	1.54	1.74	37	1.62	1.77	0			0			0			0		
200 BREAST		:38.00			:43.60			:45.90			:45.10			: .0			: .0			: .0			: .0		
REEDLEY	<i>1/3</i>	0			0			0			0			0			0			0			0		
4/25/15	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 2:52.60	<i>2/3</i>	0			0			0			0			0			0			0			0		
200 BREAST		:38.40			:43.90			:45.60			:44.70			: .0			: .0			: .0			: .0		
FULLERTON	<i>1/3</i>	52.5	1.14	1.49	45	1.33	1.52	45.5	1.32	1.45	46	1.30	1.46	0			0			0			0		
2/21/15	<i>1/2</i>	47.5	1.26	1.64	46	1.30	1.49	42.5	1.41	1.55	45	1.33	1.49	0			0			0			0		
<i>Time:</i> 2:52.80	<i>2/3</i>	50.5	1.19	1.55	44.5	1.35	1.54	45	1.33	1.46	0			0			0			0			0		
200 FLY		:28.50			:32.30			:32.60			:33.90														
FUTURES	<i>1/3</i>	51	1.18	2.06	45.5	1.32	2.04	45.5	1.32	2.02	44.5	1.35	1.99												
8/02/18	<i>1/2</i>	45	1.33	2.34	44.5	1.35	2.09	46	1.30	2.00	46.5	1.29	1.90												
<i>Time:</i> 2:07.60	<i>2/3</i>	43	1.40	2.45	46	1.30	2.02	47	1.28	1.96	48.5	1.24	1.82												
200 FLY		:30.02			:34.40			:34.87			:33.75			: .0			: .0			: .0			: .0		
SECTIONALS	<i>1/3</i>	0			0			0			0			0			0			0			0		
7/21/16	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 2:13.04	<i>2/3</i>	0			0			0			0			0			0			0			0		
200 FLY		:29.70			:34.20			:34.60			:34.50														
SMOC	<i>1/3</i>	50	1.20	2.02	45.5	1.32	1.93	43.5	1.38	1.99	44.5	1.35	1.95												
4/28/17	<i>1/2</i>	46	1.30	2.20	44.5	1.35	1.97	46	1.30	1.88	47	1.28	1.85												
<i>Time:</i> 2:13.10	<i>2/3</i>	46.5	1.29	2.17	43	1.40	2.04	45.5	1.32	1.91	45	1.33	1.93												

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250	300	350	400
200 FLY		:29.90			:34.00			:35.10			:34.80			: .0	: .0	: .0	: .0
LA INVITE	<i>1/3</i>	54.5	1.10	1.84	46.5	1.29	1.90	45	1.33	1.90	45.5	1.32	1.89	0	0	0	0
7/14/16	<i>1/2</i>	48	1.25	2.09	43.5	1.38	2.03	44	1.36	1.94	46.5	1.29	1.85	0	0	0	0
<i>Time:</i> 2:14.00	<i>2/3</i>	45	1.33	2.23	49	1.22	1.80	49	1.22	1.74	46.5	1.29	1.85	0	0	0	0
200 FLY		:29.40			:33.30			:34.70			:36.50						
GOLDEN WEST	<i>1/3</i>	44.5	1.35	2.29	44.5	1.35	2.02	44	1.36	1.96	42	1.43	1.96				
2/17/18	<i>1/2</i>	44.5	1.35	2.29	46.5	1.29	1.94	43.5	1.38	1.99	42.5	1.41	1.93				
<i>Time:</i> 2:14.10	<i>2/3</i>	42.5	1.41	2.40	43.5	1.38	2.07	41.5	1.45	2.08	41.5	1.45	1.98				
200 FLY		:29.70			:33.90			:35.30			:35.40						
SMOC	<i>1/3</i>	50	1.20	2.02	45	1.33	1.97	44	1.36	1.93	45.5	1.32	1.86				
4/28/17	<i>1/2</i>	44.5	1.35	2.27	43.5	1.38	2.03	42.5	1.41	2.00	43	1.40	1.97				
<i>Time:</i> 2:14.40	<i>2/3</i>	47.5	1.26	2.13	44	1.36	2.01	43	1.40	1.98	43	1.40	1.97				
200 FLY		:29.30			:33.20			:35.50			:37.60						
MESA	<i>1/3</i>	47.5	1.26	2.16	48.5	1.24	1.86	46.5	1.29	1.82	45	1.33	1.77				
4/12/18	<i>1/2</i>	45	1.33	2.28	46	1.30	1.96	44.5	1.35	1.90	43.5	1.38	1.83				
<i>Time:</i> 2:15.90	<i>2/3</i>	46	1.30	2.23	45.5	1.32	1.99	44	1.36	1.92	43	1.40	1.86				
200 FLY		:29.97			:34.05			:36.01			:35.95			: .0	: .0	: .0	: .0
SECTIONALS	<i>1/3</i>	0			0			0			0			0	0	0	0
7/21/16	<i>1/2</i>	0			0			0			0			0	0	0	0
<i>Time:</i> 2:15.98	<i>2/3</i>	0			0			0			0			0	0	0	0
200 FLY		:30.30			:34.00			:36.00			:36.60			: .0	: .0	: .0	: .0
LA MIRADA	<i>1/3</i>	55.5	1.08	1.78	47.5	1.26	1.86	45.5	1.32	1.83	46	1.30	1.78	0	0	0	0
4/08/16	<i>1/2</i>	47.5	1.26	2.08	45.5	1.32	1.94	44	1.36	1.89	45	1.33	1.82	0	0	0	0
<i>Time:</i> 2:17.10	<i>2/3</i>	46.5	1.29	2.13	44	1.36	2.01	47	1.28	1.77	42	1.43	1.95	0	0	0	0
200 FLY		:31.10			:35.60			:35.70			:34.70			: .0	: .0	: .0	: .0
LA MIRADA	<i>1/3</i>	53.5	1.12	1.80	43	1.40	1.96	46.5	1.29	1.81	50	1.20	1.73	0	0	0	0
4/08/16	<i>1/2</i>	46	1.30	2.10	44.5	1.35	1.89	46	1.30	1.83	47.5	1.26	1.82	0	0	0	0
<i>Time:</i> 2:17.20	<i>2/3</i>	44	1.36	2.19	45	1.33	1.87	44.5	1.35	1.89	48	1.25	1.80	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
200 FLY		:29.70			:34.20			:36.00			:37.30			: .0			: .0			: .0			: .0		
LA INVITE	<i>1/3</i>	54.5	1.10	1.85	48.5	1.24	1.81	44.5	1.35	1.87	44	1.36	1.83	0		0		0		0		0			
7/14/16	<i>1/2</i>	51.5	1.17	1.96	45.5	1.32	1.93	44.5	1.35	1.87	42.5	1.41	1.89	0		0		0		0		0			
<i>Time:</i> 2:17.20	<i>2/3</i>	46	1.30	2.20	46.5	1.29	1.89	47	1.28	1.77	42.5	1.41	1.89	0		0		0		0		0			
200 FLY		:30.30			:35.30			:36.00			:36.60			: .0			: .0			: .0			: .0		
MISSION VIEJO	<i>1/3</i>	57	1.05	1.74	47	1.28	1.81	45	1.33	1.85	46	1.30	1.78	0		0		0		0		0			
2/05/16	<i>1/2</i>	54	1.11	1.83	46	1.30	1.85	46.5	1.29	1.79	46.5	1.29	1.76	0		0		0		0		0			
<i>Time:</i> 2:17.60	<i>2/3</i>	43.5	1.38	2.28	45.5	1.32	1.87	45.5	1.32	1.83	47.5	1.26	1.73	0		0		0		0		0			
200 FLY		:30.90			:35.30			:36.00			:35.50														
LA MIRADA	<i>1/3</i>	47	1.28	2.07	46	1.30	1.85	46.5	1.29	1.79	47	1.28	1.80												
1/15/17	<i>1/2</i>	44	1.36	2.21	45.5	1.32	1.87	42	1.43	1.98	43	1.40	1.97												
<i>Time:</i> 2:17.80	<i>2/3</i>	43	1.40	2.26	42	1.43	2.02	42.5	1.41	1.96	45.5	1.32	1.86												
200 FLY		:30.60			:34.70			:37.00			:37.30			: .0			: .0			: .0			: .0		
SMOC	<i>1/3</i>	0			0			0			0			0		0		0		0		0			
4/29/16	<i>1/2</i>	0			0			0			0			0		0		0		0		0			
<i>Time:</i> 2:19.60	<i>2/3</i>	0			0			0			0			0		0		0		0		0			
200 FLY		:29.90			:35.50			:38.00			:38.80			: .0			: .0			: .0			: .0		
MISSION VIEJO	<i>1/3</i>	54	1.11	1.86	47.5	1.26	1.78	47	1.28	1.68	43	1.40	1.80	0		0		0		0		0			
2/05/16	<i>1/2</i>	52.5	1.14	1.91	44.5	1.35	1.90	43	1.40	1.84	42.5	1.41	1.82	0		0		0		0		0			
<i>Time:</i> 2:22.30	<i>2/3</i>	51.5	1.17	1.95	44	1.36	1.92	42	1.43	1.88	42	1.43	1.84	0		0		0		0		0			
200 FLY		:29.70			:35.10			:38.90			:39.50														
REEDLEY	<i>1/3</i>	50	1.20	2.02	45.5	1.32	1.88	41	1.46	1.88	41.5	1.45	1.83												
3/10/18	<i>1/2</i>	49	1.22	2.06	43.5	1.38	1.96	38.5	1.56	2.00	41	1.46	1.85												
<i>Time:</i> 2:23.12	<i>2/3</i>	46	1.30	2.20	42.5	1.41	2.01	40.5	1.48	1.90	41	1.46	1.85												
200 IM		:28.70			:35.40			:36.80			:32.00														
FUTURES	<i>1/3</i>	50.5	1.19	2.07	47.5	1.26	1.78	41	1.46	1.99	44	1.36	2.13												
8/02/18	<i>1/2</i>	46	1.30	2.27	44.5	1.35	1.90	45	1.33	1.81	42	1.43	2.23												
<i>Time:</i> 2:12.90	<i>2/3</i>	45.5	1.32	2.30	44.5	1.35	1.90	39	1.54	2.09	42.5	1.41	2.21												

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 IM GOLDEN WEST 2/17/18 Time: 2:15.50	1/3 1/2 2/3	:28.70	:35.40	:38.90	:32.50				
200 IM LA INVITE 7/14/16 Time: 2:17.90	1/3 1/2 2/3	:29.20	:38.10	:38.40	:32.20	: .0	: .0	: .0	: .0
		53 1.13 1.94	44.5 1.35 1.77	44.5 1.35 1.76	46 1.30 2.03	0	0	0	0
		56.5 1.06 1.82	42.5 1.41 1.85	44.5 1.35 1.76	45 1.33 2.07	0	0	0	0
		49 1.22 2.10	40.5 1.48 1.94	46.5 1.29 1.68	43.5 1.38 2.14	0	0	0	0
200 IM LA MIRADA 4/08/16 Time: 2:19.50	1/3 1/2 2/3	:29.10	:38.70	:38.40	:33.20	: .0	: .0	: .0	: .0
		52.5 1.14 1.96	31 1.94 2.50	43 1.40 1.82	47.5 1.26 1.90	0	0	0	0
		53 1.13 1.95	36.5 1.64 2.12	42 1.43 1.86	44 1.36 2.05	0	0	0	0
		52 1.15 1.98	33 1.82 2.35	42.5 1.41 1.84	42 1.43 2.15	0	0	0	0
200 IM SMOC 4/24/17 Time: 2:19.60	1/3 1/2 2/3	:29.80	:37.80	:39.20	:32.70				
		49 1.22 2.05	43 1.40 1.85	40 1.50 1.91	41.5 1.45 2.21				
		49.5 1.21 2.03	43 1.40 1.85	39 1.54 1.96	40 1.50 2.29				
		47.5 1.26 2.12	43.5 1.38 1.82	38 1.58 2.01	41 1.46 2.24				
200 IM JO'S 7/23/15 Time: 2:20.60	1/3 1/2 2/3	:31.10	:36.90	:39.80	:32.80	: .0	: .0	: .0	: .0
		0	0	0	0	0	0	0	0
		0	0	0	0	0	0	0	0
		0	0	0	0	0	0	0	0
200 IM LA MIRADA 1/17/17 Time: 2:20.80	1/3 1/2 2/3	:30.20	:37.60	:39.40	:33.40				
		49.5 1.21 2.01	45.5 1.32 1.75	37.5 1.60 2.03	39.5 1.52 2.27				
		47 1.28 2.11	46.5 1.29 1.72	38.5 1.56 1.98	36.5 1.64 2.46				
		46.5 1.29 2.14	40.5 1.48 1.97	41 1.46 1.86	41 1.46 2.19				
200 IM LA MIRADA 1/17/17 Time: 2:20.80	1/3 1/2 2/3	:30.20	:37.60	:39.40	:33.40				
		49.5 1.21 2.01	45.5 1.32 1.75	37.5 1.60 2.03	39.5 1.52 2.27				
		47 1.28 2.11	46.5 1.29 1.72	38.5 1.56 1.98	36.5 1.64 2.46				
		46.5 1.29 2.14	40.5 1.48 1.97	41 1.46 1.86	41 1.46 2.19				

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
200 IM		:29.80			:37.90			:40.00			:33.00														
GOLDEN WEST	<i>1/3</i>	47.5	1.26	2.12	39.5	1.52	2.00	40	1.50	1.88	42	1.43	2.16												
2/18/17	<i>1/2</i>	46.5	1.29	2.16	38	1.58	2.08	39	1.54	1.92	45.5	1.32	2.00												
<i>Time:</i> 2:20.90	<i>2/3</i>	45	1.33	2.24	38	1.58	2.08	38.5	1.56	1.95	40.5	1.48	2.24												
200 IM		:29.50			:38.80			:41.50			:34.60			: .0			: .0			: .0			: .0		
MISSION VIEJO	<i>1/3</i>	57.5	1.04	1.77	52	1.15	1.49	44	1.36	1.64	44.5	1.35	1.95	0				0				0			
2/05/16	<i>1/2</i>	53.5	1.12	1.90	47	1.28	1.65	43	1.40	1.68	41.5	1.45	2.09	0				0				0			
<i>Time:</i> 2:24.50	<i>2/3</i>	49.5	1.21	2.05	48	1.25	1.61	44.5	1.35	1.62	40.5	1.48	2.14	0				0				0			
200 IM		:30.40			:42.40			:41.60			:34.30			: .0			: .0			: .0			: .0		
LA MIRADA	<i>1/3</i>	50	1.20	1.97	37	1.62	1.91	41.5	1.45	1.74	43	1.40	2.03	0				0				0			
1/17/16	<i>1/2</i>	51	1.18	1.93	31.5	1.90	2.25	40	1.50	1.80	42.5	1.41	2.06	0				0				0			
<i>Time:</i> 2:28.90	<i>2/3</i>	48.5	1.24	2.03	31	1.94	2.28	38.5	1.56	1.87	40	1.50	2.19	0				0				0			
400 FREE		:31.50			:35.00			:36.10			:35.20			:36.30			:35.20			:36.50			:34.50		
JO'S	<i>1/3</i>	41.5	1.45	2.29	41.5	1.45	2.07	37.5	1.60	2.22	37.5	1.60	2.27	41	1.46	2.02	41.5	1.45	2.05	41	1.46	2.00	41.5	1.45	2.10
7/23/15	<i>1/2</i>	42.5	1.41	2.24	39.5	1.52	2.17	37.5	1.60	2.22	39.5	1.52	2.16	38.5	1.56	2.15	41	1.46	2.08	38.5	1.56	2.13	43.5	1.38	2.00
<i>Time:</i> 4:40.60	<i>2/3</i>	38.5	1.56	2.47	37	1.62	2.32	38.5	1.56	2.16	38.5	1.56	2.21	39	1.54	2.12	39	1.54	2.19	40	1.50	2.05	40	1.50	2.17
400 FREE		:33.60			:37.70			:38.20			:38.10			:39.70			:39.50			:39.60			:37.20		
REEDLEY	<i>1/3</i>	42.5	1.41	2.10	35.5	1.69	2.24	40	1.50	1.96	36.5	1.64	2.16	36.5	1.64	2.07	35	1.71	2.17	36.5	1.64	2.08	37.5	1.60	2.15
4/25/15	<i>1/2</i>	40	1.50	2.23	36.5	1.64	2.18	37.5	1.60	2.09	42	1.43	1.87	38.5	1.56	1.96	35.5	1.69	2.14	37	1.62	2.05	38	1.58	2.12
<i>Time:</i> 5:03.90	<i>2/3</i>	39	1.54	2.29	37	1.62	2.15	38	1.58	2.07	40	1.50	1.97	36.5	1.64	2.07	38.5	1.56	1.97	37.5	1.60	2.02	38	1.58	2.12
400 IM		:31.00			:35.10			:38.80			:39.40			:41.40			:40.80			:34.20			:33.50		
SMOC	<i>1/3</i>																								
4/28/17	<i>1/2</i>																								
<i>Time:</i> 4:54.20	<i>2/3</i>																								
400 IM		:30.60			:35.50			:39.90			:39.80			:41.50			:42.00			:35.90			:35.00		
SMOC	<i>1/3</i>	49.5	1.21	1.98	42.5	1.41	1.99	41	1.46	1.83	42.5	1.41	1.77	36	1.67	2.01	36.5	1.64	1.96	36	1.67	2.32	37.5	1.60	2.29
4/24/17	<i>1/2</i>	44	1.36	2.23	44	1.36	1.92	40.5	1.48	1.86	40.5	1.48	1.86	37.5	1.60	1.93	36	1.67	1.98	35	1.71	2.39	37.5	1.60	2.29
<i>Time:</i> 5:00.50	<i>2/3</i>	44.5	1.35	2.20	42.5	1.41	1.99	39.5	1.52	1.90	50	1.20	1.51	36.5	1.64	1.98	37	1.62	1.93	37	1.62	2.26	35.5	1.69	2.41

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
400 IM		:30.90			:35.90			:41.10			:41.90			:41.90			:40.70			:34.30			:34.20		
REEDLEY	<i>1/3</i>	53	1.13	1.83	44	1.36	1.90	35.5	1.69	2.06	33	1.82	2.17	43	1.40	1.67	45	1.33	1.64	44.5	1.35	1.97	41	1.46	2.14
4/23/16	<i>1/2</i>	48	1.25	2.02	46	1.30	1.82	34	1.76	2.15	32	1.88	2.24	42.5	1.41	1.68	43.5	1.38	1.69	47	1.28	1.86	43.5	1.38	2.02
<i>Time:</i> 5:01.20	<i>2/3</i>	47	1.28	2.07	47	1.28	1.78	33.5	1.79	2.18	29	2.07	2.47	41.5	1.45	1.73	43.5	1.38	1.69	40	1.50	2.19	40.5	1.48	2.17
50 FREE		:28.30			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
JO'S	<i>1/3</i>	53	1.13	2.00	0			0			0			0			0			0			0		
7/23/15	<i>1/2</i>	50.5	1.19	2.10	0			0			0			0			0			0			0		
<i>Time:</i> :28.30	<i>2/3</i>	47.5	1.26	2.23	0			0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
200 FLY		:29.60			:32.30			:33.50			:33.30			: . 0			: . 0			: . 0			: . 0		
OLYMPIC TRIALS	<i>1/3</i>	54	1.11	1.88	48	1.25	1.93	52	1.15	1.72	50.5	1.19	1.78	0			0			0			0		
6/29/08	<i>1/2</i>	51.5	1.17	1.97	49.5	1.21	1.88	48.5	1.24	1.85	50	1.20	1.80	0			0			0			0		
<i>Time:</i> 2:08.97	<i>2/3</i>	48	1.25	2.11	50.5	1.19	1.84	48.5	1.24	1.85	49.5	1.21	1.82	0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 BREAST		:33.30	:37.30	:37.60	:38.20	: .0	: .0	: .0	: .0
SANTA CLARA	<i>1/3</i>	39 1.54 2.31	36 1.67 2.23	39 1.54 2.05	38.5 1.56 2.04	0	0	0	0
5/31/12	<i>1/2</i>	37.5 1.60 2.40	36.5 1.64 2.20	37.5 1.60 2.13	37.5 1.60 2.09	0	0	0	0
<i>Time: 2:26.40</i>	<i>2/3</i>	36.5 1.64 2.47	36.5 1.64 2.20	36.5 1.64 2.19	39 1.54 2.01	0	0	0	0
200 BREAST		:33.50	:38.40	:38.00	:39.50	: .0	: .0	: .0	: .0
MESA GRAND PRI	<i>1/3</i>	40 1.50 2.24	38 1.58 2.06	38.5 1.56 2.05	39.5 1.52 1.92	0	0	0	0
4/11/13	<i>1/2</i>	39 1.54 2.30	35 1.71 2.23	38.5 1.56 2.05	39.5 1.52 1.92	0	0	0	0
<i>Time: 2:29.60</i>	<i>2/3</i>	37 1.62 2.42	33.5 1.79 2.33	37.5 1.60 2.11	39.5 1.52 1.92	0	0	0	0
400 IM		:29.80	:33.40	:36.70	:36.90	:38.10	:39.00	:32.90	:32.90
SANTA CLARA	<i>1/3</i>	53 1.13 1.90	49.5 1.21 1.81	39 1.54 2.10	39 1.54 2.08	37 1.62 2.13	35.5 1.69 2.17	44 1.36 2.07	43.5 1.38 2.10
5/30/13	<i>1/2</i>	52 1.15 1.94	49.5 1.21 1.81	38 1.58 2.15	38 1.58 2.14	33.5 1.79 2.35	34.5 1.74 2.23	40 1.50 2.28	41 1.46 2.22
<i>Time: 4:40.00</i>	<i>2/3</i>	52 1.15 1.94	49.5 1.21 1.81	37.5 1.60 2.18	36.5 1.64 2.23	34 1.76 2.32	34.5 1.74 2.23	40 1.50 2.28	40 1.50 2.28

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 FREE		:22.80	:24.87	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	47 1.28 2.80	43 1.40 2.81	0	0	0	0	0	0
6/29/08	<i>1/2</i>	43 1.40 3.06	45 1.33 2.68	0	0	0	0	0	0
<i>Time: :47.58</i>	<i>2/3</i>	42.5 1.41 3.10	42.5 1.41 2.84	0	0	0	0	0	0
100 FREE		:22.60	:22.40	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	47.5 1.26 2.79	43 1.40 3.11	0	0	0	0	0	0
6/29/08	<i>1/2</i>	43 1.40 3.09	43.5 1.38 3.08	0	0	0	0	0	0
<i>Time: :48.05</i>	<i>2/3</i>	44 1.36 3.02	42.5 1.41 3.15	0	0	0	0	0	0
100 FREE		:22.70	:25.50	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	49 1.22 2.70	42.5 1.41 2.77	0	0	0	0	0	0
6/29/08	<i>1/2</i>	43.5 1.38 3.04	42.5 1.41 2.77	0	0	0	0	0	0
<i>Time: :48.15</i>	<i>2/3</i>	43 1.40 3.07	40.5 1.48 2.90	0	0	0	0	0	0
100 FREE		:23.50	:27.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SPEEDO	<i>1/3</i>	48.5 1.24 2.63	37 1.62 2.99	0	0	0	0	0	0
4/24/09	<i>1/2</i>	41.5 1.45 3.08	37 1.62 2.99	0	0	0	0	0	0
<i>Time: :50.60</i>	<i>2/3</i>	40 1.50 3.19	37 1.62 2.99	0	0	0	0	0	0
50 FREE		:22.90	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SPEEDO	<i>1/3</i>	56 1.07 2.34	0	0	0	0	0	0	0
4/24/09	<i>1/2</i>	46 1.30 2.85	0	0	0	0	0	0	0
<i>Time: :22.90</i>	<i>2/3</i>	40 1.50 3.28	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 FLY		:25.30	:28.90	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MESA GRAND PRI	<i>1/3</i>	47.5 1.26 2.50	47 1.28 2.21	0	0	0	0	0	0
4/11/13	<i>1/2</i>	52 1.15 2.28	52.5 1.14 1.98	0	0	0	0	0	0
<i>Time: :54.30</i>	<i>2/3</i>	50.5 1.19 2.35	51.5 1.17 2.02	0	0	0	0	0	0
200 BACK		:27.70	:29.90	:30.30	:30.40	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	41.5 1.45 2.61	38.5 1.56 2.61	38 1.58 2.61	39.5 1.52 2.50	0	0	0	0
6/29/08	<i>1/2</i>	39.5 1.52 2.74	37.5 1.60 2.68	37.5 1.60 2.64	38.5 1.56 2.56	0	0	0	0
<i>Time: 1:58.25</i>	<i>2/3</i>	37 1.62 2.93	37 1.62 2.71	36.5 1.64 2.71	38 1.58 2.60	0	0	0	0
200 BACK		:27.60	:30.10	:30.00	:31.00	: : 0	: : 0	: : 0	: : 0
SANTA CLARA	<i>1/3</i>	45.5 1.32 2.39	36.5 1.64 2.73	42 1.43 2.38	41 1.46 2.36	0	0	0	0
6/17/10	<i>1/2</i>	42 1.43 2.59	38 1.58 2.62	40 1.50 2.50	40 1.50 2.42	0	0	0	0
<i>Time: 1:58.70</i>	<i>2/3</i>	42 1.43 2.59	37 1.62 2.69	39.5 1.52 2.53	39 1.54 2.48	0	0	0	0
200 FREE		:25.00	:27.50	:27.10	:26.20	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	40.5 1.48 2.96	36.5 1.64 2.99	38 1.58 2.91	46.5 1.29 2.46	0	0	0	0
6/29/08	<i>1/2</i>	37.5 1.60 3.20	36.5 1.64 2.99	40 1.50 2.77	46 1.30 2.49	0	0	0	0
<i>Time: 1:45.61</i>	<i>2/3</i>	40 1.50 3.00	35.5 1.69 3.07	39.5 1.52 2.80	44.5 1.35 2.57	0	0	0	0
200 IM		:25.60	:28.70	:33.40	:27.10	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	49.5 1.21 2.37	45 1.33 2.32	35.5 1.69 2.53	48 1.25 2.31	0	0	0	0
6/29/08	<i>1/2</i>	45 1.33 2.60	42.5 1.41 2.46	36 1.67 2.50	48 1.25 2.31	0	0	0	0
<i>Time: 1:55.22</i>	<i>2/3</i>	49 1.22 2.39	39.5 1.52 2.65	37 1.62 2.43	45 1.33 2.46	0	0	0	0
200 IM		:25.70	:29.70	:33.20	:28.50	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	49.5 1.21 2.36	39 1.54 2.59	36.5 1.64 2.48	35.5 1.69 2.97	0	0	0	0
6/29/08	<i>1/2</i>	43.5 1.38 2.68	39 1.54 2.59	35.5 1.69 2.55	36 1.67 2.92	0	0	0	0
<i>Time: 1:57.57</i>	<i>2/3</i>	42.5 1.41 2.75	38.5 1.56 2.62	35.5 1.69 2.55	36.5 1.64 2.88	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
200 IM		:27.10			:31.90			:34.60			:30.20			: . 0			: . 0			: . 0			: . 0		
SANTA CLARA	<i>1/3</i>	46.5	1.29	2.38	37.5	1.60	2.51	40.5	1.48	2.14	36.5	1.64	2.72	0		0		0		0		0		0	
6/16/11	<i>1/2</i>	48.5	1.24	2.28	36	1.67	2.61	39.5	1.52	2.20	38	1.58	2.61	0		0		0		0		0		0	
<i>Time:</i> 2:04.00	<i>2/3</i>	46	1.30	2.41	35	1.71	2.69	38	1.58	2.28	35.5	1.69	2.80	0		0		0		0		0		0	
400 IM		:26.20			:30.30			:35.60			:31.20			:35.40			:37.10			:29.90			:29.40		
SANTA CLARA	<i>1/3</i>	45	1.33	2.54	46	1.30	2.15	39.5	1.52	2.13	37	1.62	2.60	36	1.67	2.35	38	1.58	2.13	39	1.54	2.57	40	1.50	2.55
5/30/13	<i>1/2</i>	45	1.33	2.54	44	1.36	2.25	38.5	1.56	2.19	36	1.67	2.67	35.5	1.69	2.39	36	1.67	2.25	40	1.50	2.51	39.5	1.52	2.58
<i>Time:</i> 4:22.50	<i>2/3</i>	44	1.36	2.60	44	1.36	2.25	36	1.67	2.34	35	1.71	2.75	35.5	1.69	2.39	36	1.67	2.25	38.5	1.56	2.61	39	1.54	2.62

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
100 FLY		:26.90			:31.21			: : .0			: : .0			: : .0			: : .0			: : .0			: : .0		
OLYMPIC TRIALS	<i>1/3</i>	53.5	1.12	2.08	51	1.18	1.88	0		0		0		0		0		0		0		0		0	
6/29/08	<i>1/2</i>	56.5	1.06	1.97	49.5	1.21	1.94	0		0		0		0		0		0		0		0		0	
<i>Time:</i> :58.11	<i>2/3</i>	55.5	1.08	2.01	47	1.28	2.05	0		0		0		0		0		0		0		0		0	

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>	<i>100</i>	<i>150</i>	<i>200</i>	<i>250</i>	<i>300</i>	<i>350</i>	<i>400</i>
50 FREE		:25.90	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MESA GRAND PRI	<i>1/3</i>	54.5 1.10 2.13	0	0	0	0	0	0	0
4/24/14	<i>1/2</i>	51 1.18 2.27	0	0	0	0	0	0	0
<i>Time:</i> :25.90	<i>2/3</i>	50.5 1.19 2.29	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BACK		:34.40	:36.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
LA INVITE	<i>1/3</i>	58.5 1.03 1.49	44.5 1.35 1.86	0	0	0	0	0	0
7/09/15	<i>1/2</i>	49 1.22 1.78	48.5 1.24 1.70	0	0	0	0	0	0
<i>Time: 1:10.80</i>	<i>2/3</i>	47 1.28 1.86	43.5 1.38 1.90	0	0	0	0	0	0
100 BACK		:34.50	:36.60	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SECTIONALS	<i>1/3</i>	55 1.09 1.58	51 1.18 1.61	0	0	0	0	0	0
7/17/13	<i>1/2</i>	46.5 1.29 1.87	48 1.25 1.71	0	0	0	0	0	0
<i>Time: 1:10.90</i>	<i>2/3</i>	47 1.28 1.85	49.5 1.21 1.66	0	0	0	0	0	0
100 BACK		:34.80	:37.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SPEEDO GC	<i>1/3</i>	55.5 1.08 1.55	51 1.18 1.59	0	0	0	0	0	0
5/23/14	<i>1/2</i>	54.5 1.10 1.58	49 1.22 1.65	0	0	0	0	0	0
<i>Time: 1:11.90</i>	<i>2/3</i>	48.5 1.24 1.78	49 1.22 1.65	0	0	0	0	0	0
100 BACK		:34.70	:37.20	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
LA INVITE	<i>1/3</i>	56.5 1.06 1.53	46 1.30 1.75	0	0	0	0	0	0
7/14/16	<i>1/2</i>	50.5 1.19 1.71	42.5 1.41 1.90	0	0	0	0	0	0
<i>Time: 1:11.90</i>	<i>2/3</i>	46.5 1.29 1.86	42 1.43 1.92	0	0	0	0	0	0
100 BACK		:35.30	:37.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SMOC	<i>1/3</i>	54.5 1.10 1.56	49.5 1.21 1.62	0	0	0	0	0	0
6/26/14	<i>1/2</i>	50.5 1.19 1.68	51.5 1.17 1.56	0	0	0	0	0	0
<i>Time: 1:12.70</i>	<i>2/3</i>	48.5 1.24 1.75	44.5 1.35 1.81	0	0	0	0	0	0
100 BACK		:35.00	:37.80	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
LAI	<i>1/3</i>	62.5 0.96 1.37	50 1.20 1.59	0	0	0	0	0	0
7/18/14	<i>1/2</i>	52 1.15 1.65	44.5 1.35 1.78	0	0	0	0	0	0
<i>Time: 1:12.90</i>	<i>2/3</i>	47 1.28 1.82	46 1.30 1.73	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BACK		:38.60	:39.20	: :0	: :0	: :0	: :0	: :0	: :0
CLOVIS	<i>1/3</i>	0	0	0	0	0	0	0	0
3/22/14	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:17.80</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BACK		:38.60	:40.00	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/16/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:18.60</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BACK		:38.20	:40.70	: :0	: :0	: :0	: :0	: :0	: :0
JO'S	<i>1/3</i>	49 1.22 1.60	47 1.28 1.57	0	0	0	0	0	0
7/29/10	<i>1/2</i>	46 1.30 1.71	46 1.30 1.60	0	0	0	0	0	0
<i>Time: 1:18.90</i>	<i>2/3</i>	46 1.30 1.71	43.5 1.38 1.69	0	0	0	0	0	0
100 BACK		:38.30	:40.80	: :0	: :0	: :0	: :0	: :0	: :0
JO'S	<i>1/3</i>	46 1.30 1.70	42 1.43 1.75	0	0	0	0	0	0
7/29/10	<i>1/2</i>	44 1.36 1.78	44 1.36 1.67	0	0	0	0	0	0
<i>Time: 1:19.20</i>	<i>2/3</i>	42.5 1.41 1.84	42 1.43 1.75	0	0	0	0	0	0
100 BACK		:39.70	:40.90	: :0	: :0	: :0	: :0	: :0	: :0
VALLEJO	<i>1/3</i>	0	0	0	0	0	0	0	0
5/07/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:20.79</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BACK		:42.20	:42.50	: :0	: :0	: :0	: :0	: :0	: :0
PORTERVILLE	<i>1/3</i>	0	0	0	0	0	0	0	0
3/14/09	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:24.70</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BACK		:43.70	:45.20	: :0	: :0	: :0	: :0	: :0	: :0
JUNIOR OLYMPIC	<i>1/3</i>	0	0	0	0	0	0	0	0
7/24/08	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:28.90</i>	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BACK		:44.90	:47.10	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/26/08	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:32.00	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:40.50	:44.40	: :0	: :0	: :0	: :0	: :0	: :0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/28/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:24.90	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:40.60	:44.00	: :0	: :0	: :0	: :0	: :0	: :0
FULLERTON	<i>1/3</i>	53 1.13 1.39	41.5 1.45 1.64	0	0	0	0	0	0
1/26/13	<i>1/2</i>	46 1.30 1.61	44 1.36 1.55	0	0	0	0	0	0
<i>Time:</i> 1:25.00	<i>2/3</i>	47.5 1.26 1.56	47 1.28 1.45	0	0	0	0	0	0
100 BREAST		:40.10	:45.20	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/16/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:25.30	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:40.60	:45.10	: :0	: :0	: :0	: :0	: :0	: :0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/28/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:25.70	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:41.00	:45.30	: :0	: :0	: :0	: :0	: :0	: :0
REEDLEY	<i>1/3</i>	0	0	0	0	0	0	0	0
3/21/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:26.30	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:41.50	:45.10	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/11/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:26.60	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:42.80	:46.30	: :0	: :0	: :0	: :0	: :0	: :0
CLOVIS	<i>1/3</i>	0	0	0	0	0	0	0	0
3/22/14	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:29.10	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:44.80	:48.40	: :0	: :0	: :0	: :0	: :0	: :0
BAKERSFIELD	<i>1/3</i>	0	0	0	0	0	0	0	0
5/01/10	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:33.20	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:46.10	:51.00	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/04/09	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:37.10	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FLY		:36.20	:40.50	: :0	: :0	: :0	: :0	: :0	: :0
FULLERTON	<i>1/3</i>	56 1.07 1.48	44 1.36 1.68	0	0	0	0	0	0
1/26/13	<i>1/2</i>	49.5 1.21 1.67	47.5 1.26 1.56	0	0	0	0	0	0
<i>Time:</i> 1:16.80	<i>2/3</i>	44.5 1.35 1.86	40.5 1.48 1.83	0	0	0	0	0	0
100 FLY		:36.10	:43.10	: :0	: :0	: :0	: :0	: :0	: :0
VALLEJO	<i>1/3</i>	0	0	0	0	0	0	0	0
5/07/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:19.30	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FLY		:36.60	:44.00	: :0	: :0	: :0	: :0	: :0	: :0
CLOVIS	<i>1/3</i>	0	0	0	0	0	0	0	0
3/22/14	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:20.60	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FLY		:37.60	:43.40	: :0	: :0	: :0	: :0	: :0	: :0
SLO	<i>1/3</i>	0	0	0	0	0	0	0	0
7/01/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:21.00	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100		150	200	250	300	350	400
100 FLY		:41.70	:49.30		: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0		0	0	0	0	0	0
4/04/09	<i>1/2</i>	0	0		0	0	0	0	0	0
<i>Time:</i> 1:31.00	<i>2/3</i>	0	0		0	0	0	0	0	0
100 FREE		:26.50	:28.70		: :0	: :0	: :0	: :0	: :0	: :0
SECTIONALS	<i>1/3</i>	53 1.13 2.14	49 1.22 2.13		0	0	0	0	0	0
7/17/13	<i>1/2</i>	48.5 1.24 2.33	53 1.13 1.97		0	0	0	0	0	0
<i>Time:</i> :55.20	<i>2/3</i>	45.5 1.32 2.49	49 1.22 2.13		0	0	0	0	0	0
100 FREE		:28.80	:30.90		: :0	: :0	: :0	: :0	: :0	: :0
LA INVITE	<i>1/3</i>	52.5 1.14 1.98	47 1.28 2.07		0	0	0	0	0	0
7/12/12	<i>1/2</i>	48.5 1.24 2.15	51.5 1.17 1.89		0	0	0	0	0	0
<i>Time:</i> :58.90	<i>2/3</i>	46 1.30 2.26	49 1.22 1.98		0	0	0	0	0	0
100 FREE		:30.50	:32.90		: :0	: :0	: :0	: :0	: :0	: :0
SECTIONALS	<i>1/3</i>	53 1.13 1.86	51 1.18 1.79		0	0	0	0	0	0
7/17/15	<i>1/2</i>	50 1.20 1.97	47 1.28 1.94		0	0	0	0	0	0
<i>Time:</i> 1:03.50	<i>2/3</i>	49.5 1.21 1.99	46.5 1.29 1.96		0	0	0	0	0	0
100 FREE		:30.70	:33.20		: :0	: :0	: :0	: :0	: :0	: :0
REEDLEY	<i>1/3</i>	0	0		0	0	0	0	0	0
3/21/15	<i>1/2</i>	0	0		0	0	0	0	0	0
<i>Time:</i> 1:03.90	<i>2/3</i>	0	0		0	0	0	0	0	0
100 FREE		:31.50	:33.40		: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0		0	0	0	0	0	0
4/12/14	<i>1/2</i>	0	0		0	0	0	0	0	0
<i>Time:</i> 1:04.90	<i>2/3</i>	0	0		0	0	0	0	0	0
100 FREE		:31.40	:33.60		: :0	: :0	: :0	: :0	: :0	: :0
REEDLEY	<i>1/3</i>	55.5 1.08 1.72	54 1.11 1.65		0	0	0	0	0	0
11/28/15	<i>1/2</i>	47.5 1.26 2.01	48.5 1.24 1.84		0	0	0	0	0	0
<i>Time:</i> 1:05.00	<i>2/3</i>	46.5 1.29 2.05	44.5 1.35 2.01		0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 FREE		:31.40	:33.80	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/11/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:05.20	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FREE		:31.70	:33.70	: :0	: :0	: :0	: :0	: :0	: :0
FULLERTON	<i>1/3</i>	0	0	0	0	0	0	0	0
1/26/13	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:05.40	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FREE		:32.50	:34.50	: :0	: :0	: :0	: :0	: :0	: :0
SLO	<i>1/3</i>	50.5 1.19 1.83	50 1.20 1.74	0	0	0	0	0	0
7/01/11	<i>1/2</i>	52.5 1.14 1.76	47 1.28 1.85	0	0	0	0	0	0
<i>Time:</i> 1:07.10	<i>2/3</i>	47.5 1.26 1.94	46 1.30 1.89	0	0	0	0	0	0
100 FREE		:32.80	:35.20	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/16/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:08.10	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FREE		:32.90	:36.10	: :0	: :0	: :0	: :0	: :0	: :0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/28/10	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:09.00	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FREE		:34.20	:36.30	: :0	: :0	: :0	: :0	: :0	: :0
SLO	<i>1/3</i>	52.5 1.14 1.67	48.5 1.24 1.70	0	0	0	0	0	0
7/02/10	<i>1/2</i>	48 1.25 1.83	51.5 1.17 1.60	0	0	0	0	0	0
<i>Time:</i> 1:10.52	<i>2/3</i>	46 1.30 1.91	48 1.25 1.72	0	0	0	0	0	0
100 FREE		:35.80	:38.60	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/04/09	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:14.40	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 FREE		:37.60	:40.70	: .0	: .0	: .0	: .0	: .0	: .0
BAKERSFIELD	<i>1/3</i>	0	0	0	0	0	0	0	0
5/03/08	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:18.30	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FREE		:39.80	:43.10	: .0	: .0	: .0	: .0	: .0	: .0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/26/08	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:22.90	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FREE		:41.00	:43.00	: .0	: .0	: .0	: .0	: .0	: .0
LAKE FOREST	<i>1/3</i>	44.5 1.35 1.64	49.5 1.21 1.41	0	0	0	0	0	0
3/15/08	<i>1/2</i>	40.5 1.48 1.81	45 1.33 1.55	0	0	0	0	0	0
<i>Time:</i> 1:24.30	<i>2/3</i>	42 1.43 1.74	44 1.36 1.59	0	0	0	0	0	0
200 BACK		:34.60	:37.50	:37.80	:36.50	: .0	: .0	: .0	: .0
LA INVITE	<i>1/3</i>	54 1.11 1.61	43.5 1.38 1.84	43.5 1.38 1.82	40.5 1.48 2.03	0	0	0	0
7/09/15	<i>1/2</i>	47 1.28 1.84	42 1.43 1.90	43 1.40 1.85	47.5 1.26 1.73	0	0	0	0
<i>Time:</i> 2:26.60	<i>2/3</i>	44.5 1.35 1.95	41 1.46 1.95	44 1.36 1.80	44.5 1.35 1.85	0	0	0	0
200 BACK		:34.40	:37.00	:38.10	:37.60	: .0	: .0	: .0	: .0
SECTIONALS	<i>1/3</i>	52 1.15 1.68	46 1.30 1.76	49.5 1.21 1.59	44.5 1.35 1.79	0	0	0	0
7/17/13	<i>1/2</i>	46.5 1.29 1.88	46 1.30 1.76	47.5 1.26 1.66	43 1.40 1.86	0	0	0	0
<i>Time:</i> 2:27.70	<i>2/3</i>	46.5 1.29 1.88	44 1.36 1.84	41.5 1.45 1.90	39.5 1.52 2.02	0	0	0	0
200 BACK		:34.20	:37.40	:39.50	:37.40	: .0	: .0	: .0	: .0
SMOC	<i>1/3</i>	52 1.15 1.69	45.5 1.32 1.76	40.5 1.48 1.88	51.5 1.17 1.56	0	0	0	0
6/26/15	<i>1/2</i>	47.5 1.26 1.85	45.5 1.32 1.76	42 1.43 1.81	41.5 1.45 1.93	0	0	0	0
<i>Time:</i> 2:28.70	<i>2/3</i>	46.5 1.29 1.89	40.5 1.48 1.98	41 1.46 1.85	40.5 1.48 1.98	0	0	0	0
200 BACK		:35.10	:38.30	:38.70	:37.50	: .0	: .0	: .0	: .0
SMOC	<i>1/3</i>	59 1.02 1.45	42.5 1.41 1.84	45.5 1.32 1.70	45.5 1.32 1.76	0	0	0	0
4/29/16	<i>1/2</i>	49 1.22 1.74	41.5 1.45 1.89	40 1.50 1.94	45 1.33 1.78	0	0	0	0
<i>Time:</i> 2:29.70	<i>2/3</i>	44 1.36 1.94	40.5 1.48 1.93	39 1.54 1.99	43 1.40 1.86	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
200 BACK		:34.50			:39.00			:38.80			:37.70			: .0			: .0			: .0			: .0		
LA INVITE	<i>1/3</i>	55	1.09	1.58	47.5	1.26	1.62	40	1.50	1.93	42	1.43	1.89	0		0		0		0		0		0	
7/14/16	<i>1/2</i>	48	1.25	1.81	42	1.43	1.83	41	1.46	1.89	43.5	1.38	1.83	0		0		0		0		0		0	
<i>Time:</i> 2:30.20	<i>2/3</i>	47	1.28	1.85	41	1.46	1.88	40.5	1.48	1.91	42.5	1.41	1.87	0		0		0		0		0		0	
200 BACK		:34.40			:38.30			:39.70			:38.60			: .0			: .0			: .0			: .0		
LAI	<i>1/3</i>	53.5	1.12	1.63	51	1.18	1.54	41	1.46	1.84	46	1.30	1.69	0		0		0		0		0		0	
7/18/14	<i>1/2</i>	48	1.25	1.82	41.5	1.45	1.89	42	1.43	1.80	43	1.40	1.81	0		0		0		0		0		0	
<i>Time:</i> 2:31.10	<i>2/3</i>	48	1.25	1.82	41	1.46	1.91	38.5	1.56	1.96	43	1.40	1.81	0		0		0		0		0		0	
200 BACK		:34.80			:38.40			:39.70			:39.00			: .0			: .0			: .0			: .0		
SECTIONALS	<i>1/3</i>	52.5	1.14	1.64	45	1.33	1.74	43	1.40	1.76	41	1.46	1.88	0		0		0		0		0		0	
7/17/15	<i>1/2</i>	45.5	1.32	1.89	45	1.33	1.74	46	1.30	1.64	45	1.33	1.71	0		0		0		0		0		0	
<i>Time:</i> 2:32.00	<i>2/3</i>	48.5	1.24	1.78	43	1.40	1.82	42	1.43	1.80	42	1.43	1.83	0		0		0		0		0		0	
200 BACK		:35.90			:38.10			:39.50			:38.90			: .0			: .0			: .0			: .0		
SPEEDO GC	<i>1/3</i>	54.5	1.10	1.53	46	1.30	1.71	51	1.18	1.49	45.5	1.32	1.69	0		0		0		0		0		0	
5/23/14	<i>1/2</i>	48.5	1.24	1.72	44.5	1.35	1.77	43.5	1.38	1.75	44.5	1.35	1.73	0		0		0		0		0		0	
<i>Time:</i> 2:32.47	<i>2/3</i>	44	1.36	1.90	39.5	1.52	1.99	41	1.46	1.85	46.5	1.29	1.66	0		0		0		0		0		0	
200 BACK		:35.60			:38.20			:40.20			:39.50			: .0			: .0			: .0			: .0		
SMOC	<i>1/3</i>	56	1.07	1.50	46	1.30	1.71	43	1.40	1.74	40.5	1.48	1.88	0		0		0		0		0		0	
6/26/14	<i>1/2</i>	50.5	1.19	1.67	45.5	1.32	1.73	43.5	1.38	1.72	38	1.58	2.00	0		0		0		0		0		0	
<i>Time:</i> 2:33.70	<i>2/3</i>	47	1.28	1.79	40	1.50	1.96	40.5	1.48	1.84	41	1.46	1.85	0		0		0		0		0		0	
200 BACK		:37.80			:39.90			:40.30			:38.50			: .0			: .0			: .0			: .0		
LA INVITE	<i>1/3</i>	0			0			0			0			0		0		0		0		0		0	
7/12/12	<i>1/2</i>	0			0			0			0			0		0		0		0		0		0	
<i>Time:</i> 2:36.60	<i>2/3</i>	0			0			0			0			0		0		0		0		0		0	
200 BACK		:36.20			:40.40			:40.40			:39.50			: .0			: .0			: .0			: .0		
LA MIRADA	<i>1/3</i>	46.5	1.29	1.78	41.5	1.45	1.79	43.5	1.38	1.71	43.5	1.38	1.75	0		0		0		0		0		0	
4/08/16	<i>1/2</i>	45.5	1.32	1.82	41.5	1.45	1.79	44.5	1.35	1.67	40.5	1.48	1.88	0		0		0		0		0		0	
<i>Time:</i> 2:36.90	<i>2/3</i>	41	1.46	2.02	37	1.62	2.01	39	1.54	1.90	38.5	1.56	1.97	0		0		0		0		0		0	

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 BACK		:37.80	:40.90	:41.50	:39.50	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/12/14	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:38.80	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BACK		: :0	1:18.20	: :0	1:22.20	: :0	: :0	: :0	: :0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/28/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:40.40	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BACK		:39.10	:42.10	:41.10	:39.80	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/16/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:42.20	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BACK		:39.40	:41.80	:41.10	:40.50	: :0	: :0	: :0	: :0
IMX	<i>1/3</i>	0	0	0	0	0	0	0	0
5/14/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:42.90	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BACK		:39.30	:42.00	:42.40	:42.10	: :0	: :0	: :0	: :0
VALLEJO	<i>1/3</i>	0	0	0	0	0	0	0	0
5/07/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:45.90	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BACK		:40.20	:42.70	:42.80	:41.30	: :0	: :0	: :0	: :0
CLOVIS SENIOR	<i>1/3</i>	41 1.46 1.82	37.5 1.60 1.87	39.5 1.52 1.77	42.5 1.41 1.71	0	0	0	0
7/17/10	<i>1/2</i>	38.5 1.56 1.94	39 1.54 1.80	40.5 1.48 1.73	41 1.46 1.77	0	0	0	0
<i>Time:</i> 2:47.10	<i>2/3</i>	38 1.58 1.96	37.5 1.60 1.87	37 1.62 1.89	40.5 1.48 1.79	0	0	0	0
200 BACK		:39.60	:43.60	:42.70	:41.40	: :0	: :0	: :0	: :0
SLO	<i>1/3</i>	0	0	0	0	0	0	0	0
7/02/10	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:47.30	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100			150			200			250			300			350			400				
200 BACK		:46.10			:48.00			:47.60			:46.90			: .0			: .0			: .0			: .0		
BAKERSFIELD	<i>1/3</i>	0			0			0			0			0			0			0			0		
5/03/08	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 3:08.70	<i>2/3</i>	0			0			0			0			0			0			0			0		
200 BREAST		:40.70			:44.20			:43.50			:43.60			: .0			: .0			: .0			: .0		
LA INVITE	<i>1/3</i>	43	1.40	1.71	38	1.58	1.79	46.5	1.29	1.48	47.5	1.26	1.45	0			0			0			0		
7/12/12	<i>1/2</i>	37.5	1.60	1.97	36.5	1.64	1.86	47	1.28	1.47	49	1.22	1.40	0			0			0			0		
<i>Time:</i> 2:52.20	<i>2/3</i>	37	1.62	1.99	38	1.58	1.79	41	1.46	1.68	52	1.15	1.32	0			0			0			0		
200 BREAST		:39.10			:44.30			:45.10			:45.00			: .0			: .0			: .0			: .0		
SECTIONALS	<i>1/3</i>	57.5	1.04	1.33	51.5	1.17	1.31	53	1.13	1.26	51.5	1.17	1.29	0			0			0			0		
7/26/12	<i>1/2</i>	58	1.03	1.32	46	1.30	1.47	47	1.28	1.42	46.5	1.29	1.43	0			0			0			0		
<i>Time:</i> 2:53.50	<i>2/3</i>	53	1.13	1.45	41	1.46	1.65	50	1.20	1.33	47.5	1.26	1.40	0			0			0			0		
200 BREAST		:39.80			:44.20			:45.30			:44.20			: .0			: .0			: .0			: .0		
LA INVITE	<i>1/3</i>	42.5	1.41	1.77	43	1.40	1.58	40.5	1.48	1.64	44	1.36	1.54	0			0			0			0		
7/12/12	<i>1/2</i>	46.5	1.29	1.62	44	1.36	1.54	45.5	1.32	1.46	40	1.50	1.70	0			0			0			0		
<i>Time:</i> 2:53.70	<i>2/3</i>	45	1.33	1.68	43	1.40	1.58	43.5	1.38	1.52	0			0			0			0			0		
200 BREAST		:41.30			:45.30			:44.30			:44.80			: .0			: .0			: .0			: .0		
FULLERTON	<i>1/3</i>	38	1.58	1.91	36	1.67	1.84	38.5	1.56	1.76	37.5	1.60	1.79	0			0			0			0		
1/26/13	<i>1/2</i>	36.5	1.64	1.99	34	1.76	1.95	39	1.54	1.74	40	1.50	1.67	0			0			0			0		
<i>Time:</i> 2:55.90	<i>2/3</i>	36.5	1.64	1.99	34.5	1.74	1.92	37	1.62	1.83	41.5	1.45	1.61	0			0			0			0		
200 BREAST		:39.70			:46.20			:45.00			:45.70			: .0			: .0			: .0			: .0		
MERCED	<i>1/3</i>	0			0			0			0			0			0			0			0		
4/16/11	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 2:56.60	<i>2/3</i>	0			0			0			0			0			0			0			0		
200 BREAST		: .0			1:25.60			: .0			1:31.50			: .0			: .0			: .0			: .0		
JO'S	<i>1/3</i>	0			0			0			0			0			0			0			0		
7/28/11	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 2:57.10	<i>2/3</i>	0			0			0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 BREAST		:41.50	:45.80	:46.00	:46.10	: .0	: .0	: .0	: .0
REEDLEY	<i>1/3</i>	0	0	0	0	0	0	0	0
3/21/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:59.40	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BREAST		:42.80	:45.90	:45.70	:45.50	: .0	: .0	: .0	: .0
FRESNO	<i>1/3</i>	0	0	0	0	0	0	0	0
5/03/14	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:59.90	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BREAST		:42.00	:46.00	:46.30	:46.30	: .0	: .0	: .0	: .0
IMX	<i>1/3</i>	0	0	0	0	0	0	0	0
5/14/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 3:00.70	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BREAST		:41.10	:46.80	:46.30	:46.50	: .0	: .0	: .0	: .0
MERCED	<i>1/3</i>	46 1.30 1.59	37 1.62 1.73	41.5 1.45 1.56	44 1.36 1.47	0	0	0	0
4/11/15	<i>1/2</i>	44 1.36 1.66	38 1.58 1.69	41.5 1.45 1.56	44 1.36 1.47	0	0	0	0
<i>Time:</i> 3:00.90	<i>2/3</i>	41.5 1.45 1.76	35.5 1.69 1.81	52 1.15 1.25	48 1.25 1.34	0	0	0	0
200 BREAST		:43.20	:46.10	:46.40	:45.80	: .0	: .0	: .0	: .0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/12/14	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 3:01.00	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BREAST		:41.70	:46.80	:46.90	:47.80	: .0	: .0	: .0	: .0
CLOVIS SENIOR	<i>1/3</i>	55.5 1.08 1.30	44 1.36 1.46	50.5 1.19 1.27	50.5 1.19 1.24	0	0	0	0
7/17/10	<i>1/2</i>	49.5 1.21 1.45	44.5 1.35 1.44	49.5 1.21 1.29	52.5 1.14 1.20	0	0	0	0
<i>Time:</i> 3:03.40	<i>2/3</i>	47.5 1.26 1.51	45.5 1.32 1.41	55 1.09 1.16	48.5 1.24 1.29	0	0	0	0
200 BREAST		:44.90	:49.90	:49.20	:48.30	: .0	: .0	: .0	: .0
BAKERSFIELD	<i>1/3</i>	0	0	0	0	0	0	0	0
5/01/10	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 3:12.30	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 FLY		:39.40	:44.50	:44.90	:44.60	: :0	: :0	: :0	: :0
SLO	<i>1/3</i>	0	0	0	0	0	0	0	0
7/01/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:53.50	<i>2/3</i>	0	0	0	0	0	0	0	0
200 FLY		: :0	1:27.40	: :0	1:31.40	: :0	: :0	: :0	: :0
IMX	<i>1/3</i>	0	0	0	0	0	0	0	0
5/14/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:58.80	<i>2/3</i>	0	0	0	0	0	0	0	0
200 FREE		:30.80	:33.70	:34.30	:33.60	: :0	: :0	: :0	: :0
LA INVITE	<i>1/3</i>	53.5 1.12 1.82	44.5 1.35 2.00	46 1.30 1.90	47.5 1.26 1.88	0	0	0	0
7/09/15	<i>1/2</i>	46 1.30 2.12	47 1.28 1.89	44.5 1.35 1.97	48 1.25 1.86	0	0	0	0
<i>Time:</i> 2:12.70	<i>2/3</i>	45 1.33 2.16	47 1.28 1.89	44.5 1.35 1.97	46 1.30 1.94	0	0	0	0
200 FREE		:31.00	:33.50	:34.70	:33.80	: :0	: :0	: :0	: :0
SMOC	<i>1/3</i>	55.5 1.08 1.74	46 1.30 1.95	45 1.33 1.92	45.5 1.32 1.95	0	0	0	0
6/26/15	<i>1/2</i>	46 1.30 2.10	45 1.33 1.99	43.5 1.38 1.99	48 1.25 1.85	0	0	0	0
<i>Time:</i> 2:13.20	<i>2/3</i>	45 1.33 2.15	45.5 1.32 1.97	41.5 1.45 2.08	0	0	0	0	0
200 FREE		:30.50	:34.00	:34.70	:34.10	: :0	: :0	: :0	: :0
LA INVITE	<i>1/3</i>	54.5 1.10 1.80	45 1.33 1.96	45.5 1.32 1.90	47 1.28 1.87	0	0	0	0
7/14/16	<i>1/2</i>	47.5 1.26 2.07	42.5 1.41 2.08	45 1.33 1.92	44 1.36 2.00	0	0	0	0
<i>Time:</i> 2:13.40	<i>2/3</i>	45.5 1.32 2.16	42 1.43 2.10	49.5 1.21 1.75	45 1.33 1.96	0	0	0	0
200 FREE		:30.80	:33.90	:34.80	:34.40	: :0	: :0	: :0	: :0
LAI	<i>1/3</i>	52 1.15 1.87	46.5 1.29 1.90	46.5 1.29 1.85	50.5 1.19 1.73	0	0	0	0
7/18/14	<i>1/2</i>	49.5 1.21 1.97	46.5 1.29 1.90	47 1.28 1.83	46 1.30 1.90	0	0	0	0
<i>Time:</i> 2:14.00	<i>2/3</i>	46.5 1.29 2.09	45.5 1.32 1.94	44.5 1.35 1.94	43 1.40 2.03	0	0	0	0
200 FREE		:31.20	:34.10	:34.40	:35.00	: :0	: :0	: :0	: :0
LA MIRADA	<i>1/3</i>	48.5 1.24 1.98	45.5 1.32 1.93	47.5 1.26 1.84	47.5 1.26 1.80	0	0	0	0
1/17/16	<i>1/2</i>	45 1.33 2.14	44 1.36 2.00	46.5 1.29 1.88	43.5 1.38 1.97	0	0	0	0
<i>Time:</i> 2:14.80	<i>2/3</i>	44.5 1.35 2.16	48.5 1.24 1.81	44 1.36 1.98	46 1.30 1.86	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
200 FREE		:31.20			:34.80			:33.90			:34.90			: .0			: .0			: .0			: .0		
LA MIRADA	<i>1/3</i>	51	1.18	1.89	44.5	1.35	1.94	47	1.28	1.88	49.5	1.21	1.74	0			0			0			0		
4/08/16	<i>1/2</i>	45.5	1.32	2.11	44	1.36	1.96	51.5	1.17	1.72	43.5	1.38	1.98	0			0			0			0		
<i>Time:</i> 2:14.90	<i>2/3</i>	44.5	1.35	2.16	47	1.28	1.83	42	1.43	2.11	42.5	1.41	2.02	0			0			0			0		
200 FREE		:30.90			:34.40			:34.80			:34.80			: .0			: .0			: .0			: .0		
SECTIONALS	<i>1/3</i>	55.5	1.08	1.75	46	1.30	1.90	44.5	1.35	1.94	44.5	1.35	1.94	0			0			0			0		
7/17/15	<i>1/2</i>	51	1.18	1.90	44.5	1.35	1.96	38.5	1.56	2.24	45	1.33	1.92	0			0			0			0		
<i>Time:</i> 2:15.10	<i>2/3</i>	47	1.28	2.07	43.5	1.38	2.00	48	1.25	1.80	42.5	1.41	2.03	0			0			0			0		
200 FREE		:31.30			:35.10			:35.20			:34.60			: .0			: .0			: .0			: .0		
FULLERTON	<i>1/3</i>	52	1.15	1.84	43.5	1.38	1.96	47.5	1.26	1.79	47.5	1.26	1.83	0			0			0			0		
2/21/16	<i>1/2</i>	49	1.22	1.96	44.5	1.35	1.92	43.5	1.38	1.96	47.5	1.26	1.83	0			0			0			0		
<i>Time:</i> 2:16.40	<i>2/3</i>	45	1.33	2.13	41.5	1.45	2.06	43.5	1.38	1.96	45.5	1.32	1.91	0			0			0			0		
200 FREE		:31.70			:34.80			:35.50			:35.20			: .0			: .0			: .0			: .0		
REEDLEY	<i>1/3</i>	0			0			0			0			0			0			0			0		
3/21/15	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 2:17.20	<i>2/3</i>	0			0			0			0			0			0			0			0		
200 FREE		:31.90			:35.20			:35.10			:35.40			: .0			: .0			: .0			: .0		
MERCED	<i>1/3</i>	0			0			0			0			0			0			0			0		
4/11/15	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 2:17.60	<i>2/3</i>	0			0			0			0			0			0			0			0		
200 FREE		:31.60			:35.60			:35.50			:35.70			: .0			: .0			: .0			: .0		
REEDLEY	<i>1/3</i>	48.5	1.24	1.96	46	1.30	1.83				45	1.33	1.87	0			0			0			0		
11/28/15	<i>1/2</i>	47.5	1.26	2.00	42	1.43	2.01	48.5	1.24	1.74	46.5	1.29	1.81	0			0			0			0		
<i>Time:</i> 2:18.70	<i>2/3</i>	43.5	1.38	2.18	43	1.40	1.96	43.5	1.38	1.94	42.5	1.41	1.98	0			0			0			0		
200 FREE		:32.60			:36.00			:35.50			:35.00			: .0			: .0			: .0			: .0		
FULLERTON	<i>1/3</i>	44.5	1.35	2.07	42	1.43	1.98	44.5	1.35	1.90	45.5	1.32	1.88	0			0			0			0		
1/26/13	<i>1/2</i>	42.5	1.41	2.17	44.2	0.14	0.19	43.5	1.38	1.94	45.5	1.32	1.88	0			0			0			0		
<i>Time:</i> 2:19.20	<i>2/3</i>	42.5	1.41	2.17	41	1.46	2.03	42.5	1.41	1.99	44	1.36	1.95	0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 FREE		: .0	1:08.60	: .0	1:12.70	: .0	: .0	: .0	: .0
CLOVIS	<i>1/3</i>	0	0	0	0	0	0	0	0
3/22/14	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:21.30	<i>2/3</i>	0	0	0	0	0	0	0	0
200 FREE		:33.10	:36.20	:36.10	:35.70	: .0	: .0	: .0	: .0
JO'S	<i>1/3</i>	50 1.20 1.81	44 1.36 1.88	43 1.40 1.93	45 1.33 1.87	0	0	0	0
7/28/11	<i>1/2</i>	45 1.33 2.01	45 1.33 1.84	45.5 1.32 1.83	45 1.33 1.87	0	0	0	0
<i>Time:</i> 2:21.70	<i>2/3</i>	47 1.28 1.93	44 1.36 1.88	46 1.30 1.81	46.5 1.29 1.81	0	0	0	0
200 FREE		:34.20	:38.10	:35.90	:36.10	: .0	: .0	: .0	: .0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/16/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:24.80	<i>2/3</i>	0	0	0	0	0	0	0	0
200 FREE		:34.20	:37.90	:37.20	:36.60	: .0	: .0	: .0	: .0
VALLEJO	<i>1/3</i>	0	0	0	0	0	0	0	0
5/06/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:26.10	<i>2/3</i>	0	0	0	0	0	0	0	0
200 FREE		:33.90	:38.50	:38.60	:38.60	: .0	: .0	: .0	: .0
JO'S	<i>1/3</i>	46.5 1.29 1.90	48.5 1.24 1.61	45.5 1.32 1.71	47.5 1.26 1.64	0	0	0	0
7/29/10	<i>1/2</i>	45 1.33 1.97	42.5 1.41 1.83	43.5 1.38 1.79	43 1.40 1.81	0	0	0	0
<i>Time:</i> 2:29.70	<i>2/3</i>	47.5 1.26 1.86	44 1.36 1.77	43.5 1.38 1.79	43.5 1.38 1.79	0	0	0	0
200 FREE		:34.40	:39.10	:39.80	:39.20	: .0	: .0	: .0	: .0
MERCED	<i>1/3</i>	52 1.15 1.68	44 1.36 1.74	47.5 1.26 1.59	47 1.28 1.63	0	0	0	0
4/10/10	<i>1/2</i>	47 1.28 1.86	45.5 1.32 1.69	41 1.46 1.84	44.5 1.35 1.72	0	0	0	0
<i>Time:</i> 2:32.70	<i>2/3</i>	46 1.30 1.90	41 1.46 1.87	39 1.54 1.93	43.5 1.38 1.76	0	0	0	0
200 FREE		:36.20	:39.80	:40.70	:38.60	: .0	: .0	: .0	: .0
PORTERVILLE	<i>1/3</i>	48.5 1.24 1.71	47 1.28 1.60	41 1.46 1.80	44.5 1.35 1.75	0	0	0	0
3/20/10	<i>1/2</i>	45.5 1.32 1.82	41 1.46 1.84	45 1.33 1.64	45.5 1.32 1.71	0	0	0	0
<i>Time:</i> 2:35.40	<i>2/3</i>	44 1.36 1.88	42 1.43 1.79	43 1.40 1.71	44 1.36 1.77	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 FREE		:36.10	:39.70	:39.90	:39.60	: .0	: .0	: .0	: .0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/04/09	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:35.50	<i>2/3</i>	0	0	0	0	0	0	0	0
200 FREE		:36.60	:40.90	:41.40	:42.00	: .0	: .0	: .0	: .0
JUNIOR OLYMPIC	<i>1/3</i>	51 1.18 1.61	46.5 1.29 1.58	46 1.30 1.58	43.5 1.38 1.64	0	0	0	0
7/24/08	<i>1/2</i>	49.5 1.21 1.66	45.5 1.32 1.61	45.5 1.32 1.59	44.5 1.35 1.61	0	0	0	0
<i>Time:</i> 2:41.00	<i>2/3</i>	47.5 1.26 1.73	44.5 1.35 1.65	42 1.43 1.73	44 1.36 1.62	0	0	0	0
200 FREE		:40.10	:43.50	:43.10	:41.80	: .0	: .0	: .0	: .0
BAKERSFIELD	<i>1/3</i>	0	0	0	0	0	0	0	0
5/03/08	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:48.50	<i>2/3</i>	0	0	0	0	0	0	0	0
200 FREE		:38.30	:44.60	:42.90	:43.60	: .0	: .0	: .0	: .0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/26/08	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:49.50	<i>2/3</i>	0	0	0	0	0	0	0	0
200 IM		:32.80	:38.40	:45.10	:33.60	: .0	: .0	: .0	: .0
SMOC	<i>1/3</i>	54.5 1.10 1.68	45 1.33 1.74	47 1.28 1.42	46.5 1.29 1.92	0	0	0	0
6/26/14	<i>1/2</i>	51 1.18 1.79	44 1.36 1.78	43.5 1.38 1.53	47.5 1.26 1.88	0	0	0	0
<i>Time:</i> 2:30.10	<i>2/3</i>	54 1.11 1.69	44 1.36 1.78	44.5 1.35 1.49	46 1.30 1.94	0	0	0	0
200 IM		:33.00	:37.90	:45.60	:34.10	: .0	: .0	: .0	: .0
SECTIONALS	<i>1/3</i>	60 1.00 1.52	46.5 1.29 1.70	41.5 1.45 1.59	47 1.28 1.87	0	0	0	0
7/17/15	<i>1/2</i>	57 1.05 1.59	49 1.22 1.62	44.5 1.35 1.48	50.5 1.19 1.74	0	0	0	0
<i>Time:</i> 2:30.70	<i>2/3</i>	53.5 1.12 1.70	47.5 1.26 1.67	40 1.50 1.64	44.5 1.35 1.98	0	0	0	0
200 IM		:33.30	:37.60	:46.30	:33.80	: .0	: .0	: .0	: .0
SMOC	<i>1/3</i>	59 1.02 1.53	50 1.20 1.60	42.5 1.41 1.52	49.5 1.21 1.79	0	0	0	0
6/26/15	<i>1/2</i>	54.5 1.10 1.65	46 1.30 1.73	38.5 1.56 1.68	47.5 1.26 1.87	0	0	0	0
<i>Time:</i> 2:31.10	<i>2/3</i>	52 1.15 1.73	43.5 1.38 1.83	40 1.50 1.62	44 1.36 2.02	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 IM		:33.60	:37.80	:45.60	:33.80	:.0	:.0	:.0	:.0
LA INVITE	<i>1/3</i>	56 1.07 1.59	47.5 1.26 1.67	41 1.46 1.60	49 1.22 1.81	0	0	0	0
7/09/15	<i>1/2</i>	54 1.11 1.65	44.5 1.35 1.78	41.5 1.45 1.59	48 1.25 1.85	0	0	0	0
<i>Time:</i> 2:31.10	<i>2/3</i>	53.5 1.12 1.67	47.5 1.26 1.67	40 1.50 1.64	44.5 1.35 1.99	0	0	0	0
200 IM		:33.00	:38.00	:45.90	:34.70	:.0	:.0	:.0	:.0
SMOC	<i>1/3</i>	0	0	0	0	0	0	0	0
4/29/16	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:31.60	<i>2/3</i>	0	0	0	0	0	0	0	0
200 IM		:30.50	:41.30	:46.50	:34.40	:.0	:.0	:.0	:.0
FULLERTON	<i>1/3</i>	51 1.18 1.93	33 1.82 2.20	39 1.54 1.65	43 1.40 2.03	0	0	0	0
1/26/13	<i>1/2</i>	51.5 1.17 1.91	32 1.88 2.27	36 1.67 1.79	43 1.40 2.03	0	0	0	0
<i>Time:</i> 2:32.70	<i>2/3</i>	48.5 1.24 2.03	32 1.88 2.27	38.5 1.56 1.68	42.5 1.41 2.05	0	0	0	0
200 IM		:33.70	:38.10	:45.40	:35.70	:.0	:.0	:.0	:.0
SECTIONALS	<i>1/3</i>	65.5 0.92 1.36	47.5 1.26 1.66	51.5 1.17 1.28	50.5 1.19 1.66	0	0	0	0
7/17/13	<i>1/2</i>	58 1.03 1.53	46.5 1.29 1.69	44.5 1.35 1.48	43.5 1.38 1.93	0	0	0	0
<i>Time:</i> 2:33.00	<i>2/3</i>	52.5 1.14 1.70	42.5 1.41 1.85	47 1.28 1.41	42.5 1.41 1.98	0	0	0	0
200 IM		:33.70	:38.60	:46.90	:33.80	:.0	:.0	:.0	:.0
LAI	<i>1/3</i>	59 1.02 1.51	43.5 1.38 1.79	41.5 1.45 1.54	49 1.22 1.81	0	0	0	0
7/18/14	<i>1/2</i>	55 1.09 1.62	46.5 1.29 1.67	40 1.50 1.60	50.5 1.19 1.76	0	0	0	0
<i>Time:</i> 2:33.10	<i>2/3</i>	54.5 1.10 1.63	42 1.43 1.85	42.5 1.41 1.51	45.5 1.32 1.95	0	0	0	0
200 IM		:33.30	:39.90	:45.80	:34.50	:.0	:.0	:.0	:.0
LA INVITE	<i>1/3</i>	67 0.90 1.34	44.5 1.35 1.69	38 1.58 1.72	47 1.28 1.85	0	0	0	0
7/14/16	<i>1/2</i>	57 1.05 1.58	41 1.46 1.83	38 1.58 1.72	46 1.30 1.89	0	0	0	0
<i>Time:</i> 2:33.60	<i>2/3</i>	55 1.09 1.64	43 1.40 1.75	38.5 1.56 1.70	44.5 1.35 1.95	0	0	0	0
200 IM		:33.80	:40.80	:44.70	:35.30	:.0	:.0	:.0	:.0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/28/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:34.60	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
200 IM		:34.60			:39.60			:45.00			:35.30			: .0			: .0			: .0			: .0		
LA INVITE	<i>1/3</i>	57.5	1.04	1.51	44.5	1.35	1.70	52	1.15	1.28	43.5	1.38	1.95	0			0			0			0		
7/12/12	<i>1/2</i>	56.5	1.06	1.53	39.5	1.52	1.92	48.5	1.24	1.37	47	1.28	1.81	0			0			0			0		
<i>Time:</i> 2:34.70	<i>2/3</i>	48	1.25	1.81	38	1.58	1.99	45.5	1.32	1.47	45	1.33	1.89	0			0			0			0		
200 IM		:34.20			:41.30			:45.40			:34.40			: .0			: .0			: .0			: .0		
LA MIRADA	<i>1/3</i>	57	1.05	1.54	45	1.33	1.61	42	1.43	1.57	46.5	1.29	1.88	0			0			0			0		
4/08/16	<i>1/2</i>	55.5	1.08	1.58	44	1.36	1.65	42.5	1.41	1.55	45.5	1.32	1.92	0			0			0			0		
<i>Time:</i> 2:35.40	<i>2/3</i>	57.5	1.04	1.53	41.5	1.45	1.75	42.5	1.41	1.55	48	1.25	1.82	0			0			0			0		
200 IM		:35.30			:39.60			:45.70			:35.20			: .0			: .0			: .0			: .0		
FULLERTON	<i>1/3</i>	55.5	1.08	1.53	44	1.36	1.72	36.5	1.64	1.80	45.5	1.32	1.87	0			0			0			0		
1/26/13	<i>1/2</i>	51.5	1.17	1.65	40	1.50	1.89	38.5	1.56	1.71	50	1.20	1.70	0			0			0			0		
<i>Time:</i> 2:35.90	<i>2/3</i>	50	1.20	1.70	37.5	1.60	2.02	40.5	1.48	1.62	44	1.36	1.94	0			0			0			0		
200 IM		:35.80			:40.10			:45.10			:35.30			: .0			: .0			: .0			: .0		
SMOC	<i>1/3</i>	0			0			0			0			0			0			0			0		
4/19/12	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 2:36.30	<i>2/3</i>	0			0			0			0			0			0			0			0		
200 IM		:35.50			:40.50			:46.10			:34.60			: .0			: .0			: .0			: .0		
REEDLEY	<i>1/3</i>	0			0			0			0			0			0			0			0		
3/21/15	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 2:36.70	<i>2/3</i>	0			0			0			0			0			0			0			0		
200 IM		:35.30			:40.00			:46.30			:35.40			: .0			: .0			: .0			: .0		
SECTIONALS	<i>1/3</i>	56.5	1.06	1.50	40.5	1.48	1.85	45.5	1.32	1.42	46	1.30	1.84	0			0			0			0		
7/26/12	<i>1/2</i>	52.5	1.14	1.62	40.5	1.48	1.85	41.5	1.45	1.56	41.5	1.45	2.04	0			0			0			0		
<i>Time:</i> 2:37.10	<i>2/3</i>	55.5	1.08	1.53	36	1.67	2.08	39.5	1.52	1.64	42.5	1.41	1.99	0			0			0			0		
200 IM		:36.90			:40.70			:46.90			:36.50			: .0			: .0			: .0			: .0		
CLOVIS	<i>1/3</i>	0			0			0			0			0			0			0			0		
3/22/14	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 2:41.10	<i>2/3</i>	0			0			0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 IM		:37.30	:44.10	:46.50	:37.10	: .0	: .0	: .0	: .0
VALLEJO	<i>1/3</i>	0	0	0	0	0	0	0	0
5/07/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:45.20	<i>2/3</i>	0	0	0	0	0	0	0	0
200 IM		:37.20	:44.20	:47.30	:38.10	: .0	: .0	: .0	: .0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/29/10	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:47.00	<i>2/3</i>	0	0	0	0	0	0	0	0
200 IM		:37.70	:43.90	:47.70	:39.00	: .0	: .0	: .0	: .0
JO'S	<i>1/3</i>	60.5 0.99 1.32	43.5 1.38 1.57	48 1.25 1.31	49.5 1.21 1.55	0	0	0	0
7/29/10	<i>1/2</i>	59.5 1.01 1.34	39 1.54 1.75	53.5 1.12 1.18	43 1.40 1.79	0	0	0	0
<i>Time:</i> 2:48.40	<i>2/3</i>	55.5 1.08 1.43	39.5 1.52 1.73	52.5 1.14 1.20	46.5 1.29 1.65	0	0	0	0
200 IM		:42.40	:42.90	:43.50	:43.00	: .0	: .0	: .0	: .0
BAKERSFIELD	<i>1/3</i>	40 1.50 1.77	35.5 1.69 1.97	42 1.43 1.64	44 1.36 1.59	0	0	0	0
5/01/10	<i>1/2</i>	38.5 1.56 1.84	38.5 1.56 1.82	38 1.58 1.81	39.5 1.52 1.77	0	0	0	0
<i>Time:</i> 2:52.00	<i>2/3</i>	34.5 1.74 2.05	37.5 1.60 1.86	38 1.58 1.81	40.5 1.48 1.72	0	0	0	0
200 IM		:41.40	:44.90	:50.80	:39.30	: .0	: .0	: .0	: .0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/04/09	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:56.50	<i>2/3</i>	0	0	0	0	0	0	0	0
200 IM		:42.60	:46.90	:54.50	:40.10	: .0	: .0	: .0	: .0
JUNIOR OLYMPIC	<i>1/3</i>	0	0	0	0	0	0	0	0
7/24/08	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 3:04.10	<i>2/3</i>	0	0	0	0	0	0	0	0
200 IM		:39.90	:48.50	:49.30	:47.60	: .0	: .0	: .0	: .0
SLO	<i>1/3</i>	55 1.09 1.37	45.5 1.32 1.36	49 1.22 1.24	54 1.11 1.17	0	0	0	0
7/02/10	<i>1/2</i>	53 1.13 1.42	46.5 1.29 1.33	45 1.33 1.35	51.5 1.17 1.22	0	0	0	0
<i>Time:</i> 3:05.50	<i>2/3</i>	50.5 1.19 1.49	41.5 1.45 1.49	48.5 1.24 1.25	48.5 1.24 1.30	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 IM		:46.40	:48.30	:54.20	:43.50	: .0	: .0	: .0	: .0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/26/08	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 3:12.11	<i>2/3</i>	0	0	0	0	0	0	0	0
200 IM		:48.90	:49.00	:58.70	:42.90	: .0	: .0	: .0	: .0
BAKERSFIELD	<i>1/3</i>	0	0	0	0	0	0	0	0
5/03/08	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 3:19.50	<i>2/3</i>	0	0	0	0	0	0	0	0
400 FREE		:31.10	:34.40	:34.70	:35.10	:35.00	:35.20	:34.90	:33.70
LA INVITE	<i>1/3</i>	49.5 1.21 1.95	42 1.43 2.08	43.5 1.38 1.99	42.5 1.41 2.01	45.5 1.32 1.88	45.5 1.32 1.87	45.5 1.32 1.89	46 1.30 1.94
7/09/15	<i>1/2</i>	45.5 1.32 2.12	41 1.46 2.13	44 1.36 1.96	41 1.46 2.08	46.5 1.29 1.84	46.5 1.29 1.83	42.5 1.41 2.02	47.5 1.26 1.87
<i>Time:</i> 4:34.30	<i>2/3</i>	44.5 1.35 2.17	41.5 1.45 2.10	42 1.43 2.06	40.5 1.48 2.11	41 1.46 2.09	42.5 1.41 2.01	44.5 1.35 1.93	45.5 1.32 1.96
400 FREE		:32.10	:34.90	:35.50	:35.30	:34.40	:35.50	:35.60	:34.80
LA MIRADA	<i>1/3</i>	43.5 1.38 2.15	43.5 1.38 1.98	41.5 1.45 2.04	43 1.40 1.98	45 1.33 1.94	46 1.30 1.84	45 1.33 1.87	49.5 1.21 1.74
1/17/16	<i>1/2</i>	45 1.33 2.08	40 1.50 2.15	41 1.46 2.06	43.5 1.38 1.95	44.5 1.35 1.96	42.5 1.41 1.99	44.5 1.35 1.89	46 1.30 1.87
<i>Time:</i> 4:38.50	<i>2/3</i>	44.5 1.35 2.10	42.5 1.41 2.02	43 1.40 1.97	41.5 1.45 2.05	43.5 1.38 2.00	44.5 1.35 1.90	44 1.36 1.92	42 1.43 2.05
400 FREE		:31.20	:34.40	:34.20	:35.30	:35.60	:36.20	:36.70	:35.50
SECTIONALS	<i>1/3</i>	51 1.18 1.89	44.5 1.35 1.96	45 1.33 1.95	43.5 1.38 1.95	44.5 1.35 1.89	46 1.30 1.80	42.5 1.41 1.92	44.5 1.35 1.90
7/17/15	<i>1/2</i>	45 1.33 2.14	42.5 1.41 2.05	43.5 1.38 2.02	44.5 1.35 1.91	44 1.36 1.92	43.5 1.38 1.91	40.5 1.48 2.02	44.5 1.35 1.90
<i>Time:</i> 4:39.30	<i>2/3</i>	44 1.36 2.19	42.5 1.41 2.05	42.5 1.41 2.06	43.5 1.38 1.95	42.5 1.41 1.98	40.5 1.48 2.05	33.5 1.79 2.44	42 1.43 2.01
400 FREE		:31.30	:34.80	:35.70	:36.10	:35.90	:36.20	:35.70	:34.80
LAI	<i>1/3</i>	48 1.25 2.00	42.5 1.41 2.03	42.5 1.41 1.98	42.5 1.41 1.96	45 1.33 1.86	45.5 1.32 1.82	45 1.33 1.87	0
7/18/14	<i>1/2</i>	47 1.28 2.04	42 1.43 2.05	44 1.36 1.91	42.5 1.41 1.96	45.5 1.32 1.84	44.5 1.35 1.86	42.5 1.41 1.98	43 1.40 2.00
<i>Time:</i> 4:40.60	<i>2/3</i>	45 1.33 2.13	44 1.36 1.96	41.5 1.45 2.02	41.5 1.45 2.00	41.5 1.45 2.01	41.5 1.45 2.00	44 1.36 1.91	46.5 1.29 1.85
400 FREE		:32.20	:34.90	:35.80	:35.00	:35.00	:36.80	:36.40	:35.90
FRESNO	<i>1/3</i>	0	0	0	0	0	0	0	0
5/03/14	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 4:43.20	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
400 FREE		:32.60			:35.60			:35.70			:35.90			:36.10			:36.30			:36.00			:35.00		
SECTIONALS	<i>1/3</i>	44.5	1.35	2.07	43	1.40	1.96	40.5	1.48	2.07	47.5	1.26	1.76	42.5	1.41	1.96	43.5	1.38	1.90	43	1.40	1.94	50	1.20	1.71
7/17/13	<i>1/2</i>	41.5	1.45	2.22	40	1.50	2.11	40.5	1.48	2.07	41	1.46	2.04	42.5	1.41	1.96	43	1.40	1.92	41.5	1.45	2.01	46	1.30	1.86
<i>Time:</i> 4:43.50	<i>2/3</i>	39	1.54	2.36	40	1.50	2.11	41.5	1.45	2.02	42.5	1.41	1.97	40.5	1.48	2.05	42.5	1.41	1.94	46.5	1.29	1.79	47.5	1.26	1.80
400 FREE		:32.20			:35.70			:35.80			:36.50			:36.30			:36.70			:36.30			:36.00		
LA MIRADA	<i>1/3</i>	48	1.25	1.94	42	1.43	2.00	42.5	1.41	1.97	42.5	1.41	1.93	42	1.43	1.97	43.5	1.38	1.88	44.5	1.35	1.86	44	1.36	1.89
4/08/16	<i>1/2</i>	44	1.36	2.12	40.5	1.48	2.07	42	1.43	2.00	42	1.43	1.96	41.5	1.45	1.99	43	1.40	1.90	41.5	1.45	1.99	42	1.43	1.98
<i>Time:</i> 4:45.90	<i>2/3</i>	44	1.36	2.12	41	1.46	2.05	43	1.40	1.95	42	1.43	1.96	40.5	1.48	2.04	44	1.36	1.86	42	1.43	1.97	42	1.43	1.98
400 FREE		:32.80			:35.90			:36.60			:37.00			:36.40			:36.80			:36.70			:35.20		
FULLERTON	<i>1/3</i>	47	1.28	1.95	40	1.50	2.09	42	1.43	1.95	42	1.43	1.93	42.5	1.41	1.94	41.5	1.45	1.96	41	1.46	1.99	45.5	1.32	1.87
2/21/16	<i>1/2</i>	44.5	1.35	2.06	43.5	1.38	1.92	39.5	1.52	2.08	44.5	1.35	1.82	41.5	1.45	1.99	42.5	1.41	1.92	42.5	1.41	1.92	44	1.36	1.94
<i>Time:</i> 4:47.70	<i>2/3</i>	41.5	1.45	2.20	41	1.46	2.04	40	1.50	2.05	39.5	1.52	2.05	43	1.40	1.92	40.5	1.48	2.01	41.5	1.45	1.97	42.5	1.41	2.01
400 FREE		:31.30			:35.40			:36.00			:36.40			:37.10			:37.40			:37.40			:36.80		
LA INVITE	<i>1/3</i>	49.5	1.21	1.94	42.5	1.41	1.99	41.5	1.45	2.01	41.5	1.45	1.99	42.5	1.41	1.90	40.5	1.48	1.98	40	1.50	2.01	43.5	1.38	1.87
7/14/16	<i>1/2</i>	46	1.30	2.08	42.5	1.41	1.99	42	1.43	1.98	43	1.40	1.92	39.5	1.52	2.05	40	1.50	2.01	40	1.50	2.01	38	1.58	2.15
<i>Time:</i> 4:48.20	<i>2/3</i>	43.5	1.38	2.20	42	1.43	2.02	44.5	1.35	1.87	40.5	1.48	2.04	42.5	1.41	1.90	38.5	1.56	2.08	42	1.43	1.91	40.5	1.48	2.01
400 FREE		:32.80			:36.20			:36.60			:37.50			:37.40			:37.30			:37.20			:35.90		
JO'S	<i>1/3</i>	48	1.25	1.91	41.5	1.45	2.00	44	1.36	1.86	43.5	1.38	1.84	44	1.36	1.82	43.5	1.38	1.85	43.5	1.38	1.85	44.5	1.35	1.88
7/28/11	<i>1/2</i>	46	1.30	1.99	45.5	1.32	1.82	44	1.36	1.86	42	1.43	1.90	45	1.33	1.78	41.5	1.45	1.94	45	1.33	1.79	44	1.36	1.90
<i>Time:</i> 4:51.20	<i>2/3</i>	45	1.33	2.03	41.5	1.45	2.00	42.5	1.41	1.93	43	1.40	1.86	46.5	1.29	1.73	42.5	1.41	1.89	43.5	1.38	1.85	44.5	1.35	1.88
400 FREE		:32.40			:36.10			:37.70			:37.70			:37.60			:37.60			:37.50			:36.30		
JO'S	<i>1/3</i>	50.5	1.19	1.83	46.5	1.29	1.79	42.5	1.41	1.87	42	1.43	1.89	41.5	1.45	1.92	40.5	1.48	1.97	42.5	1.41	1.88	45.5	1.32	1.82
7/28/11	<i>1/2</i>	48.5	1.24	1.91	43	1.40	1.93	40	1.50	1.99	42	1.43	1.89	43.5	1.38	1.83	43.5	1.38	1.83	43	1.40	1.86	43.5	1.38	1.90
<i>Time:</i> 4:53.30	<i>2/3</i>	45.5	1.32	2.04	41.5	1.45	2.00	40.5	1.48	1.96	0			42.5	1.41	1.88	41.5	1.45	1.92	43	1.40	1.86	44.5	1.35	1.86
400 FREE		:33.00			:37.20			:38.50			:38.30			:38.20			:38.80			:39.20			:37.50		
IMX	<i>1/3</i>	0			0			0			0			0			0			0			0		
5/14/11	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 5:00.90	<i>2/3</i>	0			0			0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
400 FREE		:34.10	:37.70	:38.80	:39.30	:39.50	:40.20	:41.00	:37.60
JO'S	<i>1/3</i>	48 1.25 1.83	42.5 1.41 1.87	41.5 1.45 1.86	47.5 1.26 1.61	43.5 1.38 1.75	43 1.40 1.74	46.5 1.29 1.57	47.5 1.26 1.68
7/28/10	<i>1/2</i>	47.5 1.26 1.85	41.5 1.45 1.92	42 1.43 1.84	46.5 1.29 1.64	44 1.36 1.73	49.5 1.21 1.51	46.5 1.29 1.57	46 1.30 1.73
Time: 5:08.60	<i>2/3</i>	45.5 1.32 1.93	42 1.43 1.89	44 1.36 1.76	45 1.33 1.70	43.5 1.38 1.75	44 1.36 1.70	44 1.36 1.66	45.5 1.32 1.75
400 FREE		:34.00	:38.60	:38.90	:39.80	:39.90	:41.70	:40.40	:39.20
JO'S	<i>1/3</i>	50.5 1.19 1.75	42.5 1.41 1.83	43.5 1.38 1.77	44.5 1.35 1.69	42 1.43 1.79	40.5 1.48 1.78	42 1.43 1.77	44 1.36 1.74
7/28/10	<i>1/2</i>	44 1.36 2.01	40 1.50 1.94	42.5 1.41 1.81	40 1.50 1.88	43.5 1.38 1.73	41 1.46 1.75	41.5 1.45 1.79	46 1.30 1.66
Time: 5:13.02	<i>2/3</i>	41.5 1.45 2.13	41.5 1.45 1.87	42 1.43 1.84	42 1.43 1.79	42.5 1.41 1.77	40 1.50 1.80	42 1.43 1.77	43.5 1.38 1.76
400 FREE		:33.70	:40.50	:39.30	:39.50	:45.10	:47.00	:34.60	:34.00
SECTIONALS	<i>1/3</i>	54 1.11 1.65	44.5 1.35 1.66	54.5 1.10 1.40	40.5 1.48 1.88	38.5 1.56 1.73	38.5 1.56 1.66	45.5 1.32 1.91	45 1.33 1.96
7/17/15	<i>1/2</i>	54 1.11 1.65	41.5 1.45 1.78	45 1.33 1.70	39 1.54 1.95	37.5 1.60 1.77	38 1.58 1.68	44.5 1.35 1.95	48 1.25 1.84
Time: 5:14.00	<i>2/3</i>	49.5 1.21 1.80	44 1.36 1.68	45.5 1.32 1.68	40.5 1.48 1.88	40 1.50 1.66	41 1.46 1.56	45.5 1.32 1.91	44 1.36 2.01
400 FREE		:39.90	:43.00	:43.10	:43.40	:41.10	:41.80	:41.20	:39.60
PORTERVILLE	<i>1/3</i>	0	0	0	0	0	0	0	0
3/14/09	<i>1/2</i>	0	0	0	0	0	0	0	0
Time: 5:33.50	<i>2/3</i>	0	0	0	0	0	0	0	0
400 IM		:34.40	:40.20	:39.70	:38.80	:45.00	:45.40	:35.60	:35.10
SMOC	<i>1/3</i>	57 1.05 1.53	48 1.25 1.55	41 1.46 1.84	39.5 1.52 1.96	43 1.40 1.55	39.5 1.52 1.67	44.5 1.35 1.89	46.5 1.29 1.84
6/06/13	<i>1/2</i>	52.5 1.14 1.66	47 1.28 1.59	39 1.54 1.94	40 1.50 1.93	44 1.36 1.52	44.5 1.35 1.48	47 1.28 1.79	46.5 1.29 1.84
Time: 5:14.50	<i>2/3</i>	53.5 1.12 1.63	47 1.28 1.59	41.5 1.45 1.82	43.5 1.38 1.78	39 1.54 1.71	43 1.40 1.54	43 1.40 1.96	41 1.46 2.08
400 IM		:34.50	:39.70	:39.40	:38.70	:46.20	:46.20	:35.50	:34.20
SMOC	<i>1/3</i>	53 1.13 1.64	49 1.22 1.54	43.5 1.38 1.75	43.5 1.38 1.78	40.5 1.48 1.60	39.5 1.52 1.64	42.5 1.41 1.99	45 1.33 1.95
6/26/15	<i>1/2</i>	41 1.46 2.12	47.5 1.26 1.59	43 1.40 1.77	42 1.43 1.85	35.5 1.69 1.83	43 1.40 1.51	45 1.33 1.88	44 1.36 1.99
Time: 5:14.80	<i>2/3</i>	41.5 1.45 2.10	47.5 1.26 1.59	39.5 1.52 1.93	42 1.43 1.85	40.5 1.48 1.60	39.5 1.52 1.64	43.5 1.38 1.94	44.5 1.35 1.97
400 IM		:34.20	:39.40	:39.10	:39.10	:46.60	:46.80	:35.20	:34.30
SECTIONALS	<i>1/3</i>	50.5 1.19 1.74	45.5 1.32 1.67	46.5 1.29 1.65	42.5 1.41 1.81	38.5 1.56 1.67	41 1.46 1.56	42.5 1.41 2.01	44.5 1.35 1.97
7/17/15	<i>1/2</i>	55 1.09 1.59	45.5 1.32 1.67	44 1.36 1.74	40.5 1.48 1.89	37 1.62 1.74	39.5 1.52 1.62	45 1.33 1.89	42.5 1.41 2.06
Time: 5:15.10	<i>2/3</i>	49.5 1.21 1.77	45.5 1.32 1.67	41 1.46 1.87	44.5 1.35 1.72	38 1.58 1.69	35.5 1.69 1.81	42 1.43 2.03	47 1.28 1.86

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
400 IM		:34.20			:39.90			:39.20			:38.90			:46.60			:43.20			:35.40			:34.50		
SMOC	<i>1/3</i>	0			0			0			0			0			0			0			0		
4/29/16	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 5:15.20	<i>2/3</i>	0			0			0			0			0			0			0			0		
400 IM		:34.40			:40.10			:39.60			:39.10			:46.70			:46.20			:35.40			:34.10		
LA INVITE	<i>1/3</i>	53	1.13	1.65	50.5	1.19	1.48	42.5	1.41	1.78	40	1.50	1.92	39	1.54	1.65	39.5	1.52	1.64	47	1.28	1.80	45	1.33	1.96
7/09/15	<i>1/2</i>	49	1.22	1.78	46.5	1.29	1.61	42	1.43	1.80	41	1.46	1.87	43.5	1.38	1.48	36.5	1.64	1.78	45	1.33	1.88	46	1.30	1.91
<i>Time:</i> 5:15.80	<i>2/3</i>	51	1.18	1.71	40	1.50	1.87	42	1.43	1.80	37.5	1.60	2.05	36.5	1.64	1.76	40	1.50	1.62	43.5	1.38	1.95	44.5	1.35	1.98
400 IM		:33.60			:38.40			:40.30			:39.80			:46.60			:46.30			:37.20			: . 0		
SMOC	<i>1/3</i>	57.5	1.04	1.55	47	1.28	1.66	43	1.40	1.73	40.5	1.48	1.86	39.5	1.52	1.63	38.5	1.56	1.68	41.5	1.45	1.94	0		
6/26/14	<i>1/2</i>	53.5	1.12	1.67	46	1.30	1.70	41.5	1.45	1.79	40	1.50	1.88	40	1.50	1.61	39	1.54	1.66	39	1.54	2.07	0		
<i>Time:</i> 5:17.46	<i>2/3</i>	50.5	1.19	1.77	48.5	1.24	1.61	43.5	1.38	1.71	41	1.46	1.84	42	1.43	1.53	38	1.58	1.71	39.5	1.52	2.04	0		
400 IM		:33.60			:39.50			:39.30			:41.50			:46.10			:47.00			:35.30			:35.00		
LA MIRADA	<i>1/3</i>	54.5	1.10	1.64	46.5	1.29	1.63	44	1.36	1.73	41	1.46	1.76	41	1.46	1.59	40.5	1.48	1.58	45.5	1.32	1.87	43.5	1.38	1.97
4/08/16	<i>1/2</i>	56	1.07	1.59	44	1.36	1.73	44	1.36	1.73	42	1.43	1.72	40	1.50	1.63	38	1.58	1.68	44.5	1.35	1.91	44.5	1.35	1.93
<i>Time:</i> 5:17.80	<i>2/3</i>	49.5	1.21	1.80	45	1.33	1.69	41	1.46	1.86	41	1.46	1.76	41	1.46	1.59	38	1.58	1.68	43.5	1.38	1.95	40	1.50	2.14
400 IM		:34.20			:40.70			:40.40			:40.20			:47.20			:47.30			:35.50			:34.30		
LAI	<i>1/3</i>	53.5	1.12	1.64	46	1.30	1.60	42.5	1.41	1.75	43	1.40	1.74	41	1.46	1.55	38	1.58	1.67	47	1.28	1.80	45	1.33	1.94
7/18/14	<i>1/2</i>	50	1.20	1.75	45.5	1.32	1.62	41	1.46	1.81	39	1.54	1.91	38.5	1.56	1.65	40	1.50	1.59	45.5	1.32	1.86	45	1.33	1.94
<i>Time:</i> 5:20.10	<i>2/3</i>	51.5	1.17	1.70	44	1.36	1.68	41.5	1.45	1.79	36.5	1.64	2.04	38	1.58	1.67	38.5	1.56	1.65	43.5	1.38	1.94	43.5	1.38	2.01
400 IM		:34.80			:40.30			:39.20			:39.70			:46.30			:47.60			:36.50			:35.90		
SECTIONALS	<i>1/3</i>	61.5	0.98	1.40	50	1.20	1.49	45	1.33	1.70	42	1.43	1.80	51	1.18	1.27	41	1.46	1.54	46	1.30	1.79	43.5	1.38	1.92
7/17/13	<i>1/2</i>	50	1.20	1.72	48.5	1.24	1.53	42	1.43	1.82	38	1.58	1.99	44.5	1.35	1.46	37.5	1.60	1.68	43.5	1.38	1.89	42.5	1.41	1.97
<i>Time:</i> 5:20.70	<i>2/3</i>	51.5	1.17	1.67	45.5	1.32	1.64	39.5	1.52	1.94	39	1.54	1.94	39.5	1.52	1.64	41	1.46	1.54	44.5	1.35	1.85	45	1.33	1.86
400 IM		:34.50			:40.90			:40.50			:41.10			:46.70			:47.40			:36.50			:35.30		
LA MIRADA	<i>1/3</i>	54.5	1.10	1.60	51	1.18	1.44	41.5	1.45	1.78	39	1.54	1.87	38	1.58	1.69	45	1.33	1.41	44	1.36	1.87	51.5	1.17	1.65
1/17/16	<i>1/2</i>	53.5	1.12	1.63	46	1.30	1.59	44	1.36	1.68	40	1.50	1.82	38	1.58	1.69	40	1.50	1.58	41.5	1.45	1.98	52.5	1.14	1.62
<i>Time:</i> 5:23.20	<i>2/3</i>	50.5	1.19	1.72	43	1.40	1.71	41.5	1.45	1.78	38	1.58	1.92	37.5	1.60	1.71	40.5	1.48	1.56	41.5	1.45	1.98	42.5	1.41	2.00

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
400 IM		:35.50			:41.80			:41.50			:41.40			:45.10			:46.40			:37.00			:35.00		
LA INVITE	<i>1/3</i>	61	0.98	1.39	47	1.28	1.53	38.5	1.56	1.88	37.5	1.60	1.93	51	1.18	1.30	40	1.50	1.62	45.5	1.32	1.78	44.5	1.35	1.93
7/12/12	<i>1/2</i>	50.5	1.19	1.67	44.5	1.35	1.61	0			35	1.71	2.07	40.5	1.48	1.64	36	1.67	1.80	42	1.43	1.93	47	1.28	1.82
<i>Time:</i> 5:24.10	<i>2/3</i>	50	1.20	1.69	40.5	1.48	1.77	36.5	1.64	1.98	35	1.71	2.07	46	1.30	1.45	47	1.28	1.38	41	1.46	1.98	48	1.25	1.79
400 IM		:33.80			:41.40			:40.60			:41.30			:46.40			:47.70			:37.70			:35.20		
LA INVITE	<i>1/3</i>	57	1.05	1.56	47.5	1.26	1.53	44	1.36	1.68	40.5	1.48	1.79	44	1.36	1.47	42	1.43	1.50	43.5	1.38	1.83	41	1.46	2.08
7/14/16	<i>1/2</i>	54.5	1.10	1.63	42	1.43	1.73	42.5	1.41	1.74	39.5	1.52	1.84	41.5	1.45	1.56	37	1.62	1.70	44.5	1.35	1.79	40	1.50	2.13
<i>Time:</i> 5:24.40	<i>2/3</i>	53	1.13	1.67	43.5	1.38	1.67	40	1.50	1.85	0			39.5	1.52	1.64	39	1.54	1.61	41	1.46	1.94	45	1.33	1.89
400 IM		:34.70			:39.80			:40.80			:41.40			:49.00			:48.70			:36.30			:34.60		
SPEEDO GC	<i>1/3</i>	55.5	1.08	1.56	52	1.15	1.45	43	1.40	1.71	42	1.43	1.73	39.5	1.52	1.55	39.5	1.52	1.56	45.5	1.32	1.82	47	1.28	1.84
5/23/14	<i>1/2</i>	54.5	1.10	1.59	46	1.30	1.64	44.5	1.35	1.65	39	1.54	1.86	39.5	1.52	1.55	39.5	1.52	1.56	47	1.28	1.76	44.5	1.35	1.95
<i>Time:</i> 5:25.50	<i>2/3</i>	49	1.22	1.76	46	1.30	1.64	40	1.50	1.84	42.5	1.41	1.71	37.5	1.60	1.63	39.5	1.52	1.56	41	1.46	2.02	43.5	1.38	1.99
400 IM		:35.50			:41.80			:41.10			:41.70			:47.40			:47.60			:36.00			:34.30		
FULLERTON	<i>1/3</i>	52	1.15	1.63	46	1.30	1.56	40	1.50	1.82	41	1.46	1.75	38.5	1.56	1.64	38	1.58	1.66	45	1.33	1.85	46	1.30	1.90
2/21/16	<i>1/2</i>	52	1.15	1.63	45.5	1.32	1.58	42	1.43	1.74	40.5	1.48	1.78	37	1.62	1.71	38	1.58	1.66	43	1.40	1.94	45.5	1.32	1.92
<i>Time:</i> 5:25.80	<i>2/3</i>	48	1.25	1.76	45	1.33	1.59	40	1.50	1.82	38	1.58	1.89	38	1.58	1.67	37.5	1.60	1.68	43	1.40	1.94	44	1.36	1.99
400 IM		:35.60			:41.80			:41.00			:40.90			:46.30			:41.20			:37.40			:35.50		
SECTIONALS	<i>1/3</i>	55.5	1.08	1.52	41.5	1.45	1.73	38.5	1.56	1.90	38	1.58	1.93	46	1.30	1.41	44.5	1.35	1.64	40.5	1.48	1.98	44	1.36	1.92
7/26/12	<i>1/2</i>	51	1.18	1.65	43	1.40	1.67	39	1.54	1.88	36.5	1.64	2.01	43	1.40	1.51	35.5	1.69	2.05	46.5	1.29	1.73	43	1.40	1.97
<i>Time:</i> 5:26.00	<i>2/3</i>	46.5	1.29	1.81	44	1.36	1.63	38	1.58	1.93	37.5	1.60	1.96	38	1.58	1.71	36.5	1.64	1.99	41.5	1.45	1.93	42.5	1.41	1.99
400 IM		:36.10			:42.80			:41.90			:41.40			:45.50			:46.70			:36.60			:35.40		
FULLERTON	<i>1/3</i>	51	1.18	1.63	44.5	1.35	1.58	39	1.54	1.84	38.5	1.56	1.88	33	1.82	2.00	36	1.67	1.78	45	1.33	1.82	46.5	1.29	1.82
1/26/13	<i>1/2</i>	52	1.15	1.60	43	1.40	1.63	35.5	1.69	2.02	35.5	1.69	2.04	35	1.71	1.88	34.5	1.74	1.86	41	1.46	2.00	43.5	1.38	1.95
<i>Time:</i> 5:26.30	<i>2/3</i>	47.5	1.26	1.75	43	1.40	1.63	35	1.71	2.05	36	1.67	2.01	37	1.62	1.78	33	1.82	1.95	43	1.40	1.91	44.5	1.35	1.90
400 IM		:36.80			:42.20			:41.30			:41.00			:45.80			:46.10			:37.90			:35.90		
SMOC	<i>1/3</i>	50.5	1.19	1.61	0			42.5	1.41	1.71	36.5	1.64	2.00	43	1.40	1.52	35	1.71	1.86	42	1.43	1.88	43.5	1.38	1.92
4/19/12	<i>1/2</i>	46.5	1.29	1.75	46.5	1.29	1.53	35.5	1.69	2.05	35	1.71	2.09	45	1.33	1.46	36.5	1.64	1.78	43	1.40	1.84	43	1.40	1.94
<i>Time:</i> 5:26.80	<i>2/3</i>	44.5	1.35	1.83	45.5	1.32	1.56	36	1.67	2.02	35	1.71	2.09	39	1.54	1.68	37.5	1.60	1.74	43.5	1.38	1.82	44	1.36	1.90

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
400 IM		:34.50			:41.10			:41.20			:41.80			:47.60			:47.80			:37.10			:35.80		
LA MIRADA	<i>1/3</i>	62.5	0.96	1.39	48.5	1.24	1.51	43	1.40	1.69	44.5	1.35	1.61	42	1.43	1.50	40.5	1.48	1.55	41.5	1.45	1.95	43.5	1.38	1.93
4/08/16	<i>1/2</i>	62	0.97	1.40	45	1.33	1.62	41	1.46	1.78	37.5	1.60	1.91	36	1.67	1.75	40.5	1.48	1.55	39	1.54	2.07	44	1.36	1.90
<i>Time:</i> 5:27.10	<i>2/3</i>	49.5	1.21	1.76	43	1.40	1.70	42.5	1.41	1.71	41	1.46	1.75	37	1.62	1.70	39.5	1.52	1.59	41	1.46	1.97	40.5	1.48	2.07
400 IM		:36.10			:41.90			:40.30			:41.20			:46.10			:46.30			:38.00			:36.70		
REEDLEY	<i>1/3</i>	47	1.28	1.77	46.5	1.29	1.54	44.5	1.35	1.67	38	1.58	1.92	37	1.62	1.76	39	1.54	1.66	45	1.33	1.75	42	1.43	1.95
3/21/15	<i>1/2</i>	41	1.46	2.03	47.5	1.26	1.51	42.5	1.41	1.75	38.5	1.56	1.89	37.5	1.60	1.74	37.5	1.60	1.73	42.5	1.41	1.86	43.5	1.38	1.88
<i>Time:</i> 5:27.30	<i>2/3</i>	48.5	1.24	1.71	43.5	1.38	1.65	36.5	1.64	2.04	38.5	1.56	1.89	37.5	1.60	1.74	41.5	1.45	1.56	42.5	1.41	1.86	41	1.46	1.99
400 IM		:36.30			:42.10			:42.40			:41.80			:47.80			:46.70			:37.80			:35.60		
MERCED	<i>1/3</i>	0			0			0			0			0			0			0			0		
4/12/14	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 5:30.80	<i>2/3</i>	0			0			0			0			0			0			0			0		
400 IM		:36.10			:42.30			:42.00			:41.60			:48.00			:48.30			:37.20			:35.50		
FRESNO	<i>1/3</i>	0			0			0			0			0			0			0			0		
5/03/14	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 5:32.00	<i>2/3</i>	0			0			0			0			0			0			0			0		
400 IM		:36.50			:43.60			:43.10			:42.10			:47.70			:47.30			:37.20			:35.70		
MERCED	<i>1/3</i>	54	1.11	1.52	46.5	1.29	1.48	45	1.33	1.55	40	1.50	1.78	34	1.76	1.85	39	1.54	1.63	43	1.40	1.88	46.5	1.29	1.81
4/11/15	<i>1/2</i>	50.5	1.19	1.63	47	1.28	1.46	40	1.50	1.74	37.5	1.60	1.90	35.5	1.69	1.77	37	1.62	1.71	43	1.40	1.88	43	1.40	1.95
<i>Time:</i> 5:33.60	<i>2/3</i>	47.5	1.26	1.73	41	1.46	1.68	36.5	1.64	1.91	36	1.67	1.98	34	1.76	1.85	39	1.54	1.63	43	1.40	1.88	42	1.43	2.00
400 IM		:39.10			:44.30			:43.90			:43.70			:49.20			:49.10			:40.10			:37.10		
VALLEJO	<i>1/3</i>	0			0			0			0			0			0			0			0		
5/07/11	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 5:46.90	<i>2/3</i>	0			0			0			0			0			0			0			0		
400 IM		:40.20			:48.20			:45.20			:44.60			:50.60			:50.50			:40.40			:38.30		
SLO	<i>1/3</i>	55.5	1.08	1.34	44	1.36	1.41	38	1.58	1.75	35	1.71	1.92	44	1.36	1.35	46.5	1.29	1.28	46	1.30	1.61	43	1.40	1.82
7/02/10	<i>1/2</i>	50.5	1.19	1.48	46	1.30	1.35	37	1.62	1.79	34.5	1.74	1.95	44	1.36	1.35	41.5	1.45	1.43	45.5	1.32	1.63	43.5	1.38	1.80
<i>Time:</i> 5:58.30	<i>2/3</i>	51	1.18	1.46	43	1.40	1.45	35.5	1.69	1.87	36.5	1.64	1.84	41	1.46	1.45	43.5	1.38	1.37	43	1.40	1.73	42	1.43	1.86

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
400 IM		:41.60	:47.60	:46.40	:44.80	:50.00	:50.20	:41.50	:39.20
BAKERSFIELD	<i>1/3</i>	52.5 1.14 1.37	40 1.50 1.58	38 1.58 1.70	37.5 1.60 1.79	45.5 1.32 1.32	45.5 1.32 1.31	44.5 1.35 1.62	48.5 1.24 1.58
5/01/10	<i>1/2</i>	48.3 1.24 1.49	39 1.54 1.62	37.5 1.60 1.72	34.5 1.74 1.94	50.5 1.19 1.19	45 1.33 1.33	41.5 1.45 1.74	42.5 1.41 1.80
<i>Time:</i> 6:01.80	<i>2/3</i>	44 1.36 1.64	39 1.54 1.62	36 1.67 1.80	35.5 1.69 1.89	48 1.25 1.25	43 1.40 1.39	45 1.33 1.61	44 1.36 1.74
400 IM		: .0	1:34.30	: .0	1:31.90	: .0	1:47.10	: .0	1:21.50
BAKERSFIELD	<i>1/3</i>	0	0	0	0	0	0	0	0
5/02/09	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 6:15.40	<i>2/3</i>	0	0	0	0	0	0	0	0
50 BACK		:45.50	: .0	: .0	: .0	: .0	: .0	: .0	: .0
LAKE FOREST	<i>1/3</i>	44 1.36 1.50	0	0	0	0	0	0	0
3/15/08	<i>1/2</i>	47.5 1.26 1.39	0	0	0	0	0	0	0
<i>Time:</i> :45.50	<i>2/3</i>	41.5 1.45 1.59	0	0	0	0	0	0	0
50 BREAST		:41.60	: .0	: .0	: .0	: .0	: .0	: .0	: .0
JO'S	<i>1/3</i>	64 0.94 1.13	0	0	0	0	0	0	0
7/28/10	<i>1/2</i>	65.5 0.92 1.10	0	0	0	0	0	0	0
<i>Time:</i> :41.60	<i>2/3</i>	68 0.88 1.06	0	0	0	0	0	0	0
50 BREAST		:43.40	: .0	: .0	: .0	: .0	: .0	: .0	: .0
SLO	<i>1/3</i>	65.5 0.92 1.06	0	0	0	0	0	0	0
7/02/10	<i>1/2</i>	65.5 0.92 1.06	0	0	0	0	0	0	0
<i>Time:</i> :43.34	<i>2/3</i>	62.5 0.96 1.11	0	0	0	0	0	0	0
50 BREAST		:54.90	: .0	: .0	: .0	: .0	: .0	: .0	: .0
LAKE FOREST	<i>1/3</i>	56.5 1.06 0.97	0	0	0	0	0	0	0
3/15/08	<i>1/2</i>	54.5 1.10 1.00	0	0	0	0	0	0	0
<i>Time:</i> :54.90	<i>2/3</i>	55 1.09 0.99	0	0	0	0	0	0	0
50 FREE		:30.30	: .0	: .0	: .0	: .0	: .0	: .0	: .0
FULLERTON	<i>1/3</i>	52 1.15 1.90	0	0	0	0	0	0	0
1/26/13	<i>1/2</i>	53 1.13 1.87	0	0	0	0	0	0	0
<i>Time:</i> :30.30	<i>2/3</i>	51 1.18 1.94	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>	<i>100</i>	<i>150</i>	<i>200</i>	<i>250</i>	<i>300</i>	<i>350</i>	<i>400</i>
50 FREE		:30.90	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SLO	<i>1/3</i>	56 1.07 1.73	0	0	0	0	0	0	0
7/01/11	<i>1/2</i>	55.5 1.08 1.75	0	0	0	0	0	0	0
<i>Time:</i> :30.90	<i>2/3</i>	54 1.11 1.80	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
100 BACK		:28.50			:30.70			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS	<i>1/3</i>	51.5	1.17	2.04	46.5	1.29	2.10	0			0			0			0			0			0		
6/29/08	<i>1/2</i>	48	1.25	2.19	47	1.28	2.08	0			0			0			0			0			0		
<i>Time: :59.15</i>	<i>2/3</i>	46.5	1.29	2.26	47	1.28	2.08	0			0			0			0			0			0		
100 BACK		:28.40			:30.90			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS	<i>1/3</i>	51.5	1.17	2.05	47	1.28	2.07	0			0			0			0			0			0		
6/29/08	<i>1/2</i>	50.5	1.19	2.09	46	1.30	2.11	0			0			0			0			0			0		
<i>Time: :59.42</i>	<i>2/3</i>	46.5	1.29	2.27	46.5	1.29	2.09	0			0			0			0			0			0		
100 BACK		:28.50			:31.00			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS	<i>1/3</i>	53	1.13	1.99	47.5	1.26	2.04	0			0			0			0			0			0		
6/29/08	<i>1/2</i>	50	1.20	2.11	47.5	1.26	2.04	0			0			0			0			0			0		
<i>Time: :59.48</i>	<i>2/3</i>	48.5	1.24	2.17	42.5	1.41	2.28	0			0			0			0			0			0		
200 BACK		:29.70			:32.10			:33.20			:33.30			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS	<i>1/3</i>	44	1.36	2.30	39	1.54	2.40	38.5	1.56	2.35	39.5	1.52	2.28	0			0			0			0		
6/29/08	<i>1/2</i>	40.5	1.48	2.49	39	1.54	2.40	36.5	1.64	2.48	38.5	1.56	2.34	0			0			0			0		
<i>Time: 2:08.28</i>	<i>2/3</i>	41.5	1.45	2.43	38	1.58	2.46	36.35	1.65	2.49	37.5	1.60	2.40	0			0			0			0		
200 BACK		:29.30			:32.40			:33.20			:33.80			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS	<i>1/3</i>	45	1.33	2.28	40	1.50	2.31	40	1.50	2.26	38	1.58	2.34	0			0			0			0		
6/29/08	<i>1/2</i>	41	1.46	2.50	39	1.54	2.37	39	1.54	2.32	37	1.62	2.40	0			0			0			0		
<i>Time: 2:08.76</i>	<i>2/3</i>	41.5	1.45	2.47	37.5	1.60	2.47	38.5	1.56	2.35	38	1.58	2.34	0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>	<i>100</i>	<i>150</i>	<i>200</i>	<i>250</i>	<i>300</i>	<i>350</i>	<i>400</i>
100 BREAST		:58.60	1:05.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 2:03.90</i>	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>	<i>100</i>	<i>150</i>	<i>200</i>	<i>250</i>	<i>300</i>	<i>350</i>	<i>400</i>
100 FREE		:32.10	:34.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:06.20	<i>2/3</i>	0	0	0	0	0	0	0	0
200 FREE		:33.60	:38.50	:36.80	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:36.80	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>	<i>100</i>	<i>150</i>	<i>200</i>	<i>250</i>	<i>300</i>	<i>350</i>	<i>400</i>
100 BREAST		:57.00	1:04.80	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 2:01.80</i>	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
200 IM		:28.50			:33.10			:38.60			:32.00			: . 0			: . 0			: . 0			: . 0		
OLYMPIC TRIALS	<i>1/3</i>	54.5	1.10	1.93	41	1.46	2.21	46.5	1.29	1.67	43	1.40	2.18	0		0		0		0		0		0	
6/29/08	<i>1/2</i>	53.5	1.12	1.97	38	1.58	2.39	44.5	1.35	1.75	46	1.30	2.04	0		0		0		0		0		0	
<i>Time:</i> 2:12.24	<i>2/3</i>	51	1.18	2.06	39	1.54	2.32	45	1.33	1.73	41	1.46	2.29	0		0		0		0		0		0	

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BACK		:34.80	:38.50	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
CLOVIS	<i>1/3</i>	48.5 1.24 1.78	43.5 1.38 1.79	0	0	0	0	0	0
7/07/16	<i>1/2</i>	43 1.40 2.00	42 1.43 1.86	0	0	0	0	0	0
<i>Time: 1:13.40</i>	<i>2/3</i>	40.5 1.48 2.13	42.5 1.41 1.83	0	0	0	0	0	0
100 BACK		:37.10	:38.40	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SLO	<i>1/3</i>	49 1.22 1.65	48.5 1.24 1.61	0	0	0	0	0	0
7/04/14	<i>1/2</i>	41 1.46 1.97	44.5 1.35 1.76	0	0	0	0	0	0
<i>Time: 1:15.50</i>	<i>2/3</i>	39 1.54 2.07	42.5 1.41 1.84	0	0	0	0	0	0
100 BACK		:44.80	:50.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/16/11	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:35.20</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:30.70	:35.50						
SECTIONALS	<i>1/3</i>	44 1.36 2.22	40 1.50 2.11						
7/19/18	<i>1/2</i>	43.5 1.38 2.25	38.5 1.56 2.19						
<i>Time: 1:06.27</i>	<i>2/3</i>	39.5 1.52 2.47	39.5 1.52 2.14						
100 BREAST		:31.00	:35.10						
CLOVIS	<i>1/3</i>	45 1.33 2.15	44.5 1.35 1.92						
7/05/18	<i>1/2</i>	41 1.46 2.36	47 1.28 1.82						
<i>Time: 1:06.30</i>	<i>2/3</i>	39 1.54 2.48	44.5 1.35 1.92						
100 BREAST		:31.20	:36.90						
SMOC	<i>1/3</i>	47.5 1.26 2.02	49.5 1.21 1.64						
6/20/19	<i>1/2</i>	46 1.30 2.09	45.5 1.32 1.79						
<i>Time: 1:08.10</i>	<i>2/3</i>	45 1.33 2.14	44.5 1.35 1.83						

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:31.50	:36.70						
GOLDEN WEST	<i>1/3</i>	45.5 1.32 2.09	43 1.40 1.90						
2/17/18	<i>1/2</i>	43 1.40 2.21							
<i>Time:</i> 1:08.50	<i>2/3</i>	42 1.43 2.27							
100 BREAST		:31.60	:37.00						
MESA	<i>1/3</i>	50.5 1.19 1.88	46.5 1.29 1.74						
4/12/18	<i>1/2</i>	47 1.28 2.02	42.5 1.41 1.91						
<i>Time:</i> 1:08.60	<i>2/3</i>	40 1.50 2.37	43 1.40 1.89						
100 BREAST		:32.99	:36.07	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
AG ZONES	<i>1/3</i>	0	0	0	0	0	0	0	0
8/05/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:09.06	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:32.20	:36.90						
SMOC	<i>1/3</i>	49.5 1.21 1.88	44.5 1.35 1.83						
4/24/17	<i>1/2</i>	47.5 1.26 1.96	44 1.36 1.85						
<i>Time:</i> 1:09.20	<i>2/3</i>	45.5 1.32 2.05	48 1.25 1.69						
100 BREAST		:33.10	:36.80						
SMOC	<i>1/3</i>	46.5 1.29 1.95	41.5 1.45 1.96						
4/24/17	<i>1/2</i>	42 1.43 2.16	43.5 1.38 1.87						
<i>Time:</i> 1:10.00	<i>2/3</i>	38 1.58 2.39	38.5 1.56 2.12						
100 BREAST		:33.40	:37.39	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/23/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:10.79	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:33.20	:39.00	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SMOC	<i>1/3</i>	0	0	0	0	0	0	0	0
4/29/16	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:12.20	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:33.40	:39.30	: :0	: :0	: :0	: :0	: :0	: :0
SPEEDO	<i>1/3</i>	63 0.95 1.43	56.5 1.06 1.35	0	0	0	0	0	0
5/11/16	<i>1/2</i>	54 1.11 1.66	51.5 1.17 1.48	0	0	0	0	0	0
<i>Time:</i> 1:12.70	<i>2/3</i>	57 1.05 1.58	46.5 1.29 1.64	0	0	0	0	0	0
100 BREAST		:33.20	:39.40	: :0	: :0	: :0	: :0	: :0	: :0
LA MIRADA	<i>1/3</i>	57.5 1.04 1.57	51 1.18 1.49	0	0	0	0	0	0
1/17/16	<i>1/2</i>	59 1.02 1.53	51 1.18 1.49	0	0	0	0	0	0
<i>Time:</i> 1:12.70	<i>2/3</i>	52.5 1.14 1.72	48.5 1.24 1.57	0	0	0	0	0	0
100 BREAST		:34.80	:38.10	: :0	: :0	: :0	: :0	: :0	: :0
FULLERTON	<i>1/3</i>	50 1.20 1.72	40.5 1.48 1.94	0	0	0	0	0	0
2/21/15	<i>1/2</i>	49.5 1.21 1.74	46.5 1.29 1.69	0	0	0	0	0	0
<i>Time:</i> 1:12.80	<i>2/3</i>	46 1.30 1.87	45.5 1.32 1.73	0	0	0	0	0	0
100 BREAST		:34.20	:38.50	: :0	: :0	: :0	: :0	: :0	: :0
SPEEDO GRAND C	<i>1/3</i>	50.5 1.19 1.74	42 1.43 1.86	0	0	0	0	0	0
5/22/15	<i>1/2</i>	47 1.28 1.87	43.5 1.38 1.79	0	0	0	0	0	0
<i>Time:</i> 1:12.80	<i>2/3</i>	48 1.25 1.83	45 1.33 1.73	0	0	0	0	0	0
100 BREAST		:33.60	:39.20	: :0	: :0	: :0	: :0	: :0	: :0
CLOVIS	<i>1/3</i>	0	0	0	0	0	0	0	0
5/29/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:12.80	<i>2/3</i>	0	0	0	0	0	0	0	0
100 BREAST		:33.60	:39.40	: :0	: :0	: :0	: :0	: :0	: :0
LA INVITE	<i>1/3</i>	61.5 0.98 1.45	45.5 1.32 1.67	0	0	0	0	0	0
7/14/16	<i>1/2</i>	49 1.22 1.82	44.5 1.35 1.71	0	0	0	0	0	0
<i>Time:</i> 1:13.10	<i>2/3</i>	44.5 1.35 2.01	42 1.43 1.81	0	0	0	0	0	0
100 BREAST		:34.00	:39.40	: :0	: :0	: :0	: :0	: :0	: :0
LA MRIADA	<i>1/3</i>	60.5 0.99 1.46	54 1.11 1.41	0	0	0	0	0	0
4/08/16	<i>1/2</i>	58 1.03 1.52	52 1.15 1.46	0	0	0	0	0	0
<i>Time:</i> 1:13.40	<i>2/3</i>	51.5 1.17 1.71	43.5 1.38 1.75	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:33.90	:39.60	: :0	: :0	: :0	: :0	: :0	: :0
JO'S	<i>1/3</i>	60.5 0.99 1.46	50 1.20 1.52	0	0	0	0	0	0
7/23/15	<i>1/2</i>	55.5 1.08 1.59	44.5 1.35 1.70	0	0	0	0	0	0
<i>Time:</i> 1:13.50	<i>2/3</i>	49 1.22 1.81	42.5 1.41 1.78	0	0	0	0	0	0
100 BREAST		:33.50	:40.10	: :0	: :0	: :0	: :0	: :0	: :0
MISSION VIEJO	<i>1/3</i>	63 0.95 1.42	51 1.18 1.47	0	0	0	0	0	0
2/05/16	<i>1/2</i>	55.5 1.08 1.61	52 1.15 1.44	0	0	0	0	0	0
<i>Time:</i> 1:13.70	<i>2/3</i>	53 1.13 1.69	46 1.30 1.63	0	0	0	0	0	0
100 BREAST		:35.30	:39.10						
GOLDEN WEST	<i>1/3</i>	42.5 1.41 2.00	41.5 1.45 1.85						
2/18/17	<i>1/2</i>	39.5 1.52 2.15	38 1.58 2.02						
<i>Time:</i> 1:14.40	<i>2/3</i>	38.5 1.56 2.21	42 1.43 1.83						
100 BREAST		:35.40	:39.30	: :0	: :0	: :0	: :0	: :0	: :0
SLO	<i>1/3</i>	49 1.22 1.73	43.5 1.38 1.75	0	0	0	0	0	0
7/04/14	<i>1/2</i>	49.5 1.21 1.71	45 1.33 1.70	0	0	0	0	0	0
<i>Time:</i> 1:14.70	<i>2/3</i>	43.5 1.38 1.95	45.5 1.32 1.68	0	0	0	0	0	0
100 BREAST		:37.70	:43.20	: :0	: :0	: :0	: :0	: :0	: :0
SPEEDO GC	<i>1/3</i>	58 1.03 1.37	48 1.25 1.45	0	0	0	0	0	0
5/24/13	<i>1/2</i>	53 1.13 1.50	50.5 1.19 1.38	0	0	0	0	0	0
<i>Time:</i> 1:20.90	<i>2/3</i>	53 1.13 1.50	58 1.03 1.20	0	0	0	0	0	0
100 BREAST		:39.30	:43.80	: :0	: :0	: :0	: :0	: :0	: :0
SPEEDO GC	<i>1/3</i>	54 1.11 1.41	47.5 1.26 1.44	0	0	0	0	0	0
5/24/13	<i>1/2</i>	52 1.15 1.47	47.5 1.26 1.44	0	0	0	0	0	0
<i>Time:</i> 1:23.10	<i>2/3</i>	48 1.25 1.59	48.5 1.24 1.41	0	0	0	0	0	0
100 BREAST		:39.80	:43.90	: :0	: :0	: :0	: :0	: :0	: :0
CLOVIS	<i>1/3</i>	0	0	0	0	0	0	0	0
7/12/13	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:23.70	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:41.50	:47.20	: :0	: :0	: :0	: :0	: :0	: :0
SPEEDO GRAND C	<i>1/3</i>	51 1.18 1.42	47 1.28 1.35	0	0	0	0	0	0
5/25/12	<i>1/2</i>	50 1.20 1.45	44.5 1.35 1.43	0	0	0	0	0	0
<i>Time:</i> 1:28.50	<i>2/3</i>	47 1.28 1.54	43.5 1.38 1.46	0	0	0	0	0	0
100 BREAST		:57.30	1:07.60	: :0	: :0	: :0	: :0	: :0	: :0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/04/09	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:05.00	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FLY		:28.80	:31.50						
CLOVIS	<i>1/3</i>	51.5 1.17 2.02	54.5 1.10 1.75						
7/05/18	<i>1/2</i>	51 1.18 2.04	53.5 1.12 1.78						
<i>Time:</i> 1:00.40	<i>2/3</i>	47 1.28 2.22	53.5 1.12 1.78						
100 FLY		:29.30	:33.20	: :0	: :0	: :0	: :0	: :0	: :0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/23/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:02.50	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FLY		:30.20	:33.10	: :0	: :0	: :0	: :0	: :0	: :0
MISSION VIEJO	<i>1/3</i>	50 1.20 1.99	54 1.11 1.68	0	0	0	0	0	0
2/05/16	<i>1/2</i>	51.5 1.17 1.93	54.5 1.10 1.66	0	0	0	0	0	0
<i>Time:</i> 1:03.30	<i>2/3</i>	47 1.28 2.11	51 1.18 1.78	0	0	0	0	0	0
100 FLY		:30.30	:34.10	: :0	: :0	: :0	: :0	: :0	: :0
REEDLEY	<i>1/3</i>	0	0	0	0	0	0	0	0
3/13/16	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:04.40	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FLY		:29.90	:34.40	: :0	: :0	: :0	: :0	: :0	: :0
LA MIRADA	<i>1/3</i>	58 1.03 1.73	50.5 1.19 1.73	0	0	0	0	0	0
4/08/16	<i>1/2</i>	52.5 1.14 1.91	49.5 1.21 1.76	0	0	0	0	0	0
<i>Time:</i> 1:04.40	<i>2/3</i>	51.5 1.17 1.95	50.5 1.19 1.73	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 FLY		:30.20	:34.20	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SMOC	<i>1/3</i>	0	0	0	0	0	0	0	0
4/29/16	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:04.40	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FLY		:30.30	:34.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MISSION VIEJO	<i>1/3</i>	54.5 1.10 1.82	52 1.15 1.68	0	0	0	0	0	0
2/05/16	<i>1/2</i>	50 1.20 1.98	53 1.13 1.65	0	0	0	0	0	0
<i>Time:</i> 1:04.70	<i>2/3</i>	51 1.18 1.94	52 1.15 1.68	0	0	0	0	0	0
100 FLY		:30.50	:34.50	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0
7/23/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:05.00	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FLY		:30.50	:35.00	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SPEEDO GRAND C	<i>1/3</i>	59.5 1.01 1.65	57 1.05 1.50	0	0	0	0	0	0
5/22/15	<i>1/2</i>	52 1.15 1.89	49 1.22 1.75	0	0	0	0	0	0
<i>Time:</i> 1:05.50	<i>2/3</i>	50 1.20 1.97	51 1.18 1.68	0	0	0	0	0	0
100 FLY		:30.20	:35.40	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
REEDLEY	<i>1/3</i>	0	0	0	0	0	0	0	0
11/28/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:05.60	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FLY		:30.80	:35.50	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
LA MIRADA	<i>1/3</i>	574 0.10 0.17	51 1.18 1.66	0	0	0	0	0	0
1/17/16	<i>1/2</i>	55 1.09 1.77	51 1.18 1.66	0	0	0	0	0	0
<i>Time:</i> 1:06.30	<i>2/3</i>	46.5 1.29 2.09	47.5 1.26 1.78	0	0	0	0	0	0
100 FLY		:32.10	:36.70	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SLO	<i>1/3</i>	60 1.00 1.56	51.5 1.17 1.59	0	0	0	0	0	0
7/04/14	<i>1/2</i>	55 1.09 1.70	51.5 1.17 1.59	0	0	0	0	0	0
<i>Time:</i> 1:09.30	<i>2/3</i>	51.5 1.17 1.81	51 1.18 1.60	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
100 FLY		:32.30			:37.20			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
FULLERTON	<i>1/3</i>	56	1.07	1.66	45	1.33	1.79	0			0			0			0			0			0		
2/21/15	<i>1/2</i>	51	1.18	1.82	51	1.18	1.58	0			0			0			0			0			0		
<i>Time:</i> 1:09.50	<i>2/3</i>	48	1.25	1.93	52	1.15	1.55	0			0			0			0			0			0		
100 FLY		:37.00			:42.70			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SPEEDO GRAND C	<i>1/3</i>	62	0.97	1.31	49.5	1.21	1.42	0			0			0			0			0			0		
5/25/12	<i>1/2</i>	54.5	1.10	1.49	48.5	1.24	1.45	0			0			0			0			0			0		
<i>Time:</i> 1:19.20	<i>2/3</i>	51	1.18	1.59	47.5	1.26	1.48	0			0			0			0			0			0		
100 FREE		:27.40			:30.70			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
CLOVIS	<i>1/3</i>	62	0.97	1.77	51	1.18	1.92	0			0			0			0			0			0		
7/07/16	<i>1/2</i>	55	1.09	1.99	46.5	1.29	2.10	0			0			0			0			0			0		
<i>Time:</i> :58.10	<i>2/3</i>	47.5	1.26	2.31	43.5	1.38	2.25	0			0			0			0			0			0		
100 FREE		:28.70			:31.40			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
JO'S	<i>1/3</i>	49.5	1.21	2.11	41.5	1.45	2.30	0			0			0			0			0			0		
7/23/15	<i>1/2</i>	46.5	1.29	2.25	44.5	1.35	2.15	0			0			0			0			0			0		
<i>Time:</i> 1:00.00	<i>2/3</i>	44.5	1.35	2.35	39.5	1.52	2.42	0			0			0			0			0			0		
100 FREE		:28.30			:31.80			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
JO'S	<i>1/3</i>	52	1.15	2.04	42.5	1.41	2.22	0			0			0			0			0			0		
7/23/15	<i>1/2</i>	44.5	1.35	2.38	45	1.33	2.10	0			0			0			0			0			0		
<i>Time:</i> 1:00.20	<i>2/3</i>	46.5	1.29	2.28	40.5	1.48	2.33	0			0			0			0			0			0		
100 FREE		:36.30			:40.00			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
MERCED	<i>1/3</i>	0			0			0			0			0			0			0			0		
4/16/11	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 1:16.30	<i>2/3</i>	0			0			0			0			0			0			0			0		
200 BREAST		:32.70			:38.20			:37.20			:38.10														
CLOVIS	<i>1/3</i>	40.5	1.48	2.27	32	1.88	2.45	35.5	1.69	2.27	40	1.50	1.97												
7/05/18	<i>1/2</i>	31.5	1.90	2.91	30	2.00	2.62	36.5	1.64	2.21	40	1.50	1.97												
<i>Time:</i> 2:26.30	<i>2/3</i>	31	1.94	2.96	31	1.94	2.53	38	1.58	2.12	41.5	1.45	1.90												

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 BREAST		:33.40	:38.40	:38.00	:38.80				
MESA	<i>1/3</i>	33.5 1.79 2.68	33.5 1.79 2.33	36 1.67 2.19	37.5 1.60 2.06				
4/12/18	<i>1/2</i>	33 1.82 2.72	34.5 1.74 2.26	39 1.54 2.02	39.5 1.52 1.96				
<i>Time:</i> 2:28.80	<i>2/3</i>	31.5 1.90 2.85	32 1.88 2.44	34.5 1.74 2.29	38.5 1.56 2.01				
200 BREAST		:32.70	:37.80	:38.30	:40.10				
SMOC	<i>1/3</i>	40 1.50 2.29	34 1.76 2.33	40 1.50 1.96	41.5 1.45 1.80				
6/20/19	<i>1/2</i>	35 1.71 2.62	33.5 1.79 2.37	37 1.62 2.12	40 1.50 1.87				
<i>Time:</i> 2:28.90	<i>2/3</i>	34 1.76 2.70	35.5 1.69 2.24	37.5 1.60 2.09	41 1.46 1.82				
200 BREAST		:33.60	:39.60	:39.40	:39.20	: .0	: .0	: .0	: .0
AG ZONES	<i>1/3</i>	0	0	0	0	0	0	0	0
8/05/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:31.89	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BREAST		:35.90	:40.50	:38.60	:38.50				
GOLDEN WEST	<i>1/3</i>								
2/17/18	<i>1/2</i>								
<i>Time:</i> 2:33.60	<i>2/3</i>								
200 BREAST		:35.20	:40.30	:40.90	:39.90	: .0	: .0	: .0	: .0
SPEEDO GRAND C	<i>1/3</i>	45 1.33 1.89	35 1.71 2.13	37 1.62 1.98	38.5 1.56 1.95	0	0	0	0
5/22/15	<i>1/2</i>	36.5 1.64 2.33	34.5 1.74 2.16	38.5 1.56 1.91	39.5 1.52 1.90	0	0	0	0
<i>Time:</i> 2:36.40	<i>2/3</i>	37 1.62 2.30	33 1.82 2.26	38 1.58 1.93	41 1.46 1.83	0	0	0	0
200 BREAST		:34.60	:40.30	:40.80	:40.90				
SMOC	<i>1/3</i>								
4/28/17	<i>1/2</i>								
<i>Time:</i> 2:36.60	<i>2/3</i>								
200 BREAST		:36.20	:41.60	:39.60	:39.50	: .0	: .0	: .0	: .0
CLOVIS	<i>1/3</i>	39.5 1.52 2.10	32.5 1.85 2.22	38.5 1.56 1.97	39 1.54 1.95	0	0	0	0
5/29/15	<i>1/2</i>	33.5 1.79 2.47	33.5 1.79 2.15	37.5 1.60 2.02	41 1.46 1.85	0	0	0	0
<i>Time:</i> 2:37.10	<i>2/3</i>	33 1.82 2.51	32.5 1.85 2.22	36 1.67 2.10	41 1.46 1.85	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 BREAST		:34.70	:40.10	:40.90	:41.40				
REEDLEY	<i>1/3</i>	42 1.43 2.06	33.5 1.79 2.23	37.5 1.60 1.96	38 1.58 1.91				
3/10/18	<i>1/2</i>	35.5 1.69 2.44	33.5 1.79 2.23	35.5 1.69 2.07	37 1.62 1.96				
<i>Time:</i> 2:37.10	<i>2/3</i>	33.5 1.79 2.58	33 1.82 2.27	34 1.76 2.16	38 1.58 1.91				
200 BREAST		:35.00	:41.60	:40.50	:40.50	: .0	: .0	: .0	: .0
SAN MATEO	<i>1/3</i>	53 1.13 1.62	35.5 1.69 2.03	40.5 1.48 1.83	42 1.43 1.76	0	0	0	0
10/11/15	<i>1/2</i>	48.5 1.24 1.77	35.5 1.69 2.03	44.5 1.35 1.66	44.5 1.35 1.66	0	0	0	0
<i>Time:</i> 2:37.60	<i>2/3</i>	43.5 1.38 1.97	34 1.76 2.12	0	46.5 1.29 1.59	0	0	0	0
200 BREAST		:35.90	:41.40	:41.30	:39.80	: .0	: .0	: .0	: .0
MISSION VIEJO	<i>1/3</i>	53.5 1.12 1.56	36 1.67 2.01	38.5 1.56 1.89	49.5 1.21 1.52	0	0	0	0
2/05/16	<i>1/2</i>	39 1.54 2.14	36 1.67 2.01	37.5 1.60 1.94	47.5 1.26 1.59	0	0	0	0
<i>Time:</i> 2:38.50	<i>2/3</i>	36.5 1.64 2.29	37 1.62 1.96	38 1.58 1.91	48 1.25 1.57	0	0	0	0
200 BREAST		:35.90	:41.70	:40.30	:40.70	: .0	: .0	: .0	: .0
MISSION VIEJO	<i>1/3</i>	50.5 1.19 1.65	35.5 1.69 2.03	39.5 1.52 1.88	43.5 1.38 1.69	0	0	0	0
2/05/16	<i>1/2</i>	35 1.71 2.39	33.5 1.79 2.15	38.5 1.56 1.93	43 1.40 1.71	0	0	0	0
<i>Time:</i> 2:38.80	<i>2/3</i>	32 1.88 2.61	32.5 1.85 2.21	39 1.54 1.91	42 1.43 1.76	0	0	0	0
200 BREAST		:38.20	:43.70	:39.80	:38.30				
FRESNO	<i>1/3</i>	34 1.76 2.31	30 2.00 2.29	32.5 1.85 2.32	38.5 1.56 2.03				
6/18/17	<i>1/2</i>	31 1.94 2.53	28.5 2.11 2.41	31.5 1.90 2.39	40 1.50 1.96				
<i>Time:</i> 2:40.20	<i>2/3</i>	30 2.00 2.62	32 1.88 2.15	32.5 1.85 2.32	41.5 1.45 1.89				
200 BREAST		:35.50	:41.00	:42.50	:41.50	: .0	: .0	: .0	: .0
SMOC	<i>1/3</i>	0	0	0	0	0	0	0	0
4/29/16	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:40.60	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BREAST		:35.80	:41.90	:41.70	:41.60	: .0	: .0	: .0	: .0
REEDLEY	<i>1/3</i>	0	0	0	0	0	0	0	0
3/21/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:41.00	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 BREAST FULLERTON 2/21/15 <i>Time:</i> 2:41.85		:37.00	:41.80	:41.50	:41.70	: .0	: .0	: .0	: .0
	<i>1/3</i>	45.5 1.32 1.78	35.5 1.69 2.02	38 1.58 1.90	38 1.58 1.89	0	0	0	0
	<i>1/2</i>	37.5 1.60 2.16	34.5 1.74 2.08	36.5 1.64 1.98	40 1.50 1.80	0	0	0	0
	<i>2/3</i>	34.5 1.74 2.35	42.5 1.41 1.69	36.5 1.64 1.98	39.5 1.52 1.82	0	0	0	0
200 BREAST JO'S 7/23/15 <i>Time:</i> 2:42.60		:35.70	:40.50	:43.20	:43.20	: .0	: .0	: .0	: .0
	<i>1/3</i>	0	0	0	0	0	0	0	0
	<i>1/2</i>	0	0	0	0	0	0	0	0
	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BREAST LA MIRADA 1/17/16 <i>Time:</i> 2:43.20		:36.40	:42.60	:42.40	:41.70	: .0	: .0	: .0	: .0
	<i>1/3</i>	43.5 1.38 1.89	37 1.62 1.90	37.5 1.60 1.89	40.5 1.48 1.78	0	0	0	0
	<i>1/2</i>	40 1.50 2.06	35.5 1.69 1.98	38 1.58 1.86	41.5 1.45 1.73	0	0	0	0
	<i>2/3</i>	34.5 1.74 2.39	34.5 1.74 2.04	34.5 1.74 2.05	42 1.43 1.71	0	0	0	0
200 BREAST SLO 7/04/14 <i>Time:</i> 2:45.30		:36.50	:42.40	:43.30	:43.00	: .0	: .0	: .0	: .0
	<i>1/3</i>	48 1.25 1.71	40 1.50 1.77	40.5 1.48 1.71	41 1.46 1.70	0	0	0	0
	<i>1/2</i>	47 1.28 1.75	39.5 1.52 1.79	38.5 1.56 1.80	41 1.46 1.70	0	0	0	0
	<i>2/3</i>	43.5 1.38 1.89	37 1.62 1.91	39.5 1.52 1.75	44 1.36 1.59	0	0	0	0
200 BREAST LA MIRADA 4/08/16 <i>Time:</i> 2:48.70		:37.90	:44.10	:43.70	:43.00	: .0	: .0	: .0	: .0
	<i>1/3</i>		0	0	0	0	0	0	0
	<i>1/2</i>	0	0	0	0	0	0	0	0
	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BREAST LA INVITE 7/14/16 <i>Time:</i> 2:49.00		:35.10	:42.40	:45.60	:45.80	: .0	: .0	: .0	: .0
	<i>1/3</i>	44.5 1.35 1.92	40.5 1.48 1.75	38.5 1.56 1.71	36 1.67 1.82	0	0	0	0
	<i>1/2</i>	43.5 1.38 1.96	40 1.50 1.77	38 1.58 1.73	34 1.76 1.93	0	0	0	0
	<i>2/3</i>	38.5 1.56 2.22	40 1.50 1.77	37 1.62 1.78	34.5 1.74 1.90	0	0	0	0
200 BREAST GOLDEN WEST 2/18/17 <i>Time:</i> 2:51.60		:36.40	:43.60	:36.40	:45.20				
	<i>1/3</i>								
	<i>1/2</i>								
	<i>2/3</i>								

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
200 BREAST		:39.70			:45.00			:46.20			:43.50			: .0			: .0			: .0			: .0		
CLOVIS	<i>1/3</i>	47	1.28	1.61	40	1.50	1.67	44	1.36	1.48	42.5	1.41	1.62	0			0			0			0		
7/12/13	<i>1/2</i>	43	1.40	1.76	41.5	1.45	1.61	41.5	1.45	1.56	47.5	1.26	1.45	0			0			0			0		
<i>Time:</i> 2:54.60	<i>2/3</i>	39.5	1.52	1.91	37.5	1.60	1.78	43.5	1.38	1.49	46	1.30	1.50	0			0			0			0		
200 BRESAT		:33.20			:39.30			:42.50			:42.00														
SMOC	<i>1/3</i>																								
4/24/17	<i>1/2</i>																								
<i>Time:</i> 2:37.00	<i>2/3</i>																								
200 FLY		:31.40			:35.70			:37.20			:37.30			: .0			: .0			: .0			: .0		
LA INVITE	<i>1/3</i>	51	1.18	1.87	49.5	1.21	1.70	50	1.20	1.61	53.5	1.12	1.50	0			0			0			0		
7/14/16	<i>1/2</i>	46	1.30	2.08	48	1.25	1.75	48	1.25	1.68	45.5	1.32	1.77	0			0			0			0		
<i>Time:</i> 2:21.80	<i>2/3</i>	45.5	1.32	2.10	46	1.30	1.83	47.5	1.26	1.70	53	1.13	1.52	0			0			0			0		
200 FLY		:31.30			:36.80			:36.80			:37.70			: .0			: .0			: .0			: .0		
JO'S	<i>1/3</i>	53.5	1.12	1.79	48.5	1.24	1.68	50.5	1.19	1.61	49	1.22	1.62	0			0			0			0		
7/23/15	<i>1/2</i>	50.5	1.19	1.90	45	1.33	1.81	48.5	1.24	1.68	51	1.18	1.56	0			0			0			0		
<i>Time:</i> 2:22.80	<i>2/3</i>	47.5	1.26	2.02	46	1.30	1.77	49	1.22	1.66	49	1.22	1.62	0			0			0			0		
200 FLY		:31.50			:36.00			:38.30			:37.70			: .0			: .0			: .0			: .0		
SMOC	<i>1/3</i>	0			0			0			0			0			0			0			0		
4/29/16	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time:</i> 2:23.50	<i>2/3</i>	0			0			0			0			0			0			0			0		
200 FLY		:32.90			:38.40			:38.70			:37.60			: .0			: .0			: .0			: .0		
LA MIRADA	<i>1/3</i>	49	1.22	1.86	44	1.36	1.78	47.5	1.26	1.63	48.5	1.24	1.65	0			0			0			0		
4/08/16	<i>1/2</i>	46	1.30	1.98	45.5	1.32	1.72	45	1.33	1.72	47	1.28	1.70	0			0			0			0		
<i>Time:</i> 2:27.60	<i>2/3</i>	46	1.30	1.98	42	1.43	1.86	44.5	1.35	1.74	45.5	1.32	1.75	0			0			0			0		
200 FLY		:32.90			:38.40			:39.50			:40.70			: .0			: .0			: .0			: .0		
FULLERTON	<i>1/3</i>	48.5	1.24	1.88	45	1.33	1.74	54	1.11	1.41	42.5	1.41	1.73	0			0			0			0		
2/21/15	<i>1/2</i>	50.5	1.19	1.81	44	1.36	1.78	43.5	1.38	1.75	44	1.36	1.68	0			0			0			0		
<i>Time:</i> 2:31.70	<i>2/3</i>	49.5	1.21	1.84	45.5	1.32	1.72	44	1.36	1.73	42	1.43	1.76	0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
200 FLY		:33.10			:40.20			:40.10			:39.00			: .0			: .0			: .0			: .0		
SAN MATEO	<i>1/3</i>	54	1.11	1.68	45	1.33	1.66	43.5	1.38	1.72	47.5	1.26	1.62	0		0		0		0		0		0	
10/11/15	<i>1/2</i>	47	1.28	1.93	41.5	1.45	1.80	45.5	1.32	1.64	46.5	1.29	1.65	0		0		0		0		0		0	
<i>Time:</i> 2:32.50	<i>2/3</i>	45	1.33	2.01	42.5	1.41	1.76	45	1.33	1.66	48	1.25	1.60	0		0		0		0		0		0	
200 FLY		:33.60			:40.40			:38.30			:40.20			: .0			: .0			: .0			: .0		
REEDLEY	<i>1/3</i>	53	1.13	1.68	46	1.30	1.61	49	1.22	1.60	47	1.28	1.59	0		0		0		0		0		0	
3/21/15	<i>1/2</i>	45	1.33	1.98	46	1.30	1.61	45.5	1.32	1.72	46	1.30	1.62	0		0		0		0		0		0	
<i>Time:</i> 2:32.70	<i>2/3</i>	45.5	1.32	1.96	42.5	1.41	1.75	49	1.22	1.60	46.5	1.29	1.60	0		0		0		0		0		0	
200 FLY		:32.50			:40.80			:46.10			:43.50			: .0			: .0			: .0			: .0		
CLOVIS	<i>1/3</i>	51.5	1.17	1.79	44	1.36	1.67	43	1.40	1.51	44	1.36	1.57	0		0		0		0		0		0	
7/07/16	<i>1/2</i>	47.5	1.26	1.94	42.5	1.41	1.73	41	1.46	1.59	41	1.46	1.68	0		0		0		0		0		0	
<i>Time:</i> 2:43.10	<i>2/3</i>	44	1.36	2.10	42.5	1.41	1.73	38.5	1.56	1.69	40.5	1.48	1.70	0		0		0		0		0		0	
200 FLY		:37.00			:44.50			:44.00			:42.90			: .0			: .0			: .0			: .0		
CLOVIS	<i>1/3</i>	54	1.11	1.50	43	1.40	1.57	49.5	1.21	1.38	47	1.28	1.49	0		0		0		0		0		0	
7/12/13	<i>1/2</i>	51.5	1.17	1.57	41.5	1.45	1.62	45.5	1.32	1.50	48.5	1.24	1.44	0		0		0		0		0		0	
<i>Time:</i> 2:48.60	<i>2/3</i>	48.5	1.24	1.67	41	1.46	1.64	45	1.33	1.52	42.5	1.41	1.65	0		0		0		0		0		0	
200 FREE		:32.40			:37.20			:36.70			:36.50			: .0			: .0			: .0			: .0		
SLO	<i>1/3</i>	46.5	1.29	1.99	35	1.71	2.30	41	1.46	1.99	35	1.71	2.35	0		0		0		0		0		0	
7/04/14	<i>1/2</i>	38	1.58	2.44	34	1.76	2.37	37	1.62	2.21	39	1.54	2.11	0		0		0		0		0		0	
<i>Time:</i> 2:23.00	<i>2/3</i>	38.5	1.56	2.41	33.5	1.79	2.41	36	1.67	2.27	43	1.40	1.91	0		0		0		0		0		0	
200 FREE		:37.70			:46.20			:44.10			:41.00			: .0			: .0			: .0			: .0		
MERCED	<i>1/3</i>	0			0			0			0			0		0		0		0		0		0	
4/16/11	<i>1/2</i>	0			0			0			0			0		0		0		0		0		0	
<i>Time:</i> 2:49.10	<i>2/3</i>	0			0			0			0			0		0		0		0		0		0	
200 FREE		:46.30			:57.70			:57.60			:53.50			: .0			: .0			: .0			: .0		
MERCED	<i>1/3</i>	0			0			0			0			0		0		0		0		0		0	
4/04/09	<i>1/2</i>	0			0			0			0			0		0		0		0		0		0	
<i>Time:</i> 3:35.30	<i>2/3</i>	0			0			0			0			0		0		0		0		0		0	

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100			150			200			250			300			350			400			
200 IM		:30.60		:39.00			:40.60			:33.00			: .0			: .0			: .0			: .0		
JO'S	<i>1/3</i>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
7/23/15	<i>1/2</i>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<i>Time:</i> 2:23.20	<i>2/3</i>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
200 IM		:30.20		:40.10			:42.30			:34.50			: .0			: .0			: .0			: .0		
LA MIRADA	<i>1/3</i>	58.5	1.03	1.70	45.5	1.32	1.64	38	1.58	1.87	41	1.46	2.12	0	0	0	0	0	0	0	0	0	0	0
4/08/16	<i>1/2</i>	53.5	1.12	1.86	45.5	1.32	1.64	40.5	1.48	1.75	37.5	1.60	2.32	0	0	0	0	0	0	0	0	0	0	0
<i>Time:</i> 2:27.30	<i>2/3</i>	47.5	1.26	2.09	42.5	1.41	1.76	33.5	1.79	2.12	40.5	1.48	2.15	0	0	0	0	0	0	0	0	0	0	0
200 IM		:30.30		:40.50			:42.50			:34.10			: .0			: .0			: .0			: .0		
MISSION VIEJO	<i>1/3</i>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2/05/16	<i>1/2</i>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<i>Time:</i> 2:27.40	<i>2/3</i>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
200 IM		:30.20		:39.70			:44.70			:37.40			: .0			: .0			: .0			: .0		
CLOVIS	<i>1/3</i>	55.5	1.08	1.79	40.5	1.48	1.87	35	1.71	1.92	37	1.62	2.17	0	0	0	0	0	0	0	0	0	0	0
7/07/16	<i>1/2</i>	56	1.07	1.77	40.5	1.48	1.87	35.5	1.69	1.89	33.5	1.79	2.39	0	0	0	0	0	0	0	0	0	0	0
<i>Time:</i> 2:31.70	<i>2/3</i>	50.5	1.19	1.97	37	1.62	2.04	34.5	1.74	1.95	33	1.82	2.43	0	0	0	0	0	0	0	0	0	0	0
200 IM		:31.60		:41.50			:44.60			:35.70			: .0			: .0			: .0			: .0		
LA MIRADA	<i>1/3</i>	54.5	1.10	1.74	42.5	1.41	1.70	36.5	1.64	1.84	37.5	1.60	2.24	0	0	0	0	0	0	0	0	0	0	0
1/17/16	<i>1/2</i>	48	1.25	1.98	38	1.58	1.90	37	1.62	1.82	37.5	1.60	2.24	0	0	0	0	0	0	0	0	0	0	0
<i>Time:</i> 2:33.60	<i>2/3</i>	46.5	1.29	2.04	34	1.76	2.13	33.5	1.79	2.01	37.5	1.60	2.24	0	0	0	0	0	0	0	0	0	0	0
200 IM		:31.40		:42.40			:43.60			:36.70			: .0			: .0			: .0			: .0		
REEDLEY	<i>1/3</i>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
3/21/15	<i>1/2</i>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<i>Time:</i> 2:34.10	<i>2/3</i>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
200 IM		:33.10		:41.70			:43.70			:36.10			: .0			: .0			: .0			: .0		
FULLERTON	<i>1/3</i>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2/21/15	<i>1/2</i>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<i>Time:</i> 2:34.60	<i>2/3</i>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
200 IM		:32.00			:43.70			:44.80			:36.00														
GOLDEN WEST	<i>1/3</i>	49	1.22	1.91	32	1.88	2.15	33	1.82	2.03	33	1.82	2.53												
2/18/17	<i>1/2</i>	49.5	1.21	1.89	30	2.00	2.29	30	2.00	2.23	37	1.62	2.25												
<i>Time: 2:36.70</i>	<i>2/3</i>	42.5	1.41	2.21	29	2.07	2.37	31.5	1.90	2.13	33.5	1.79	2.49												
200 IM		:32.60			:44.30			:43.30			:38.00			: .0			: .0			: .0			: .0		
REEDLEY	<i>1/3</i>	0			0			0			0			0			0			0			0		
11/28/15	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time: 2:38.40</i>	<i>2/3</i>	0			0			0			0			0			0			0			0		
200 IM		:36.00			:45.40			:47.30			:39.30			: .0			: .0			: .0			: .0		
CLOVIS	<i>1/3</i>	56	1.07	1.49	42.5	1.41	1.55	43.5	1.38	1.46	39.5	1.52	1.93	0			0			0			0		
7/12/13	<i>1/2</i>	54	1.11	1.54	39	1.54	1.69	40.5	1.48	1.57	39.5	1.52	1.93	0			0			0			0		
<i>Time: 2:48.10</i>	<i>2/3</i>	48.5	1.24	1.72	40	1.50	1.65	45.5	1.32	1.39	38	1.58	2.01	0			0			0			0		
200 IM		:40.30			:51.10			:49.30			:44.10			: .0			: .0			: .0			: .0		
MERCED	<i>1/3</i>	0			0			0			0			0			0			0			0		
4/16/11	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time: 3:04.90</i>	<i>2/3</i>	0			0			0			0			0			0			0			0		
200 IM		:58.20			1:06.10			1:03.20			:53.60			: .0			: .0			: .0			: .0		
MERCED	<i>1/3</i>	0			0			0			0			0			0			0			0		
4/04/09	<i>1/2</i>	0			0			0			0			0			0			0			0		
<i>Time: 4:01.10</i>	<i>2/3</i>	0			0			0			0			0			0			0			0		
400 IM		:32.20			:38.70			:42.00			:42.30			:43.10			:43.20			:37.30			:35.70		
MISSION VIEJO	<i>1/3</i>	50.5	1.19	1.84	42	1.43	1.85	37	1.62	1.93	35	1.71	2.03	35.5	1.69	1.96	36	1.67	1.93	36	1.67	2.23	38	1.58	2.21
2/05/16	<i>1/2</i>	44	1.36	2.12	41.5	1.45	1.87	33.5	1.79	2.13	32	1.88	2.22	33.5	1.79	2.08	35	1.71	1.98	34.5	1.74	2.33	36.5	1.64	2.30
<i>Time: 5:14.50</i>	<i>2/3</i>	44	1.36	2.12	43.5	1.38	1.78	33.5	1.79	2.13	32.5	1.85	2.18	34.5	1.74	2.02	33	1.82	2.10	37	1.62	2.17	36	1.67	2.33
400 IM		:31.30			:38.90			:45.50			:43.00			:43.70			:42.20			:38.10			:34.50		
REEDLEY	<i>1/3</i>	50.5	1.19	1.90	42.5	1.41	1.81	25.5	2.35	2.59	30.5	1.97	2.29	31.5	1.90	2.18	33	1.82	2.15	32	1.88	2.46	36	1.67	2.42
3/10/18	<i>1/2</i>	47.5	1.26	2.02	42.5	1.41	1.81	26.5	2.26	2.49	28	2.14	2.49	28.5	2.11	2.41	31	1.94	2.29	33.5	1.79	2.35	37	1.62	2.35
<i>Time: 5:17.60</i>	<i>2/3</i>	44.5	1.35	2.15	41	1.46	1.88	27	2.22	2.44	28	2.14	2.49	29.5	2.03	2.33	31.5	1.90	2.26	32	1.88	2.46	37	1.62	2.35

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
400 IM		:31.30			:38.90			:43.30			:42.10			:43.40			:44.30			:37.80			:36.50		
LA MIRADA	<i>1/3</i>	49	1.22	1.96	43.5	1.38	1.77	33	1.82	2.10	33.5	1.79	2.13	35	1.71	1.97	33	1.82	2.05	35.5	1.69	2.24	37	1.62	2.22
1/17/16	<i>1/2</i>	51	1.18	1.88	43	1.40	1.79	32.5	1.85	2.13	34	1.76	2.10	35	1.71	1.97	34.5	1.74	1.96	34.5	1.74	2.30	37.5	1.60	2.19
<i>Time:</i> 5:18.00	<i>2/3</i>	45	1.33	2.13	39.5	1.52	1.95	30.5	1.97	2.27	34.5	1.74	2.07	33.5	1.79	2.06	33.5	1.79	2.02	33.5	1.79	2.37	37	1.62	2.22
400 IM		:31.80			:37.60			:43.10			:42.90			:43.60			:45			:39.00			:35.70		
LA MIRADA	<i>1/3</i>	53	1.13	1.78	43.5	1.38	1.83	35.5	1.69	1.96	32.5	1.85	2.15	34.5	1.74	1.99	39	1.54	#####	33.5	1.79	2.30	36.5	1.64	2.30
4/08/16	<i>1/2</i>	44.5	1.35	2.12	41	1.46	1.95	32	1.88	2.18	33	1.82	2.12	35	1.71	1.97	37	1.62	#####	31	1.94	2.48	36.5	1.64	2.30
<i>Time:</i> 5:18.90	<i>2/3</i>	43	1.40	2.19	43.5	1.38	1.83	32.5	1.85	2.14	31.5	1.90	2.22	33	1.82	2.09	36.5	1.64	#####	32.5	1.85	2.37	35	1.71	2.40
400 IM		:32.30			:38.10			:44.70			:43.90			:43.80			:43.70			:39.60			:38.30		
CLOVIS	<i>1/3</i>	53	1.13	1.75	47.5	1.26	1.66	33	1.82	2.03	33	1.82	2.07	33	1.82	2.08	35	1.71	1.96	40	1.50	1.89	30.5	1.97	2.57
5/29/15	<i>1/2</i>	47.5	1.26	1.96	45.5	1.32	1.73	31.5	1.90	2.13	37.5	1.60	1.82	33.5	1.79	2.04	32	1.88	2.15	31.5	1.90	2.41	30.5	1.97	2.57
<i>Time:</i> 5:24.60	<i>2/3</i>	47.5	1.26	1.96	41	1.46	1.92	33.5	1.79	2.00	32.5	1.85	2.10	33	1.82	2.08	33	1.82	2.08	31	1.94	2.44	32.5	1.85	2.41
50 BREAST		:31.50																							
SMOC	<i>1/3</i>	56.5	1.06	1.69																					
6/20/19	<i>1/2</i>	52.5	1.14	1.81																					
<i>Time:</i> :31.50	<i>2/3</i>	50	1.20	1.90																					
50 FLY		:32.30			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SPEEDO GC	<i>1/3</i>	69.5	0.86	1.34	0			0			0			0			0			0			0		
5/24/13	<i>1/2</i>	69.5	0.86	1.34	0			0			0			0			0			0			0		
<i>Time:</i> :32.30	<i>2/3</i>	61.5	0.98	1.51	0			0			0			0			0			0			0		
50 FREE		:27.10			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
JO'S	<i>1/3</i>	64.5	0.93	1.72	0			0			0			0			0			0			0		
7/23/15	<i>1/2</i>	61	0.98	1.81	0			0			0			0			0			0			0		
<i>Time:</i> :27.10	<i>2/3</i>	57	1.05	1.94	0			0			0			0			0			0			0		
50 FREE		:27.30			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
CLOVIS	<i>1/3</i>	63	0.95	1.74	0			0			0			0			0			0			0		
7/07/16	<i>1/2</i>	53.5	1.12	2.05	0			0			0			0			0			0			0		
<i>Time:</i> :27.30	<i>2/3</i>	53	1.13	2.07	0			0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
50 FREE		:28.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
CLOVIS	<i>1/3</i>	55 1.09 1.94	0	0	0	0	0	0	0
5/29/15	<i>1/2</i>	46.5 1.29 2.30	0	0	0	0	0	0	0
<i>Time:</i> :28.10	<i>2/3</i>	48.5 1.24 2.20	0	0	0	0	0	0	0
50 FREE		:28.30							
GOLDEN WEST	<i>1/3</i>	57 1.05 1.86							
2/18/17	<i>1/2</i>	44.5 1.35 2.38							
<i>Time:</i> :28.30	<i>2/3</i>	51 1.18 2.08							
50 FREE		:28.60	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SAN MATEO	<i>1/3</i>	64 0.94 1.64	0	0	0	0	0	0	0
10/11/15	<i>1/2</i>	55.5 1.08 1.89	0	0	0	0	0	0	0
<i>Time:</i> :28.60	<i>2/3</i>	55.5 1.08 1.89	0	0	0	0	0	0	0
50 FREE		:29.70	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
SLO	<i>1/3</i>	57.5 1.04 1.76	0	0	0	0	0	0	0
7/04/14	<i>1/2</i>	55 1.09 1.84	0	0	0	0	0	0	0
<i>Time:</i> :29.70	<i>2/3</i>	52.5 1.14 1.92	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 FLY		:27.20	:30.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MESA	<i>1/3</i>	0	0	0	0	0	0	0	0
4/15/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: :57.50</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FLY		:27.20	:31.70	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
REEDLEY	<i>1/3</i>	0	0	0	0	0	0	0	0
11/28/15	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: :58.90</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
200 FLY		:27.80	:32.00	:32.00	:32.80	: : 0	: : 0	: : 0	: : 0
MESA	<i>1/3</i>	60 1.00 1.80	50.5 1.19 1.86	52 1.15 1.80	53.5 1.12 1.71	0	0	0	0
4/15/15	<i>1/2</i>	51 1.18 2.12	48 1.25 1.95	51 1.18 1.84	55 1.09 1.66	0	0	0	0
<i>Time: 2:04.70</i>	<i>2/3</i>	49.5 1.21 2.18	49 1.22 1.91	49.5 1.21 1.89	52.5 1.14 1.74	0	0	0	0
200 FLY		:28.40	:32.00	:32.50	:32.80	: : 0	: : 0	: : 0	: : 0
MESA	<i>1/3</i>	52.5 1.14 2.01	51 1.18 1.84	54 1.11 1.71	53.5 1.12 1.71	0	0	0	0
4/15/15	<i>1/2</i>	49.5 1.21 2.13	53.5 1.12 1.75	50 1.20 1.85	53.5 1.12 1.71	0	0	0	0
<i>Time: 2:05.90</i>	<i>2/3</i>	50.5 1.19 2.09	49.5 1.21 1.89	52 1.15 1.78	50.5 1.19 1.81	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:37.30	:41.40						
SMOC	<i>1/3</i>	51 1.18 1.58	49 1.22 1.48						
6/20/19	<i>1/2</i>	48 1.25 1.68	47 1.28 1.54						
<i>Time: 1:18.80</i>	<i>2/3</i>	45.5 1.32 1.77	47 1.28 1.54						
100 FLY		:33.00	:38.00						
SMOC	<i>1/3</i>	60 1.00 1.52	55.5 1.08 1.42						
6/20/19	<i>1/2</i>	56.5 1.06 1.61	55.5 1.08 1.42						
<i>Time: 1:10.90</i>	<i>2/3</i>	56 1.07 1.62	53 1.13 1.49						
100 FLY		:37.80	:41.20	: .0	: .0	: .0	: .0	: .0	: .0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:19.10</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BREAST		:39.10	:43.60	:43.70	:43.30				
SMOC	<i>1/3</i>	46 1.30 1.67	40.5 1.48 1.70	44.5 1.35 1.54	45 1.33 1.54				
6/20/19	<i>1/2</i>	39.5 1.52 1.94	39.5 1.52 1.74	42 1.43 1.63	44.5 1.35 1.56				
<i>Time: 2:49.30</i>	<i>2/3</i>	37.5 1.60 2.05	36 1.67 1.91	42.5 1.41 1.62	43.5 1.38 1.59				
200 IM		:38.60	:47.00	:54.20	:40.80	: .0	: .0	: .0	: .0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 3:00.78</i>	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
100 FREE		:23.60			:25.90			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SANTA CLARA	<i>1/3</i>	51.5	1.17	2.47	51	1.18	2.27	0			0			0			0			0			0		
5/31/12	<i>1/2</i>	51	1.18	2.49	48.5	1.24	2.39	0			0			0			0			0			0		
<i>Time:</i> :48.80	<i>2/3</i>	50.5	1.19	2.52	50	1.20	2.32	0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 FLY		:24.50	:26.60	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	51 1.18 2.40	46 1.30 2.45	0	0	0	0	0	0
6/29/08	<i>1/2</i>	47.5 1.26 2.58	47 1.28 2.40	0	0	0	0	0	0
<i>Time:</i> :51.10	<i>2/3</i>	46 1.30 2.66	51.5 1.17 2.19	0	0	0	0	0	0
100 FLY		:24.90	:27.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	49 1.22 2.46	48 1.25 2.29	0	0	0	0	0	0
6/29/08	<i>1/2</i>	46 1.30 2.62	47.5 1.26 2.31	0	0	0	0	0	0
<i>Time:</i> :52.21	<i>2/3</i>	47 1.28 2.56	47 1.28 2.34	0	0	0	0	0	0
100 FREE		:23.20	:24.50	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	43.5 1.38 2.97	44.5 1.35 2.75	0	0	0	0	0	0
6/29/08	<i>1/2</i>	42.5 1.41 3.04	46.5 1.29 2.63	0	0	0	0	0	0
<i>Time:</i> :47.92	<i>2/3</i>	42.5 1.41 3.04	44 1.36 2.78	0	0	0	0	0	0
200 FLY		:25.30	:28.40	:29.20	:29.20	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	48 1.25 2.47	42.5 1.41 2.49	46.5 1.29 2.21	45.5 1.32 2.26	0	0	0	0
6/29/08	<i>1/2</i>	43.5 1.38 2.73	44.5 1.35 2.37	45.5 1.32 2.26	47.5 1.26 2.16	0	0	0	0
<i>Time:</i> 1:52.20	<i>2/3</i>	43.5 1.38 2.73	43.5 1.38 2.43	44 1.36 2.33	45.5 1.32 2.26	0	0	0	0
200 FLY		:26.40	:29.60	:30.10	:29.80	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	46.5 1.29 2.44	43 1.40 2.36	44.5 1.35 2.24	46.5 1.29 2.16	0	0	0	0
6/29/08	<i>1/2</i>	42 1.43 2.71	44 1.36 2.30	44.5 1.35 2.24	45 1.33 2.24	0	0	0	0
<i>Time:</i> 1:55.85	<i>2/3</i>	42 1.43 2.71	45 1.33 2.25	44 1.36 2.27	47.5 1.26 2.12	0	0	0	0
200 FREE		:24.80	:26.00	:26.80	:26.20	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	38 1.58 3.18	35.5 1.69 3.25	36.5 1.64 3.07	38.5 1.56 2.97	0	0	0	0
6/29/08	<i>1/2</i>	35.5 1.69 3.41	35.5 1.69 3.25	36 1.67 3.11	37.5 1.60 3.05	0	0	0	0
<i>Time:</i> 1:44.10	<i>2/3</i>	36 1.67 3.36	34.5 1.74 3.34	39 1.54 2.87	39.5 1.52 2.90	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 FREE		:25.20	:27.20	:26.90	:26.40	: .0	: .0	: .0	: .0
OLYMPIC TRIALS	<i>1/3</i>	37.5 1.60 3.17	32.5 1.85 3.39	36 1.67 3.10	36.5 1.64 3.11	0	0	0	0
6/29/08	<i>1/2</i>	34.5 1.74 3.45	32.5 1.85 3.39	36.5 1.64 3.06	34.5 1.74 3.29	0	0	0	0
<i>Time:</i> 1:45.64	<i>2/3</i>	33.5 1.79 3.55	32 1.88 3.45	34.5 1.74 3.23	35 1.71 3.25	0	0	0	0
200 FREE		:25.60	:27.20	:27.10	:26.60	: .0	: .0	: .0	: .0
OLYMPIC TRIALS	<i>1/3</i>	36 1.67 3.26	34 1.76 3.24	36 1.67 3.08	36 1.67 3.13	0	0	0	0
6/29/08	<i>1/2</i>	34 1.76 3.45	30.5 1.97 3.62	34.5 1.74 3.21	35 1.71 3.22	0	0	0	0
<i>Time:</i> 1:46.63	<i>2/3</i>	33.5 1.79 3.50	31 1.94 3.56	35 1.71 3.16	35.5 1.69 3.18	0	0	0	0
200 IM		:25.90	:29.70	:33.90	:28.30	: .0	: .0	: .0	: .0
OLYMPIC TRIALS	<i>1/3</i>	47.5 1.26 2.44	34 1.76 2.97	34 1.76 2.60	32.5 1.85 3.26	0	0	0	0
6/29/08	<i>1/2</i>	42.5 1.41 2.73	35.5 1.69 2.85	35 1.71 2.53	31 1.94 3.42	0	0	0	0
<i>Time:</i> 1:58.05	<i>2/3</i>	44.5 1.35 2.60	37.5 1.60 2.69	35 1.71 2.53	34 1.76 3.12	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BACK		:26.43	:27.71	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	45.5 1.32 2.49	45.5 1.32 2.38	0	0	0	0	0	0
6/29/08	<i>1/2</i>	45 1.33 2.52	45.5 1.32 2.38	0	0	0	0	0	0
<i>Time: :54.14</i>	<i>2/3</i>	45.5 1.32 2.49	43.5 1.38 2.49	0	0	0	0	0	0
200 BACK		:27.00	:28.60	:29.20	:29.30	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	48 1.25 2.31	42 1.43 2.50	42 1.43 2.45	44 1.36 2.33	0	0	0	0
6/29/08	<i>1/2</i>	41.5 1.45 2.68	41 1.46 2.56	39 1.54 2.63	42.5 1.41 2.41	0	0	0	0
<i>Time: 1:54.32</i>	<i>2/3</i>	41.5 1.45 2.68	42 1.43 2.50	40.5 1.48 2.54	41 1.46 2.50	0	0	0	0
200 BACK		:27.40	:28.90	:29.40	:30.10	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	44.5 1.35 2.46	37.5 1.60 2.77	40 1.50 2.55	37 1.62 2.69	0	0	0	0
6/29/08	<i>1/2</i>	42.5 1.41 2.58	38.5 1.56 2.70	37.5 1.60 2.72	37.5 1.60 2.66	0	0	0	0
<i>Time: 1:55.78</i>	<i>2/3</i>	40 1.50 2.74	39 1.54 2.66	39 1.54 2.62	38.5 1.56 2.59	0	0	0	0
200 BACK		:27.40	:29.40	:29.80	:30.50	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	43.5 1.38 2.52	37 1.62 2.76	37.5 1.60 2.68	38.5 1.56 2.55	0	0	0	0
6/29/08	<i>1/2</i>	42.5 1.41 2.58	37.5 1.60 2.72	37.5 1.60 2.68	37.5 1.60 2.62	0	0	0	0
<i>Time: 1:57.05</i>	<i>2/3</i>	39.5 1.52 2.77	37 1.62 2.76	36 1.67 2.80	37 1.62 2.66	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400				
100 BACK		:31.70			:35.60								
FUTURES	<i>1/3</i>	47.5	1.26	1.99	35.5	1.69	2.37						
8/02/18	<i>1/2</i>	42	1.43	2.25	36	1.67	2.34						
<i>Time: 1:07.30</i>	<i>2/3</i>	38	1.58	2.49	37.5	1.60	2.25						
100 BACK		:40.40			:43.50			: .0	: .0	: .0			
MERCED	<i>1/3</i>	0			0			0		0			
4/12/14	<i>1/2</i>	0			0			0		0			
<i>Time: 1:23.90</i>	<i>2/3</i>	0			0			0		0			
100 FLY		:26.90			:30.80								
FUTURES	<i>1/3</i>	53	1.13	2.10	51	1.18	1.91						
8/02/18	<i>1/2</i>	55	1.09	2.03	51.5	1.17	1.89						
<i>Time: :57.70</i>	<i>2/3</i>	51	1.18	2.19	50.5	1.19	1.93						
100 FLY		:27.30			:30.50								
FUTURES	<i>1/3</i>	51.5	1.17	2.13	54.5	1.10	1.80						
8/02/18	<i>1/2</i>	50.5	1.19	2.18	50.5	1.19	1.95						
<i>Time: :57.80</i>	<i>2/3</i>	47.5	1.26	2.31	50.5	1.19	1.95						
200 FLY		:28.30			:32.90			:34.40		:34.30			
FUTURES	<i>1/3</i>	48.5	1.24	2.19	44.5	1.35	2.05	46	1.30	1.90	44.5	1.35	1.97
8/02/18	<i>1/2</i>	45	1.33	2.36	47.5	1.26	1.92	45	1.33	1.94	46	1.30	1.90
<i>Time: 2:10.60</i>	<i>2/3</i>	45	1.33	2.36	45.5	1.32	2.00	46	1.30	1.90	46	1.30	1.90

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BACK		:32.40	:35.00						
FUTURES	<i>1/3</i>	53.5	1.12	1.73	45.5	1.32	1.88		
8/02/18	<i>1/2</i>	50	1.20	1.85	45	1.33	1.90		
<i>Time:</i> 1:07.50	<i>2/3</i>	47	1.28	1.97	44	1.36	1.95		
100 BACK		:32.20	:35.30						
CLOVIS	<i>1/3</i>	51.5	1.17	1.81	46	1.30	1.85		
7/05/18	<i>1/2</i>	47.5	1.26	1.96	41.5	1.45	2.05		
<i>Time:</i> 1:07.69	<i>2/3</i>	47.5	1.26	1.96	43	1.40	1.98		
100 BACK		:31.90	:36.10						
SMOC	<i>1/3</i>	51	1.18	1.84	47	1.28	1.77		
6/20/19	<i>1/2</i>	47	1.28	2.00	41.5	1.45	2.00		
<i>Time:</i> 1:08.10	<i>2/3</i>	46	1.30	2.04	42.5	1.41	1.96		
100 FLY		:30.60	:34.80						
CLOVIS	<i>1/3</i>	59	1.02	1.66	55.5	1.08	1.55		
7/05/18	<i>1/2</i>	55.5	1.08	1.77	53.5	1.12	1.61		
<i>Time:</i> 1:05.40	<i>2/3</i>	52.5	1.14	1.87	45.5	0.13	0.19		
100 FLY		:30.30	:36.60						
FUTURES	<i>1/3</i>	60.5	0.99	1.64	50	1.20	1.64		
8/02/18	<i>1/2</i>	55	1.09	1.80	52	1.15	1.58		
<i>Time:</i> 1:07.00	<i>2/3</i>	53.5	1.12	1.85	49.5	1.21	1.66		
100 FLY		:30.90	:36.50						
SMOC	<i>1/3</i>	55	1.09	1.77	52.5	1.14	1.57		
6/20/19	<i>1/2</i>	52	1.15	1.87	49	1.22	1.68		
<i>Time:</i> 1:07.50	<i>2/3</i>	50.5	1.19	1.92	48	1.25	1.71		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

	50	100	150	200	250	300	350	400
200 BACK	:33.50	:37.10	:36.60	:37.00				
SMOC	<i>1/3</i> 42 1.43 2.13	38.5 1.56 2.10	40 1.50 2.05	41 1.46 1.98				
6/20/19	<i>1/2</i> 38.5 1.56 2.33	36.5 1.64 2.22	39 1.54 2.10	40.5 1.48 2.00				
<i>Time:</i> 2:24.10	<i>2/3</i> 38 1.58 2.36	37.5 1.60 2.16	39 1.54 2.10	39.5 1.52 2.05				
200 BACK	:34.60	:37.50	:37.90	:38.40				
SECTIONALS	<i>1/3</i> 41 1.46 2.11	41 1.46 1.95	41.5 1.45 1.91	44 1.36 1.78				
7/19/18	<i>1/2</i> 43 1.40 2.02	42.5 1.41 1.88	40 1.50 1.98	40 1.50 1.95				
<i>Time:</i> 2:28.50	<i>2/3</i> 43 1.40 2.02	40.5 1.48 1.98	40.5 1.48 1.95	41 1.46 1.91				

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>	<i>100</i>	<i>150</i>	<i>200</i>	<i>250</i>	<i>300</i>	<i>350</i>	<i>400</i>
50 FREE		:25.80	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MESA GRAND PRI	<i>1/3</i>	55 1.09 2.11	0	0	0	0	0	0	0
4/24/14	<i>1/2</i>	53 1.13 2.19	0	0	0	0	0	0	0
<i>Time:</i> :25.80	<i>2/3</i>	52 1.15 2.24	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 FREE		:27.90	:30.10	:30.40	:29.30	: .0	: .0	: .0	: .0
OLYMPIC TRIALS	<i>1/3</i>	45.5 1.32 2.36	39.5 1.52 2.52	39.5 1.52 2.50	45 1.33 2.28	0	0	0	0
6/29/08	<i>1/2</i>	44.5 1.35 2.42	38.5 1.56 2.59	39.5 1.52 2.50	41.5 1.45 2.47	0	0	0	0
<i>Time:</i> 1:57.92	<i>2/3</i>	41.5 1.45 2.59	41 1.46 2.43	39.5 1.52 2.50	41 1.46 2.50	0	0	0	0
200 FREE		:28.00	:29.70	:30.50	:30.50	: .0	: .0	: .0	: .0
OLYMPIC TRIALS	<i>1/3</i>	44.5 1.35 2.41	44.5 1.35 2.27	41.5 1.45 2.37	40.5 1.48 2.43	0	0	0	0
6/29/08	<i>1/2</i>	43.5 1.38 2.46	39 1.54 2.59	41.5 1.45 2.37	42 1.43 2.34	0	0	0	0
<i>Time:</i> 1:58.76	<i>2/3</i>	41.5 1.45 2.58	43.5 1.38 2.32	40.5 1.48 2.43	40.5 1.48 2.43	0	0	0	0
200 FREE		:28.00	:29.70	:30.50	:30.50	: .0	: .0	: .0	: .0
OLYMPIC TRIALS	<i>1/3</i>	44.5 1.35 2.41	44.5 1.35 2.27	41.5 1.45 2.37	40.5 1.48 2.43	0	0	0	0
6/29/08	<i>1/2</i>	43.5 1.38 2.46	39 1.54 2.59	41.5 1.45 2.37	42 1.43 2.34	0	0	0	0
<i>Time:</i> 1:58.76	<i>2/3</i>	41.5 1.45 2.58	43.5 1.38 2.32	40.5 1.48 2.43	40.5 1.48 2.43	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
200 BREAST		:29.90			:33.40			:33.90			:35.20			: . 0			: . 0			: . 0			: . 0		
OLYMPIC TRIALS	<i>1/3</i>	38.5	1.56	2.61	34.5	1.74	2.60	35	1.71	2.53	35	1.71	2.44	0		0		0		0		0		0	
6/29/08	<i>1/2</i>	36	1.67	2.79	31.5	1.90	2.85	34.5	1.74	2.57	33	1.82	2.58	0		0		0		0		0		0	
<i>Time:</i> 2:12.39	<i>2/3</i>	33	1.82	3.04	32.5	1.85	2.76	33	1.82	2.68	34	1.76	2.51	0		0		0		0		0		0	

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
200 FREE		:27.60			:30.50			:30.90			:30.70			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS																									
6/29/08																									
<i>Time:</i> 1:59.18																									
	<i>1/3</i>	47.5	1.26	2.29	43	1.40	2.29	39	1.54	2.49	46.5	1.29	2.10	0		0		0		0		0			
	<i>1/2</i>	41.5	1.45	2.62	37.5	1.60	2.62	40.5	1.48	2.40	40.5	1.48	2.41	0		0		0		0		0			
	<i>2/3</i>	42	1.43	2.59	38	1.58	2.59	41.5	1.45	2.34	42.5	1.41	2.30	0		0		0		0		0			
200 FREE		:27.60			:30.50			:30.90			:30.70			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS																									
6/29/08																									
<i>Time:</i> 1:59.18																									
	<i>1/3</i>	47.5	1.26	2.29	43	1.40	2.29	39	1.54	2.49	46.5	1.29	2.10	0		0		0		0		0			
	<i>1/2</i>	41.5	1.45	2.62	37.5	1.60	2.62	40.5	1.48	2.40	40.5	1.48	2.41	0		0		0		0		0			
	<i>2/3</i>	42	1.43	2.59	38	1.58	2.59	41.5	1.45	2.34	42.5	1.41	2.30	0		0		0		0		0			

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BREAST		:31.70	:35.17	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	58.5 1.03 1.62	56 1.07 1.52	0	0	0	0	0	0
6/29/08	<i>1/2</i>	57.5 1.04 1.65	58 1.03 1.47	0	0	0	0	0	0
<i>Time: 1:06.87</i>	<i>2/3</i>	56.5 1.06 1.67	55 1.09 1.55	0	0	0	0	0	0
100 BREAST		:31.40	:35.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	62.5 0.96 1.53	55 1.09 1.55	0	0	0	0	0	0
6/29/08	<i>1/2</i>	58 1.03 1.65	53 1.13 1.60	0	0	0	0	0	0
<i>Time: 1:06.90</i>	<i>2/3</i>	54.5 1.10 1.75	51 1.18 1.67	0	0	0	0	0	0
100 BREAST		:31.40	:36.60	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	61 0.98 1.57	59 1.02 1.39	0	0	0	0	0	0
6/29/08	<i>1/2</i>	58.5 1.03 1.63	56.5 1.06 1.45	0	0	0	0	0	0
<i>Time: 1:07.85</i>	<i>2/3</i>	56.5 1.06 1.69	57.5 1.04 1.43	0	0	0	0	0	0
200 BREAST		:37.50	:35.70	:36.50	:37.60	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	46 1.30 1.74	41.5 1.45 2.02	48 1.25 1.71	48.5 1.24 1.65	0	0	0	0
6/29/08	<i>1/2</i>	47.5 1.26 1.68	43 1.40 1.95	43.5 1.38 1.89	50 1.20 1.60	0	0	0	0
<i>Time: 2:22.60</i>	<i>2/3</i>	45.5 1.32 1.76	41 1.46 2.05	43 1.40 1.91	49.5 1.21 1.61	0	0	0	0
200 BREAST		:33.60	:36.00	:37.00	:36.50	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	44 1.36 2.03	42 1.43 1.98	39 1.54 2.08	41 1.46 2.00	0	0	0	0
6/29/08	<i>1/2</i>	43.5 1.38 2.05	40 1.50 2.08	39 1.54 2.08	42.5 1.41 1.93	0	0	0	0
<i>Time: 2:23.05</i>	<i>2/3</i>	41.5 1.45 2.15	38 1.58 2.19	38.5 1.56 2.11	42.5 1.41 1.93	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
200 BREAST		:29.50			:32.80			:34.40			:35.00			: .0			: .0			: .0			: .0		
OLYMPIC TRIALS	<i>1/3</i>	43	1.40	2.36	36.5	1.64	2.51	34	1.76	2.56	35	1.71	2.45	0			0			0			0		
6/29/08	<i>1/2</i>	39.5	1.52	2.57	35	1.71	2.61	33	1.82	2.64	35	1.71	2.45	0			0			0			0		
<i>Time:</i> 2:11.85	<i>2/3</i>	42	1.43	2.42	33.5	1.79	2.73	33	1.82	2.64	36	1.67	2.38	0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
200 FLY		:26.20			:29.00			:30.10			:29.90			: . 0			: . 0			: . 0			: . 0		
OLYMPIC TRIALS	<i>1/3</i>	46.5	1.29	2.46	43	1.40	2.41	43	1.40	2.32	44.5	1.35	2.25	0		0		0		0		0		0	
6/29/08	<i>1/2</i>	42	1.43	2.73	42.3	0.14	0.24	40.5	1.48	2.46	44	1.36	2.28	0		0		0		0		0		0	
<i>Time:</i> 1:55.30	<i>2/3</i>	41	1.46	2.79	40	1.50	2.59	44.5	1.35	2.24	44.5	1.35	2.25	0		0		0		0		0		0	
200 FLY		:26.20			:29.70			:29.50			:30.40			: . 0			: . 0			: . 0			: . 0		
OLYMPIC TRIALS	<i>1/3</i>	48.5	1.24	2.36	42	1.43	2.41	43.5	1.38	2.34	44	1.36	2.24	0		0		0		0		0		0	
6/29/08	<i>1/2</i>	41	1.46	2.79	41.5	1.45	2.43	41	1.46	2.48	44	1.36	2.24	0		0		0		0		0		0	
<i>Time:</i> 1:55.72	<i>2/3</i>	40	1.50	2.86	39.5	1.52	2.56	40	1.50	2.54	44	1.36	2.24	0		0		0		0		0		0	

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BACK		:59.10	1:06.50	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/10/10	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 2:05.60</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FLY		:35.60	:40.00						
GOLDEN WEST	<i>1/3</i>	56.5 1.06 1.49	53 1.13 1.42						
2/18/17	<i>1/2</i>	53 1.13 1.59	54 1.11 1.39						
<i>Time: 1:15.70</i>	<i>2/3</i>	49.5 1.21 1.70	52.5 1.14 1.43						
200 FREE		:44.20	:45.00	:44.90	: : 0	: : 0	: : 0	: : 0	: : 0
FRESNO	<i>1/3</i>	0	0	0	0	0	0	0	0
6/21/13	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: :36.60</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
200 FREE		:49.80	1:03.60	1:04.30	1:00.20	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/10/10	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 3:58.00</i>	<i>2/3</i>	0	0	0	0	0	0	0	0
200 IM		:35.00	:45.10	:49.40	:38.60				
GOLDEN WEST	<i>1/3</i>	55 1.09 1.56	41 1.46 1.62	38.5 1.56 1.58	40.5 1.48 1.92				
2/18/17	<i>1/2</i>	53 1.13 1.62	38 1.58 1.75	38.5 1.56 1.58	39.5 1.52 1.97				
<i>Time: 2:48.20</i>	<i>2/3</i>	50.5 1.19 1.70	39 1.54 1.71	40.5 1.48 1.50	36.5 1.64 2.13				
400 IM		:36.60	:41.80	:46.40	:44.40	:50.90	:50.00	:39.70	:38.90
GOLDEN WEST	<i>1/3</i>	51.5 1.17 1.59	47 1.28 1.53	37.5 1.60 1.72	37 1.62 1.83	36 1.67 1.64	38 1.58 1.58	39 1.54 1.94	36.5 1.64 2.11
2/18/17	<i>1/2</i>	49 1.22 1.67	45 1.33 1.59	37 1.62 1.75	37.5 1.60 1.80	37 1.62 1.59	39.5 1.52 1.52	37 1.62 2.04	38 1.58 2.03
<i>Time: 5:49.00</i>	<i>2/3</i>	48 1.25 1.71	49.5 1.21 1.45	37 1.62 1.75	36.5 1.64 1.85	36 1.67 1.64	40.5 1.48 1.48	39 1.54 1.94	36 1.67 2.14

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
200 FLY		:25.40			:28.60			:30.40			:30.50			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS	<i>1/3</i>	52	1.15	2.27	42	1.43	2.50	47	1.28	2.10	48	1.25	2.05	0		0		0		0		0		0	
6/29/08	<i>1/2</i>	44.5	1.35	2.65	44.5	1.35	2.36	48.5	1.24	2.03	50.5	1.19	1.95	0		0		0		0		0		0	
<i>Time:</i> 1:54.72	<i>2/3</i>	44.5	1.35	2.65	43	1.40	2.44	50.2	1.20	1.97	50	1.20	1.97	0		0		0		0		0		0	
200 FLY		:25.40			:28.60			:30.00			:31.10			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS	<i>1/3</i>	48.5	1.24	2.44	46.5	1.29	2.26	46	1.30	2.17	46	1.30	2.10	0		0		0		0		0		0	
6/29/08	<i>1/2</i>	45	1.33	2.62	44.5	1.35	2.36	42.5	1.41	2.35	44.5	1.35	2.17	0		0		0		0		0		0	
<i>Time:</i> 1:55.15	<i>2/3</i>	46.5	1.29	2.54	43.5	1.38	2.41	47	1.28	2.13	47	1.28	2.05	0		0		0		0		0		0	

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
200 BACK		:27.20			:29.50			:30.60			:31.30			: .0			: .0			: .0			: .0		
OLYMPIC TRIALS	<i>1/3</i>	46.5	1.29	2.37	38.5	1.56	2.64	39.5	1.52	2.48	36.5	1.64	2.63	0	0	0	0	0	0	0	0	0	0	0	
6/29/08	<i>1/2</i>	42.5	1.41	2.60	37	1.62	2.75	38.5	1.56	2.55	37.5	1.60	2.56	0	0	0	0	0	0	0	0	0	0	0	
<i>Time:</i> 1:58.57	<i>2/3</i>	42	1.43	2.63	37.5	1.60	2.71	38	1.58	2.58	39	1.54	2.46	0	0	0	0	0	0	0	0	0	0	0	

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
200 BREAST		:29.80			:33.10			:33.70			:34.90			: . 0			: . 0			: . 0			: . 0		
OLYMPIC TRIALS	<i>1/3</i>	41.5	1.45	2.43	32	1.88	2.83	34.5	1.74	2.58	35	1.71	2.46	0			0			0			0		
6/29/08	<i>1/2</i>	33	1.82	3.05	31.5	1.90	2.88	32.5	1.85	2.74	33	1.82	2.60	0			0			0			0		
<i>Time:</i> 2:11.63	<i>2/3</i>	31.5	1.90	3.20	30	2.00	3.02	32	1.88	2.78	36	1.67	2.39	0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
200 FLY		:29.30			:32.80			:33.40			:33.70			: . 0			: . 0			: . 0			: . 0		
OLYMPIC TRIALS	<i>1/3</i>	52	1.15	1.97	48	1.25	1.91	48.5	1.24	1.85	51	1.18	1.75	0		0		0		0		0		0	
6/29/08	<i>1/2</i>	51.5	1.17	1.99	50	1.20	1.83	51.5	1.17	1.74	51	1.18	1.75	0		0		0		0		0		0	
<i>Time: 2:09.37</i>	<i>2/3</i>	51.5	1.17	1.99	48.5	1.24	1.89	52.5	1.14	1.71	49.5	1.21	1.80	0		0		0		0		0		0	

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>					
200 FREE		:25.20			:27.10			:27.40			:27.30			: . 0			: . 0			: . 0			: . 0					
OLYMPIC TRIALS	<i>1/3</i>	44.5	1.35	2.68	38.5	1.56	2.88	40	1.50	2.74	39.5	1.52	2.78	0			0			0			0			0		
6/29/08	<i>1/2</i>	40	1.50	2.98	36.5	1.64	3.03	40	1.50	2.74	40	1.50	2.75	0			0			0			0			0		
<i>Time:</i> 1:47.04	<i>2/3</i>	39	1.54	3.05	36	1.67	3.08	38.5	1.56	2.84	39.5	1.52	2.78	0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
100 FLY		:26.50			:30.50			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SANTA CLARA	<i>1/3</i>	57	1.05	1.99	56	1.07	1.76	0			0			0			0			0			0		
5/31/12	<i>1/2</i>	59.5	1.01	1.90	53.5	1.12	1.84	0			0			0			0			0			0		
<i>Time: :57.00</i>	<i>2/3</i>	56	1.07	2.02	54	1.11	1.82	0			0			0			0			0			0		
100 FLY		:27.80			:32.60			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
MESA GRAND PRI	<i>1/3</i>	53.5	1.12	2.02	52.5	1.14	1.75	0			0			0			0			0			0		
4/11/13	<i>1/2</i>	55	1.09	1.96	51	1.18	1.80	0			0			0			0			0			0		
<i>Time: :59.99</i>	<i>2/3</i>	52	1.15	2.08	50	1.20	1.84	0			0			0			0			0			0		
100 FREE		:25.90			:28.90			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SANTA CLARA	<i>1/3</i>	56	1.07	2.07	49	1.22	2.12	0			0			0			0			0			0		
5/31/12	<i>1/2</i>	55	1.09	2.11	48.5	1.24	2.14	0			0			0			0			0			0		
<i>Time: :54.30</i>	<i>2/3</i>	53.5	1.12	2.17	50	1.20	2.08	0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
100 FREE		:24.40			:26.30			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
SANTA CLARA	<i>1/3</i>	53	1.13	2.32	46.5	1.29	2.45	0			0			0			0			0			0		
6/17/10	<i>1/2</i>	51	1.18	2.41	49	1.22	2.33	0			0			0			0			0			0		
<i>Time: :50.74</i>	<i>2/3</i>	42.5	1.41	2.89	48.5	1.24	2.35	0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>	<i>100</i>	<i>150</i>	<i>200</i>	<i>250</i>	<i>300</i>	<i>350</i>	<i>400</i>
200 FREE		: . 0	1:14.30	: . 0	1:21.50	: . 0	: . 0	: . 0	: . 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 2:35.56</i>	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
100 FREE		:22.90			:24.90			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS	<i>1/3</i>	49.5	1.21	2.65	45	1.33	2.68	0			0			0			0			0			0		
6/29/08	<i>1/2</i>	47.5	1.26	2.76	46	1.30	2.62	0			0			0			0			0			0		
<i>Time:</i> :47.78	<i>2/3</i>	45	1.33	2.91	44.5	1.35	2.71	0			0			0			0			0			0		
100 FREE		:23.10			:25.00			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS	<i>1/3</i>	52	1.15	2.50	46.5	1.29	2.58	0			0			0			0			0			0		
6/29/08	<i>1/2</i>	48.5	1.24	2.68	46	1.30	2.61	0			0			0			0			0			0		
<i>Time:</i> :48.35	<i>2/3</i>	48	1.25	2.71	46.5	1.29	2.58	0			0			0			0			0			0		
50 FREE		:22.05			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS	<i>1/3</i>	54	1.11	2.52	0			0			0			0			0			0			0		
6/29/08	<i>1/2</i>	52	1.15	2.62	0			0			0			0			0			0			0		
<i>Time:</i> :22.05	<i>2/3</i>	50	1.20	2.72	0			0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>			<i>100</i>			<i>150</i>			<i>200</i>			<i>250</i>			<i>300</i>			<i>350</i>			<i>400</i>		
100 FREE		:26.60			:28.60			: : 0			: : 0			: : 0			: : 0			: : 0			: : 0		
OLYMPIC TRIALS	<i>1/3</i>	45.5	1.32	2.48	46.5	1.29	2.26	0			0			0			0			0			0		
6/29/08	<i>1/2</i>	45	1.33	2.51	46	1.30	2.28	0			0			0			0			0			0		
<i>Time:</i> :55.11	<i>2/3</i>	44.5	1.35	2.53	45.5	1.32	2.31	0			0			0			0			0			0		

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 BACK		:38.50	:41.10	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:20.10	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FLY		:34.90	:41.90	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:16.90	<i>2/3</i>	0	0	0	0	0	0	0	0
100 FREE		:32.30	:35.30	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 1:07.60	<i>2/3</i>	0	0	0	0	0	0	0	0
200 BACK		:38.00	:40.00	:42.00	:40.70	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:40.80	<i>2/3</i>	0	0	0	0	0	0	0	0
200 FREE		: : 0	1:10.20	: : 0	1:14.90	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time:</i> 2:25.10	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>	<i>100</i>	<i>150</i>	<i>200</i>	<i>250</i>	<i>300</i>	<i>350</i>	<i>400</i>
100 FREE		:50.28	1:01.70	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
MERCED	<i>1/3</i>	0	0	0	0	0	0	0	0
4/08/17	<i>1/2</i>	0	0	0	0	0	0	0	0
<i>Time: 1:52.07</i>	<i>2/3</i>	0	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
50 FREE		:21.65	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	61.5 0.98 2.25	0	0	0	0	0	0	0
6/29/08	<i>1/2</i>	57.5 1.04 2.41	0	0	0	0	0	0	0
<i>Time:</i> :21.65	<i>2/3</i>	55.5 1.08 2.50	0	0	0	0	0	0	0
<hr/>									
50 FREE		:21.68	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0	: : 0
OLYMPIC TRIALS	<i>1/3</i>	61.5 0.98 2.25	0	0	0	0	0	0	0
6/29/08	<i>1/2</i>	56 1.07 2.47	0	0	0	0	0	0	0
<i>Time:</i> :21.68	<i>2/3</i>	53 1.13 2.61	0	0	0	0	0	0	0

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100			150			200			250			300			350			400				
400 IM		:33.50			:37.20			:40.90			:41.20			:47.50			:47.80			:36.90			:35.80		
SMOC	<i>1/3</i>	54	1.11	1.49	40.5	1.48	1.81	37.5	1.60	1.94	34	1.76	1.86	37	1.62	1.70	45.5	1.32	1.79	47	1.28	1.78			
6/20/19	<i>1/2</i>	53	1.13	1.52	39	1.54	1.88	37.5	1.60	1.94	35	1.71	1.80	33.5	1.79	1.87	45.5	1.32	1.79	46	1.30	1.82			
<i>Time:</i> 5:21.00	<i>2/3</i>	52.5	1.14	1.54	38.5	1.56	1.91	36.5	1.64	1.99	34.5	1.74	1.83	35.5	1.69	1.77	46	1.30	1.77	45.5	1.32	1.84			
400 IM		:34.20			:38.80			:44.40			:43.80			:48.90			:48.80			:39.20			:38.00		
CLOVIS	<i>1/3</i>	53.5	1.12	1.64	53	1.13	1.46	36.5	1.64	1.85	37	1.62	1.85	36	1.67	1.70	35.5	1.69	1.73	47	1.28	1.63	45	1.33	1.75
7/05/18	<i>1/2</i>	56	1.07	1.57	51.5	1.17	1.50	36	1.67	1.88	36	1.67	1.90	31.5	1.90	1.95	30.5	1.97	2.02	47	1.28	1.63	45.5	1.32	1.74
<i>Time:</i> 5:36.50	<i>2/3</i>	55.5	1.08	1.58	54.5	1.10	1.42	35	1.71	1.93	35	1.71	1.96	32.5	1.85	1.89	36.5	1.64	1.68	45.5	1.32	1.68	44	1.36	1.79
50 FREE		:29.60																							
SMOC	<i>1/3</i>	63.5	0.94	1.60																					
6/20/19	<i>1/2</i>	57.5	1.04	1.76																					
<i>Time:</i> :29.60	<i>2/3</i>	53.5	1.12	1.89																					

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 FREE		:27.20	:29.10						
GOLDEN WEST	1/3								
2/17/18	1/2								
<i>Time:</i> :56.40	2/3								
100 FREE		:27.10	:30.90						
REEDLEY	1/3	69.5 0.86 1.59	52.5 1.14 1.85						
3/10/18	1/2	55 1.09 2.01	52.5 1.14 1.85						
<i>Time:</i> :58.00	2/3	58 1.03 1.91	50.5 1.19 1.92						
200 FREE		:28.80	:31.20	:32.50	:32.40				
GOLDEN WEST	1/3	51.5 1.17 2.02	45.5 1.32 2.11	49 1.22 1.88	49.5 1.21 1.87				
2/17/18	1/2	48.5 1.24 2.15	46.5 1.29 2.07	47 1.28 1.96	49 1.22 1.89				
<i>Time:</i> 2:05.20	2/3	47 1.28 2.22	47.5 1.26 2.02	45.5 1.32 2.03	49 1.22 1.89				
200 IM		:30.50	:41.40	:43.60	:33.10				
REEDLEY	1/3								
3/10/18	1/2								
<i>Time:</i> 2:28.60	2/3								

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50			100			150			200			250			300			350			400		
100 BREAST		:31.50			:36.50																				
SMOC	<i>1/3</i>	53	1.13	1.80	49	1.22	1.68																		
6/20/19	<i>1/2</i>	50	1.20	1.90	49	1.22	1.68																		
<i>Time: 1:08.30</i>	<i>2/3</i>	48	1.25	1.98	50.5	1.19	1.63																		
100 BREAST		:33.00			:37.30																				
SECTIONALS	<i>1/3</i>	56.5	1.06	1.61	54	1.11	1.49																		
7/19/18	<i>1/2</i>	51.5	1.17	1.77	50.5	1.19	1.59																		
<i>Time: 1:10.20</i>	<i>2/3</i>	53.5	1.12	1.70	53.5	1.12	1.50																		
100 BREAST		:35.30			:37.20																				
GOLDEN WEST	<i>1/3</i>	47	1.28	1.81	47	1.28	1.72																		
2/17/18	<i>1/2</i>	39.5	1.52	2.15	46	1.30	1.75																		
<i>Time: 1:12.50</i>	<i>2/3</i>	38	1.58	2.24	45	1.33	1.79																		
200 BREAST		:32.50			:37.60			:37.50			:39.50														
SMOC	<i>1/3</i>	46.5	1.29	1.99	37.5	1.60	2.13	45	1.33	1.78	46.5	1.29	1.63												
6/20/19	<i>1/2</i>	43	1.40	2.15	37	1.62	2.16	44.5	1.35	1.80	45.5	1.32	1.67												
<i>Time: 2:27.30</i>	<i>2/3</i>	41	1.46	2.25	37.5	1.60	2.13	43.5	1.38	1.84	46	1.30	1.65												
200 FREE		:28.40			:31.90			:31.90			:32.10														
CLOVIS	<i>1/3</i>	55.5	1.08	1.90	52	1.15	1.81	50.5	1.19	1.86	52.5	1.14	1.78												
7/05/18	<i>1/2</i>	52.5	1.14	2.01	52.5	1.14	1.79	53	1.13	1.77	51.5	1.17	1.81												
<i>Time: 2:04.10</i>	<i>2/3</i>	50.5	1.19	2.09	49	1.22	1.92	50.5	1.19	1.86															
200 FREE		:29.20			:32.00			:32.00			:31.70														
GOLDEN WEST	<i>1/3</i>	54	1.11	1.90	45	1.33	2.08	52	1.15	1.80	52	1.15	1.82												
2/17/18	<i>1/2</i>	53.5	1.12	1.92	50.5	1.19	1.86	48	1.25	1.95	52	1.15	1.82												
<i>Time: 2:05.00</i>	<i>2/3</i>	52	1.15	1.98	46.5	1.29	2.02	50.5	1.19	1.86	52.5	1.14	1.80												

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
200 IM REEDLEY 3/10/18 <i>Time:</i> 2:27.30	<i>1/3</i>	:32.20	:41.20	:40.60	:33.30				
	<i>1/2</i>								
	<i>2/3</i>								
400 FREE SECTIONALS 7/19/18 <i>Time:</i> 4:19.90	<i>1/3</i>	:28.60	:31.80	:33.00	:33.60	:33.00	:33.60	:33.00	:33.10
	<i>1/2</i>	60.5 0.99 1.73	48.5 1.24 1.95	47 1.28 1.93	46 1.30 1.94	50 1.20 1.82	48.5 1.24 1.84	46 1.30 1.98	49 1.22 1.85
	<i>2/3</i>	51.5 1.17 2.04	46.5 1.29 2.03	45 1.33 2.02	44.5 1.35 2.01	46 1.30 1.98	46.5 1.29 1.92	51.5 1.17 1.77	47 1.28 1.93
	<i>2/3</i>	49 1.22 2.14	45 1.33 2.10	46 1.30 1.98	43 1.40 2.08	46.5 1.29 1.96	45 1.33 1.98	44 1.36 2.07	46.5 1.29 1.95
400 FREE CLOVIS 7/05/18 <i>Time:</i> 4:20.11	<i>1/3</i>	:29.20	:32.20	:33.10	:33.40	:33.30	:33.30	:33.10	:32.30
	<i>1/2</i>	54 1.11 1.90	48 1.25 1.94	47.5 1.26 1.91	47 1.28 1.91	47 1.28 1.92	47.5 1.26 1.90	48.5 1.24 1.87	50 1.20 1.86
	<i>1/2</i>	53 1.13 1.94	46.5 1.29 2.00	46.5 1.29 1.95	48.5 1.24 1.85	46.5 1.29 1.94	50 1.20 1.80	49.5 1.21 1.83	49 1.22 1.90
	<i>2/3</i>	46.5 1.29 2.21	48.5 1.24 1.92	46.5 1.29 1.95	46.5 1.29 1.93	47 1.28 1.92	48 1.25 1.88	46.5 1.29 1.95	52 1.15 1.79
400 IM SMOC 6/20/19 <i>Time:</i> 4:41.60	<i>1/3</i>	:29.30	:33.70	:38.30	:37.90	:38.60	:39.50	:32.60	:31.40
	<i>1/2</i>	61 0.98 1.68	50.5 1.19 1.76	39 1.54 2.01	38.5 1.56 2.06	36.5 1.64 2.13	41.5 1.45 1.83	52.5 1.14 1.75	48 1.25 1.99
	<i>1/2</i>	54.5 1.10 1.88	51.5 1.17 1.73	37.5 1.60 2.09	37.5 1.60 2.11	36 1.67 2.16	40.5 1.48 1.88	48.5 1.24 1.90	48.5 1.24 1.97
	<i>2/3</i>	52.5 1.14 1.95	51.5 1.17 1.73	38 1.58 2.06	37.5 1.60 2.11	37.5 1.60 2.07	39 1.54 1.95	49 1.22 1.88	49 1.22 1.95
400 IM GOLDEN WEST 2/17/18 <i>Time:</i> 4:56.60	<i>1/3</i>	:32.00	:36.30	:41.60	:40.80	:39.80	:40.10	:33.20	:32.50
	<i>1/2</i>								
	<i>2/3</i>								

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		50	100	150	200	250	300	350	400
100 FLY		:29.60	:33.50						
GOLDEN WEST	<i>1/3</i>								
2/17/18	<i>1/2</i>								
<i>Time: 1:03.13</i>	<i>2/3</i>								
200 BACK		:35.20	:38.10	:38.10	:38.70				
REEDLEY	<i>1/3</i>	40 1.50 2.13	35 1.71 2.25	35 1.71 2.25	36 1.67 2.15				
3/10/18	<i>1/2</i>	37.5 1.60 2.27	34.5 1.74 2.28	34.5 1.74 2.28	34 1.76 2.28				
<i>Time: 2:30.15</i>	<i>2/3</i>	36 1.67 2.37	33.5 1.79 2.35	34.5 1.74 2.28	35 1.71 2.21				
200 BREAST		:38.00	:43.00	:42.30	:43.70				
SMOC	<i>1/3</i>	33 1.82 2.39	31.5 1.90 2.21	34.5 1.74 2.06	39.5 1.52 1.74				
6/20/19	<i>1/2</i>	31.5 1.90 2.51	31 1.94 2.25	34.5 1.74 2.06	38 1.58 1.81				
<i>Time: 2:47.00</i>	<i>2/3</i>	31 1.94 2.55	32 1.88 2.18	36.5 1.64 1.94	37.5 1.60 1.83				
200 FLY		:30.40	:34.40	:34.40	:36.30				
SMOC	<i>1/3</i>	50 1.20 1.97	46.5 1.29 1.88	50.5 1.19 1.73	52.5 1.14 1.57				
6/20/19	<i>1/2</i>	46 1.30 2.15	46 1.30 1.90	49 1.22 1.78	51.5 1.17 1.60				
<i>Time: 2:15.70</i>	<i>2/3</i>	47 1.28 2.10	47.5 1.26 1.84	50 1.20 1.74	49.5 1.21 1.67				
200 FREE		:30.80	:38.10	:32.70	:32.10				
GOLDEN WEST	<i>1/3</i>	40 1.50 2.44	37.5 1.60 2.10	42 1.43 2.18	40 1.50 2.34				
2/17/18	<i>1/2</i>	38.5 1.56 2.53	37 1.62 2.13	40.5 1.48 2.27	43 1.40 2.17				
<i>Time: 2:09.90</i>	<i>2/3</i>	38.5 1.56 2.53	37 1.62 2.13	42.5 1.41 2.16	48 1.25 1.95				
200 IM		:30.80	:39.20	:40.70	:32.20				
GOLDEN WEST	<i>1/3</i>								
2/17/18	<i>1/2</i>								
<i>Time: 2:23.00</i>	<i>2/3</i>								

Meter Split Sheet - Stroke Rate - Tempo - Distance per Stroke (for 400 meter events and shorter)

		<i>50</i>	<i>100</i>	<i>150</i>	<i>200</i>	<i>250</i>	<i>300</i>	<i>350</i>	<i>400</i>
400 IM		:31.10	:35.00	:40.10	:38.90	:42.40	:42.30	:32.90	:33.60
SMOC	<i>1/3</i>	49.5 1.21 1.95	46.5 1.29 1.84	33.5 1.79 2.23	32.5 1.85 2.37	33.5 1.79 2.11	37.5 1.60 1.89	43.5 1.38 2.10	44 1.36 2.03
6/20/19	<i>1/2</i>	45.5 1.32 2.12	45.5 1.32 1.88	31.5 1.90 2.38	32.5 1.85 2.37	32 1.88 2.21	36 1.67 1.97	43.5 1.38 2.10	42 1.43 2.13
<i>Time:</i> 4:56.70	<i>2/3</i>	44.5 1.35 2.17	45 1.33 1.90	31.5 1.90 2.38	31.5 1.90 2.45	33 1.82 2.14	37 1.62 1.92	43 1.40 2.12	42.5 1.41 2.10
50 FLY		:27.70							
SMOC	<i>1/3</i>	63 0.95 1.72							
6/20/19	<i>1/2</i>	60.5 0.99 1.79							
<i>Time:</i> :27.70	<i>2/3</i>	60 1.00 1.81							