

## ZONE PSYCHE SHEET – MALE EVENTS

	Aug 4-8, 2015 (TUPELO, MS)			Aug 2-6, 2016 (CARY, NC)			Aug 1-5, 2017 (TUPELO, MS)		
11-12	1 <sup>st</sup>	4 <sup>th</sup>	8 <sup>th</sup>	1 <sup>st</sup>	4 <sup>th</sup>	8 <sup>th</sup>	1 <sup>st</sup>	4 <sup>th</sup>	8 <sup>th</sup>
50m Free	25.93	27.32	27.79p	26.35	27.17	27.73p	26.28	26.83	27.74p
100m Free	57.22	58.18	1:00.99p	58.27	58.94	59.76p	57.56	58.90	1:00.48p
200m Free	2:05.76	2:11.19	2:12.85p	2:05.69	2:08.94	2:10.99p	2:04.30	2:10.46	2:12.22p
400m Free	4:27.62	4:34.46	4:37.08	4:22.97	4:32.59	4:35.17	4:20.61	4:35.46	4:36.18
50m Back	30.58	31.17	31.95p	30.24	31.03	31.88p	29.45	30.50	32.00p
100m Back	1:04.30	1:05.94	1:09.32p	1:04.30	1:05.98	1:08.52p	1:03.68	1:06.61	1:09.22p
50m Breast	33.42	34.72	35.84p	33.33	33.90	34.71p	32.41	34.38	35.70p
100m Brst	1:14.40	1:15.39	1:18.45p	1:13.07	1:13.96	1:16.52p	1:10.01	1:15.00	1:18.43p
50m Fly	28.18	28.85	29.77p	28.00	29.39	29.77p	28.25	29.74	30.32p
100m Fly	1:02.20	1:04.69	1:07.12p	1:03.13	1:03.89	1:06.98p	1:03.02	1:05.20	1:07.08p
200m IM	2:19.41	2:24.39	2:29.36p	2:20.49	2:24.68	2:27.77p	2:21.61	2:27.43	2:30.55p
200m MR	1:59.60	2:04.67	2:06.37	1:59.30	2:04.43	2:09.53	2:00.22	2:02.32	2:11.99
400m MR	4:26.68	4:35.11	4:41.36	4:23.75	4:31.18	4:45.70	4:21.90	4:31.51	4:52.93
200m FR	1:46.48	1:50.64	1:55.47	1:47.25	1:51.12	1:54.59	1:48.58	1:50.50	1:55.94
400m FR	3:57.59	4:07.09	4:11.91	3:54.86	4:04.42	4:12.86	3:58.44	4:02.68	4:17.70
200 MxMR	NA	NA	NA	NA	NA	NA	2:00.43	2:01.98	2:10.37
13-14									
50m Free	24.25	24.52	25.44p	24.80	25.17	25.87p	24.43	25.02	25.59p
100m Free	53.11	53.89	55.81p	53.33	55.23	56.29p	53.79	55.16	55.92p
200m Free	1:55.33	1:59.93	2:01.45p	1:57.36	2:00.33	2:01.36p	1:57.49	1:59.46	2:01.23p
400m Free	4:07.93	4:13.44	4:19.91p	4:10.65	4:15.71	4:18.93p	4:13.88	4:15.96	4:19.69p
1500m Fr	16:19.58	16:49.68	17:02.10	16:48.73	16:54.05	17:02.84	16:40.08	16:58.23	17:13.49
100m Back	59.02	1:01.04	1:02.93p	59.95	1:01.46	1:03.27p	58.86	1:01.63	1:02.38p
200m Back	2:09.14	2:10.61	2:15.68p	2:09.58	2:15.12	2:16.87p	2:10.34	2:11.17	2:15.76p
100m Brst	1:07.51	1:10.03	1:12.45p	1:07.96	1:09.34	1:10.90p	1:07.70	1:08.45	1:11.46p
200m Brst	2:28.21	2:32.35	2:36.47p	2:26.88	2:30.67	2:36.39p	2:25.47	2:31.07	2:36.43p
100m Fly	57.44	59.14	1:00.66p	58.24	59.10	1:00.40p	57.63	59.73	1:00.88p
200m Fly	2:10.11	2:13.08	2:15.19p	2:09.92	2:12.53	2:16.07p	2:10.00	2:13.85	2:17.45p
200m IM	2:14.61	2:16.26	2:18.17p	2:13.23	2:15.85	2:18.21p	2:12.03	2:15.78	2:18.46p
400m IM	4:40.83	4:47.15	4:54.12p	4:46.94	4:49.40	4:52.16p	4:44.69	4:46.72	4:54.73p
200m MR	1:51.20	1:52.38	1:56.51	1:50.91	1:53.74	1:57.28	1:50.67	1:54.81	1:57.78
400m MR	4:06.66	4:08.75	4:13.78	4:03.98	4:10.23	4:15.88	4:02.71	4:09.97	4:18.53
200m FR	1:39.21	1:40.93	1:45.48	1:40.84	1:42.40	1:45.38	1:39.33	1:41.56	1:44.88
400m FR	3:39.74	3:43.11	3:51.02	3:40.43	3:45.23	3:50.70	3:38.75	3:43.34	3:50.63
200 MxMR	NA	NA	NA	NA	NA	NA	1:53.51	1:58.09	2:00.98
15-18									
50m Free	24.10	24.52	25.07p	23.99	24.81	25.65p	24.25	24.67	25.45p
100m Free	52.89	53.82	54.61p	52.38	53.83	55.70p	53.21	53.86	55.09p
200m Free	1:57.01	1:59.14	1:59.47p	1:54.89	1:58.62	2:00.96p	1:56.96	1:58.32	2:00.21p
400m Free	4:10.42	4:13.83	4:18.41p	4:07.79	4:13.42	4:16.79p	4:08.75	4:15.44	4:18.71p
1500m Fr	16:19.58	16:49.68	17:02.10	16:22.48	16:42.86	17:07.65	16:25.93	16:52.58	17:25.17
100m Back	58.60	1:00.40	1:02.17p	58.72	1:01.33	1:02.70p	57.96	1:01.08	1:03.19p
200m Back	2:08.58	2:13.52	2:15.25p	2:07.23	2:11.40	2:16.71p	2:06.73	2:12.86	2:16.88p
100m Brst	1:06.29	1:07.69	1:09.70p	1:06.89	1:08.05	1:10.37p	1:06.91	1:07.99	1:09.73p
200m Brst	2:25.58	2:27.80	2:30.60p	2:25.11	2:27.70	2:30.68p	2:26.66	2:28.05	2:34.84p
100m Fly	56.42	57.90	58.99p	57.81	58.82	59.47p	57.48	58.35	59.35p
200m Fly	2:08.82	2:10.95	2:13.23p	2:09.72	2:12.32	2:16.16p	2:08.71	2:11.11	2:16.68p
200m IM	2:09.29	2:11.37	2:15.98p	2:08.47	2:12.86	2:14.78p	2:10.63	2:12.75	2:17.16p
400m IM	4:41.91	4:44.01	4:50.37p	4:34.24	4:41.59	4:46.83p	4:37.71	4:48.81	4:52.44p
200m MR	1:48.23	1:50.78	1:52.16	1:50.14	1:51.95	1:55.54	1:48.84	1:51.52	1:56.19
400m MR	3:58.63	4:03.44	4:08.69	4:00.98	4:06.79	4:12.89	4:01.56	4:06.94	4:16.06
200m FR	1:37.24	1:38.73	1:42.14	1:38.97	1:41.40	1:42.83	1:36.82	1:40.73	1:42.64
400m FR	3:35.91	3:39.44	3:43.14	3:36.21	3:40.22	3:46.32	3:35.93	3:41.31	3:48.74
200 MxMR	NA	NA	NA	NA	NA	NA	1:53.37	1:57.67	2:00.70