

ZONE PSYCHE SHEET – FEMALE EVENTS

	Aug 4-8, 2015 (TUPELO, MS)			Aug 2-6, 2016 (CARY, NC)			Aug 1-5, 2017 (TUPELO, MS)		
	1 st	4 th	8 th	1 st	4 th	8 th	1 st	4 th	8 th
11-12									
50m Free	27.05	28.18	28.85	27.48	27.97	28.64	27.40	27.97	28.55
100m Free	59.08	1:01.46	1:02.56	59.54	1:00.75	1:01.58	59.64	1:00.21	1:01.78
200m Free	2:11.47	2:13.43	2:16.25	2:08.56	2:10.57	2:14.01	2:07.76	2:10.69	2:15.92
400m Free	4:33.71	4:40.02	4:43.55	4:31.62	4:38.26	4:40.00	4:31.11	4:39.87	4:43.40
50m Back	31.10	31.88	32.78	31.00	31.53	32.46	30.96	31.24	32.78
100m Back	1:07.69	1:09.20	1:11.44	1:06.03	1:07.60	1:09.54	1:06.88	1:08.56	1:10.84
50m Breast	34.46	36.47	37.72	35.61	35.84	37.25	34.37	35.70	36.68
100m Brst	1:17.03	1:18.80	1:21.78	1:16.29	1:18.34	1:21.58	1:14.54	1:16.97	1:20.18
50m Fly	28.07	30.37	30.77	28.35	30.25	30.69	29.16	29.72	30.65
100m Fly	1:03.51	1:05.56	1:08.60	1:03.30	1:06.66	1:09.00	1:04.57	1:06.10	1:07.97
200m IM	2:27.33	2:30.74	2:35.03	2:25.40	2:27.29	2:33.13	2:24.20	2:28.57	2:33.11
200m MR	2:03.41	2:09.20	2:11.12	2:04.95	2:07.12	2:12.35	2:04.08	2:07.72	2:11.71
400m MR	4:32.06	4:44.37	4:48.17	4:29.83	4:39.97	4:46.91	4:32.41	4:39.78	4:50.53
200m FR	1:50.81	1:54.61	1:55.47	1:52.91	1:54.49	1:58.31	1:51.53	1:55.97	1:57.01
400m FR	4:04.29	4:13.44	4:19.42	4:04.19	4:08.74	4:20.49	4:02.48	4:11.24	4:16.17
200 MxMR	NA	NA	NA	NA	NA	NA	2:00.43	2:01.98	2:10.37
13-14									
50m Free	26.68	27.26	27.83	26.71	27.22	27.67	27.07	27.45	27.94
100m Free	58.33	58.97	1:00.32	58.31	1:00.06	1:00.94	59.07	59.72	1:00.92
200m Free	2:06.10	2:08.56	2:10.16	2:07.18	2:08.31	2:10.18	2:08.91	2:07.40	2:11.78
400m Free	4:25.11	4:29.38	4:34.66	4:26.85	4:31.36	4:35.19	4:29.18	4:34.70	4:40.50
800m Free	9:06.83	9:18.43	9:27.48	9:13.30	9:17.02	9:24.75	9:22.69	9:34.03	9:38.51
100m Back	1:05.81	1:06.45	1:08.14	1:04.72	1:06.09	1:08.08	1:05.63	1:06.66	1:09.26
200m Back	2:19.92	2:23.92	2:25.87	2:19.74	2:23.23	2:24.78	2:20.92	2:23.68	2:26.93
100m Brst	1:12.39	1:15.63	1:18.32	1:14.07	1:15.90	1:17.56	1:14.44	1:15.55	1:17.77
200m Brst	2:38.22	2:42.72	2:47.18	2:40.87	2:43.80	2:47.83	2:39.35	2:43.54	2:48.62
100m Fly	1:04.64	1:05.19	1:06.13	1:02.67	1:05.24	1:06.67	1:02.68	1:04.87	1:06.47
200m Fly	2:22.07	2:24.16	2:27.15	2:17.87	2:24.61	2:28.68	2:20.79	2:25.74	2:29.82
200m IM	2:21.57	2:24.36	2:29.33	2:21.86	2:27.11	2:28.43	2:23.99	2:26.49	2:29.51
400m IM	5:00.85	5:04.66	5:15.50	5:01.04	5:08.40	5:15.22	5:09.40	5:12.46	5:20.86
200m MR	2:01.83	2:03.70	2:06.71	2:00.62	2:02.63	2:07.04	2:00.78	2:03.89	2:09.45
400m MR	4:26.24	4:32.60	4:38.13	4:28.54	4:35.98	4:44.41	4:24.53	4:33.52	4:39.40
200m FR	1:48.79	1:50.84	1:52.17	1:49.12	1:50.11	1:54.21	1:49.01	1:50.85	1:54.82
400m FR	3:58.91	4:03.62	4:08.22	3:59.35	4:02.98	4:07.94	3:56.68	4:01.98	4:07.89
200 MxMR	NA	NA	NA	NA	NA	NA	1:53.51	1:58.09	2:00.98
15-18									
50m Free	26.41	26.98	27.81	27.17	28.13	28.10	27.04	27.44	28.32
100m Free	57.82	58.95	1:00.09	59.20	1:00.40	1:00.95	58.50	59.62	1:00.61
200m Free	2:06.03	2:07.28	2:09.16	2:05.97	2:09.67	2:11.43	2:05.21	2:08.62	2:10.33
400m Free	4:26.45	4:30.04	4:39.10	4:27.49	4:34.53	4:36.97	4:23.94	4:34.25	4:35.57
800m Free	9:13.65	9:30.57	9:35.72	9:08.14	9:26.77	9:34.32	9:08.36	9:17.02	9:30.48
100m Back	1:04.22	1:05.95	1:07.52	1:06.13	1:08.34	1:09.14	1:05.99	1:07.51	1:09.27
200m Back	2:19.51	2:22.69	2:25.72	2:22.68	2:26.40	2:27.39	2:20.03	2:25.16	2:27.43
100m Brst	1:13.59	1:15.13	1:17.83	1:14.87	1:18.35	1:19.96	1:14.03	1:17.93	1:20.22
200m Brst	2:38.40	2:40.86	2:47.49	2:42.74	2:47.37	2:52.53	2:40.18	2:52.16	2:54.70
100m Fly	1:03.05	1:04.64	1:05.92	1:03.85	1:04.77	1:07.03	1:03.59	1:05.08	1:06.19
200m Fly	2:21.60	2:23.78	2:27.15	2:20.13	2:24.87	2:30.96	2:20.41	2:23.87	2:29.91
200m IM	2:21.99	2:24.07	2:27.41	2:26.88	2:27.19	2:30.38	2:25.44	2:28.31	2:30.84
400m IM	5:03.01	5:12.30	5:17.89	5:03.48	5:12.31	5:22.55	5:09.94	5:16.26	5:22.39
200m MR	1:59.98	2:02.77	2:06.54	2:02.76	2:05.46	2:07.81	2:03.31	2:06.07	2:08.79
400m MR	4:24.51	4:30.55	4:36.09	4:28.92	4:37.28	4:41.64	4:31.52	4:33.90	4:42.27
200m FR	1:48.17	1:51.69	1:53.01	1:50.93	1:52.44	1:54.41	1:49.33	1:52.11	1:54.77
400m FR	3:56.66	4:03.61	4:06.12	4:00.16	4:06.38	4:09.00	3:57.64	4:07.03	4:10.50
200 MxMR	NA	NA	NA	NA	NA	NA	1:53.37	1:57.67	2:00.70