



SUPER SKILLS #2

NOVEMBER 19, 2011

Results

100m FREE

Timed 100m free swim.

1.	
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19.	
20.	
21.	

200m FREE

Timed 200m free swim.

1.	3:42.60	Kylie Woodford
2.	4:05.74	Jessica Reynolds
3.	4:10.57	Kelsey Dwyer
4.	4:17.74	Jenna Tilley
5.	4:19.45	Mikayla Coates
6.	4:19.58	Sara Burry
7.	4:27.90	Olivia Cave
8.	4:33.08	Claire Bursey
8.	4:33.08	Kathleen Handrigan
10.	4:48.71	Alyssa Horwood
11.	4:55.74	Avery Connors
12.	4:58.77	Julia Rodden
13.	5:07.13	James Hogan
14.	5:18.68	Hunter Parsons
15.	5:20.93	Kayla Walley
16.	5:28.85	Rachel O'Brien
17.	5:47.09	Emma Walley
18.	6:08.17	Hanaa Mekawy
19.	6:09.58	Ben Barrow
20.		
21.		

TOP IMPROVERS

DIVE & GLIDE

1.	+4.5m	Jessica Reynolds
2.	+3.0m	Kathleen Handrigan
3.	+2.5m	Kelsey Dwyer
4.	+1.5m	Hanaa Mekawy
4.	+1.5m	Julia Rodden, Ben Barrow

PUSH & GLIDE

1.	+2.0m	Mikayla Coates
2.	+1.5m	Jenna Tilley
2.	+1.5m	Alyssa Horwood
2.	+1.5m	Avery Connors
5.	+1.0m	Kelsey Dwyer

25m KICK

1.	-11.05	Rachel O'Brien
2.	-10.47	Kathleen Handrigan
3.	-8.24	Jessica Reynolds
4.	-1.89	Julia Rodden
5.	-1.74	Kylie Woodford

10m START

1.	-6.65	Jessica Reynolds
2.	-1.75	Alyssa Horwood
3.	-1.64	Ben Barrow
4.	-0.68	Mikayla Coates
5.	-0.61	Olivia Cave

10m TURN

1.	-4.41	Jessica Reynolds
2.	-3.29	Alyssa Horwood
3.	-2.91	Kelsey Dwyer
4.	-2.13	Sara Burry
5.	-1.95	Ben Barrow

50m FREE + STROKE COUNT

1.	-43	Jessica Reynolds
2.	-29	Mikayla Coates
3.	-20	Alyssa Horwood
4.	-11	Avery Connors
5.	-7	Julia Rodden

100m FREE

1.	
2.	
3.	
4.	
5.	

200m FREE

1.	-47.05	Kathleen Handrigan
2.	-15.87	Jessica Reynolds
3.	-11.97	Olivia Cave
4.	-6.31	Sara Burry
5.	-4.91	Kelsey Dwyer