



# SUPER SKILLS #1

**OCTOBER 8, 2011**

## Results

### 100m FREE

Timed 100m free swim.

1. 1:44.37 Kylie Woodford
2. 2:02.54 Jenna Tilley
3. 2:09.83 Mikayla Coates
4. 2:17.74 Julia Roddem
5. 2:18.80 James Hogan
6. 2:19.66 Hanaa Mekawy
7. 2:31.96 Rachel O'Brien
8. 2:33.62 Sam Pennell
9. 2:33.92 Avery Connors
10. 2:37.85 Alyssa Horwood
11. 2:40.65 Kayla Walley
12. 2:54.83 Emma Walley
13. 3:09.90 Ben Barrow
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.

### 200m FREE

Timed 200m free swim.

1. 4:02.62 Ben Steinhauer
2. 4:15.48 Kelsey Dwyer
3. 4:21.61 Jessica Reynolds
4. 4:25.89 Sara Burry
5. 4:39.87 Olivia Cave
6. 4:56.09 Mackenzie Mitchell
7. 5:20.13 Kathleen Handrigan
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.

## TOP IMPROVERS

### DIVE & GLIDE

- 1.
- 2.
- 3.
- 4.
- 5.

### PUSH & GLIDE

- 1.
- 2.
- 3.
- 4.
- 5.

### 25m KICK

- 1.
- 2.
- 3.
- 4.
- 5.

### 10m START

- 1.
- 2.
- 3.
- 4.
- 5.

### 10m TURN

- 1.
- 2.
- 3.
- 4.
- 5.

### 50m FREE + STROKE COUNT

- 1.
- 2.
- 3.
- 4.
- 5.

### 100m FREE

- 1.
- 2.
- 3.
- 4.
- 5.

### 200m FREE

- 1.
- 2.
- 3.
- 4.
- 5.