

USRP Racers 2016 First Quarter Improvement v.s. Year End 2015 top times

<u>Mia Davison (5x/week)</u>	<u>2015 best</u>	<u>2016 best</u>	<u>% improvement</u>	
50 freestyle	:27.93	:27.05	3.3%	
100 freestyle	1:05.84	1:01.27	7.4%	TOTAL AVERAGE IMPROVEMENT
200 freestyle	2:37.36	2:17.65	14.3%	7.3%
100 butterfly	1:12.49	1:09.95	3.6%	
200 IM	2:44.57	2:33.72	7.7%	

<u>Laurin Adams (4+/week)</u>	<u>2015 best</u>	<u>2016 best</u>	<u>% improvement</u>	
50 freestyle	:26.91	:25.86 *	4.1%	
100 freestyle	1:00.31	:56.67 *	6.4%	TOTAL AVERAGE IMPROVEMENT
200 freestyle	2:21.60	2:09.16	9.6%	5.5%
100 butterfly	1:06.61	1:05.27	2.0%	

(*) denotes Florida Senior Championship time cut achieved

<u>Shay Scanlon (4+/week)</u>	<u>2015 best</u>	<u>2016 best</u>	<u>% improvement</u>	
50 freestyle	:29.72	:27.22	9.2%	
100 freestyle	1:06.81	1:01.11	9.3%	TOTAL AVERAGE IMPROVEMENT
100 breaststroke	1:26.84	1:18.30	10.9%	12.6%
100 backstroke	1:26.39	1:11.48	20.9%	

The Swimmers above are currently the only 3 Senior Racers who have committed to “full time” status minimum of 4 days per week. We feel in order to make significant improvement, a full time commitment is required. Part time swimmers will improve over time but it will be slower and gradual. The Proof is in the numbers.