

Friday AM 2 March 2007 Timed Workout Swims
6 x 50 SC Yard Swim Best Stroke or I. M. on 3:00

<u>NAME</u>	<u>1st 50</u>	<u>2nd 50</u>	<u>3rd 50</u>	<u>4th 50</u>	<u>5th 50</u>	<u>6th 50</u>
Benson, Rich (fly, back, brst, free)	x x x	x x x	37.60	44.70	48.70	32.40
<i>no available conversion</i>						
Calkins, Steve (freestyle)	36.90	38.80	37.50	37.20	36.80	36.60
Best 50 time SC Meter equivalent						40.85
Cataldo, Keith (breaststroke)	40.00	39.30	39.90	40.30	39.30	39.80
<i>no available conversion</i>						
Hallett, Sarah (fly, back, brst, free)	x x x	x x x	45.70	47.70	46.20	36.50
<i>no available conversion</i>						
Infield, Richard (breaststroke)	44.00	44.40	42.70	42.80	42.80	42.40
<i>no available conversion</i>						
Rivera, Larry (freestyle)	x x x	29.10	28.00	29.50	28.40	29.00
Best 50 time SC Meter equivalent						31.25
Smith, Brad (2Fly, 2Back, 2Brst)	29.10	29.40	31.40	31.40	38.30	38.00
<i>no available conversion</i>						
Vassel, Gene (freestyle)	32.90	32.80	33.20	33.20	34.80	34.30
Best 50 time SC Meter equivalent						36.61