

NCAT Top S.C. Times (Yds.)

15-18 Girls

Event	Swimmer	Time	Date
50 Free	Emma Nelson	:26.21	1/4/2008
100 Free	Emma Nelson	:57.06	12/7/2007
200 Free	Emma Nelson	2:02.12	1/4/2008
500 Free	Emma Nelson	5:12.58	2/8/2008
1000 Free	Emma Nelson	11:13.71	10/13/2007 (split)
1650 Free	Emma Nelson	18:39.70	10/13/2007
50 Fly	Emma Nelson	:30.00	1/4/2008 (split)
100 Fly	Emma Nelson	1:04.04	1/4/2008
200 Fly	Emma Nelson	2:19.41	12/7/2007
50 Back	Emma Nelson	:32.18	1/4/2008 (split)
100 Back	Emma Nelson	1:06.64	1/4/2008
200 Back	Emma Nelson	2:22.37	1/4/2008
50 Breast	Emma Nelson	:36.33	12/7/2007 (split)
100 Breast	Emma Nelson	1:17.68	12/7/2007 (split)
200 Breast	Emma Nelson	2:42.31	12/7/2007
100 I.M.			
200 I.M.	Emma Nelson	2:14.96	2/8/2008
400 I.M.	Emma Nelson	4:48.85	1/4/2008

15-18 Boys

Event	Swimmer	Time	Date
50 Free	J.J. Helms	:21.75	4/20/2007
100 Free	J.J. Helms	:46.28	2/22/2007
200 Free	J.J. Helms	1:41.34	2/22/2007
500 Free	J.J. Helms	4:31.10	2/22/2007
1000 Free	J.J. Helms	9:29.23	2/22/2007
1650 Free	J.J. Helms	16:12.47	2/22/2007
50 Fly	J.J. Helms	:24.78	4/20/2007(split)
100 Fly	J.J. Helms	:52.81	4/20/2007
200 Fly	J.J. Helms	1:59.96	4/20/2007
50 Back	J.J. Helms	:28.05	4/20/2007
100 Back	J.J. Helms	:58.26	4/20/2007
200 Back	J.J. Helms	1:59.37	4/20/2007
50 Breast	Daniel Young	:38.03	12/1/2006 (split)
100 Breast	Daniel Young	1:22.03	12/1/2006 (split)
200 Breast	Daniel Young	2:53.39	12/1/2006
100 I.M.			
200 I.M.	J.J. Helms	1:55.12	4/20/2007
400 I.M.	J.J. Helms	4:05.43	4/20/2007

Open Girls

Event	Swimmer	Time	Date
50 Free	Meredith Bryarly	:23.66	2/22/2007
100 Free	Meredith Bryarly	:52.41	2/22/2007
200 Free	Emma Nelson	2:02.12	1/4/2008
500 Free	Emma Nelson	5:12.58	2/8/2008
1000 Free	Emma Nelson	11:13.71	10/13/2007 (split)
1650 Free	Emma Nelson	18:39.70	10/13/2007
50 Fly	Meredith Bryarly	:26.75	2/22/2007 (split)
100 Fly	Meredith Bryarly	:57.69	2/22/2007
200 Fly	Emma Nelson	2:19.41	12/7/2007
50 Back	Emma Nelson	:32.18	1/4/2008 (split)
100 Back	Emma Nelson	1:06.64	1/4/2008
200 Back	Emma Nelson	2:22.37	1/4/2008
50 Breast	Emma Nelson	:36.33	12/7/2007 (split)
100 Breast	Emma Nelson	1:17.68	12/7/2007 (split)
200 Breast	Emma Nelson	2:42.31	12/7/2007
100 I.M.			
200 I.M.	Meredith Bryarly	2:11.37	2/22/2007
400 I.M.	Emma Nelson	4:48.85	1/4/2008

Open Boys

Event	Swimmer	Time	Date
50 Free	J.J. Helms	:21.75	4/20/2007
100 Free	J.J. Helms	:46.28	2/22/2007
200 Free	J.J. Helms	1:41.34	2/22/2007
500 Free	J.J. Helms	4:31.10	2/22/2007
1000 Free	J.J. Helms	9:29.23	2/22/2007
1650 Free	J.J. Helms	16:12.47	2/22/2007
50 Fly	J.J. Helms	:24.78	4/20/2007(split)
100 Fly	J.J. Helms	:52.81	4/20/2007
200 Fly	J.J. Helms	1:59.96	4/20/2007
50 Back	J.J. Helms	:28.05	4/20/2007
100 Back	J.J. Helms	:58.26	4/20/2007
200 Back	J.J. Helms	1:59.37	4/20/2007
50 Breast	Daniel Young	:38.03	12/1/2006 (split)
100 Breast	Daniel Young	1:22.03	12/1/2006 (split)
200 Breast	Daniel Young	2:53.39	12/1/2006
100 I.M.			
200 I.M.	J.J. Helms	1:55.12	4/20/2007
400 I.M.	J.J. Helms	4:05.43	4/20/2007