

CSLI INVITATIONAL OCTOBER 22-23

200 MED RELAY
 HEIDI 32.8 } GREAT
 ELLEN 35.8 } SWIMMING
 BETSY 29.1 } LADIES
 HILLARI 27.1 }
2:04.8
 REANEY 34.5
 MIMI 30.2
 SUZANNE 32.2
 ALISON 30.5
2:13.4

500 FREE
 SHERYL 1:05.9
 1:11.3 } GOOD NOW
 1:11.9 } DROP THESE
 1:12.7 } TO 10'S OR
 1:12.0 } BETTER
5:54.2

JUDY 1:07.0 OUT TO SLOW
 1:12.2 } ALL 10'S OR
 1:13.2 } BETTER, YOU
 1:13.4 } SHOULD BE
 1:13.6 } ABLE TO DO IT.
5:58.5

STEPHANIE 59.6 GOOD NEXT
 1:04.2 TIME #3-4-5
 1:04.9 AT 1:04.0
 1:05.4 TEAM
 1:05.1 RECORD
 * 5:19.3

50 BREAST
 MIMI 16.9 - 20.6 = 37.5
 GREAT MIMI
 ALISON 18.9 - 21.1 = 40.0
 GOOD EYEN SPLITS BUT SLOW
 SUZANNE 17.4 - 19.7 = 37.7
 GOOD SWIM
 HEIDI 16.0 - 21.1 = 37.1
 16.0 + 19.0 SHOULD BE POSSIBLE
 BUT GOOD SWIM
 ELLEN 16.5 - 19.0 = 35.5%
 UNDER WATER PULL WAS SLOW
 ON START REMEMBER SPRINT
 TEAM RECORD

100 FLY
 JUDY 32.4 - 37.2 = 1:09.6
 OUT GOOD BACK SLOW
 32.4 - 34.9 = 1:07.3
 NEXT TIME
 BETSY 30.0 - 36.3 = 1:06.3
 OUT GREAT SOME MORE
 PRACTICE $\frac{1}{2}$ I CAN SEE A
 1:03.+

200 IM
 HILLARI 31.2 GOOD
 40.1 DON'T ROLL HEAD
 48.1 PUSH @ BEST
 34.0 GOOD
2:33.0
 GAIL P 31.6 GOOD NOW GET
 41.0 IN SOME MORE
 46.8 PRACTICE.
 33.4
2:32.6

GAIL L 30.9 GREAT
 41.6 TURNOVER SLOW
 44.4 GREAT
 36.0 TURNOVER SLOW
2:32.9

200 BACK
 HEIDI 34.8 } GOOD
 38.8 }
 40.3 } 38+ YOU CAN
 39.1 } 37+ DO THESE
2:33.3

STEPHANIE 31.9 } GOOD
 35.5 }
 36.4 } 35.5 YOU CAN
 36.7 } 34.5 DO THESE
 TEAM RECORD * 2:20.5

200 FREE RELAY
 GAIL P 27.0 } 1:47.6
 HILLARI 26.8 } NICE SWIMMING
 GAIL L 27.2 } GOOD STARTS
 REANEY 26.3 }
 ELLEN 28.0
 LYNN 29.9
 ALISON 30.0
 MIMI 30.1
1:58.0

400 IM
 LYNN 1:13.5
 1:28.3
 1:43.7 STROKE SHORT
 1:08.0
5:33.5

STEPHANIE 1:06.0 GOOD
 1:16.5 PUSH BACK
 NEEDS WORK 1:28.9 ON BEST
 1:05.0 GOOD
 TEAM RECORD * 4:56.4

50 FLY
 ALISON 36.0 TURNOVER
 WAY TO SLOW GET GOING
 SUZANNE 33.6 GOOD
 HILLARI 13.9 - 17.0 = 30.9
 1ST 25 GREAT NOW GET
 2ND 25 TO 16.0
 BETSY 29.4 GOOD, YOU'RE
 LOOKING GOOD JUST A
 LITTLE MORE PRACTICE
 NEEDED.

100 BACK
 HEIDI 33.5 - 37.2 = 1:10.7
 GET OUT UNDER 33.0
 STROKE LOOKS GOOD

200 FREE
 REANEY 30.2 GOOD NOW
 33.5 GET LAST
 35.7 TWO DOWN
 35.9 TO 34+
2:15.3

LYNN 31.0 } STILL TIRED
 34.9 } FROM 400 IM
 36.7 } NEED TO GET
 37.2 } IN MORE
 PRACTICE
2:19.8

SHERYL 30.2 } GREAT
 33.5 } GOOD SPLITS
 34.4 }
 34.4 }
2:12.7

25U INVITATIONAL

OCT 22-23 (CONT.)

DO FREE CONT.

GAIL L. 30.0 } GOOD
 33.0 }
 34.8 } 34.0 MORE PRACTICE
 35.6 } 33.5 AND YOU'LL DO THESE

2:13.4

WY 30.6 GOOD NOW LAST
 32.7 2 50'S 33.6
 33.9 THEN 33.0
 33.9 GOOD TIME

2:11.4

STEPHANIE 28.6 NICE SWIM
 30.6 GET LAST 50
 31.2 UNDER 31.0

EDM RECORD 31.6
 * 2:02.0 (CONT.)

100 BREAST

MIMI 38.9-45.4=1:24.3
 GOOD NOW GET 2ND 50
 DOWN

JEANNE 39.3-44.2=1:23.5
 OUT SLOW, LOW 38

LEN 35.9-42.3=1:18.2
 1ST 50 GREAT NOW DROP
 2ND 50 TO 41.0

100 FREE

ALISON 15.0-15.7=30.7
 GOOD BUT REMEMBER SPRINT
 ALL THE WAY

LEN 13.6-14.1=27.7
 WHEN YOU HIT THE WATER
 KICK & GET GOING

TRV 14.0-14.0=28.0
 WHEN YOU'RE IN THE WATER
 KICK & GET GOING, 1ST 25
 TOO SLOW

LARI 13.0-14.4=27.4
 PUSH 2ND 25 HARD

MEY 13.5-13.6=27.1
 1ST 25 SLOW, GET IT GOING

HL L 13.5-14.7=28.2
 OUT GOOD BRING 2ND 25
 BACK HARD

HL P 13.4-14.2=27.6
 GOOD SPLITS JUST A
 LITTLE SLOW

400 MED RELAY

STEPHANIE 32.5-35.3=1:07.8
 GAIL L. 37.8-43.7=1:21.5
 BETSY 30.3-36.5=1:06.8
 JUDY 28.9-32.0=1:00.9

JUDY OUT GOOD BUT
 2ND 50 SLOW REALLY
 PUSH LAST LENGTH 4:37.0

HEIDI 33.0-36.6=1:09.6
 SUZANNE 39.2-44.1=1:23.3

LYNN 32.8-38.9=1:11.7

SHERYL = 1:00.7
 4:45.3

200 FREE

GAIL 29.4 } GOOD
 32.5 }
 33.5 }
 34.6 GET TO 33.0

2:10.0

100 50 FREE

SHERYL
 1:06.0 1:14.3 1:14.07 1:14.7
 1:12.4 1:14.5 1:14.03 1:14.3
 1:13.2 1:14.5 1:14.5 1:13.8
 1:14.0 1:14.01 1:14.05 1:13.8

GREAT LAST 100 1:13.7 37.1
 GREAT SPLITS RACE SWIM WELL
 * 20:15.4 TEAM RECORD

100 FREE

ALISON 31.6-35.1=1:06.7
 OUT GOOD BACK SLOW
 ELLEN 28.8-31.6=1:00.4
 GOOD

SHERYL 29.0-32.0=1:01.0
 GOOD

HILLARI 28.6-32.2=1:00.8
 2ND 50 SLOW REALLY PUSH
 LAST LENGTH 28.6-31.0

REANEY 28.8-31.4=1:00.2
 GOOD

GAIL L. 29.0-33.0=1:02.0
 2ND 50 TOO SLOW 31.7

JUDY 29.6-31.5=1:01.4
 OUT TOO SLOW

GAIL P. 28.5-31.1=59.6
 YOU COULD TAKE A SECOND
 OFF BOTH.

50 BACK

REANEY 16.2-18.4=34.6
 GOOD YOU'RE A BACKSTROKER!
 HEIDI 15.6-17.2=32.8
 GOOD

200 BREAST

MIMI 40.8-47.3-49.1-47.0
 GOOD NOW TAKE 2 SEC.
 OFF LAST 3 50'S 3:04.2
 SUZANNE 41.0-46.3-47.6-47.8
 3:02.7 GOOD LAST 50
 A LITTLE SLOW

200 FLY

BETSY 31.5-38.4-40.1-40.8
 2:31.8 GREAT

STEPHANIE 30.7-34.9-36.0-37.2
 * 2:18.8 GREAT LAST 50
 A LITTLE SLOW
 TEAM RECORD

100 IM

ALISON -1:18.9 NICE SWIM
 LYNN 34.7-21.8-18.0
 1:14.5 LOOK TIRED

GAIL L. 14.0-18.9-21.3-16.4
 1:10.6 GOOD

HILLARI 14.2-17.8-22.0-16.7
 1:10.7 BREAST SLOW

GAIL P. 15.0-17.8-21.9-15.1
 1:09.8 GOOD

JUDY 14.2-19.6-21.9-15.8
 1:11.5 BACK VERY SLOW

HEIDI 14.6-16.6-22.4-15.7
 1:09.3 PUSH ALL 100 YDS.

400 FREE RELAY

STEPHANIE 27.9-30.2=58.1
 JUDY 29.1-32.1=101.2

SHERYL 28.9-33.2=102.2

GAIL P. 28.2-31.8=100.0
 4:01.5

GOOD MEET LADIES
 YOU LOOKED GOOD

ZOOMED RELAY

MELISSA 29.65 ← TEAM RECORD *
ELLEN 34.6
BETSY 28.1
REANEY 25.4
1:57.78 TEAM RECORD *

500 FREE

LYNN 1:06.0 - 1:13.4
1:15.7 - 1:15.9 - 1:14.7
6:05.7
SHERYL 1:03.8 - 1:10.4
1:11.7 - 1:11.4 - 1:11.5
5:48.8

JUDY 1:03.3 - 1:08.1
1:10.3 - 1:11.3 - 1:10.6
5:43.6

MUCH BETTER

200 IM

STEPH 29.8 - 35.5
42.1 - 31.8 - 2:19.27 TEAM RECORD *
GAIL L. 31.4 - 43.4
45.8 - 35.2 - 2:34.8

100 FREE

HILLARI 28.7 - 32.1
1:00.8
REANEY 27.3 - 29.8
57.1
GAIL P. 27.4 - 29.4
56.8

GREAT

50 BACK

MELISSA 13.9 - 29.69 TEAM RECORD *

50 BRST

SUZANNE 17.8 - 37.8
ELLEN 16.0 - 34.7
MIMI 17.2 - 36.4

100 FLY

LYNN 32.8 - 38.8
1:11.6
STEPH 29.7 - 33.5
1:03.21 TEAM RECORD *

BETSY 29.7 - 34.5 GREAT STROKE
1:04.22 LOOKS REAL STRONG

GREAT MEET PERSONNEL LADIES FINALS SCORE CC-SS CLUBS - 7 TEAM RECORDS + MANY

50 FREE

ELLEN 12.9 - 26.0
REANEY 12.9 - 26.1
GAIL 12.2 - 25.7

GREAT

100 BACK

MELISSA 30.7 - 35.0
1:05.77 TEAM RECORD *

100 IM

SUZANNE 16.2 - 20.3
22.1 - 17.9 - 1:16.5
HILLARI 13.8 - 18.1
21.1 - 16.2 - 1:09.2
GAIL L. 13.6 - 18.3
21.1 - 17.4 - 1:10.4

MUCH BETTER
VERY GOOD FOR ALL YOU'VE MISSED

200 FREE

JUDY 29.4 - 32.2 - 33.1
32.8 - 2:07.5
STEPH 28.3 - 30.4 - 31.2
31.0 - 2:00.9
GAIL P. 27.9 - 31.5 - 32.5
34.0 - 2:05.9

MUCH BETTER

50 FLY

MELISSA 14.2 - 29.2
BETSY 12.2 - 27.50 TEAM RECORD *
SHERYL 14.2 - 30.2

100 BRST

SUZANNE 39.6 - 43.9 - 1:23.5
ELLEN 35.7 - 40.3 - 1:16.0
MIMI 37.5 - 42.9 - 1:20.4

200 FREE RELAY

STEPH 26.9
GAIL P. 25.7 1:44.32 TEAM RECORD *
HILLARI 26.4
REANEY 25.3
LYNN 29.7
SHERYL 27.3 1:52.1
GAIL L. 27.6
JUDY 28.5

CU WOMEN VS. WYOMING NOV 6, 1982

200 MED RELAY

HEIDI 32.3
 ELLEN 34.5
 BETSY 28.6
 REANEY 25.6
2:01.03
 TEAM RECORD

MELISSA 30.4
 SUZANNE 37.5
 JUDY 29.6
 GAIL P 26.3
2:03.8

ROBIN 38.6
 WIMI 35.3 GREAT
 BETH 38.3
 JENNI 32.1
 2:24.2

500 FREE

STEPH 59.3
 1:03.6
 5:15.8 1:04.6
 TEAM 1:03.9
 RECORD 1:04.8

SHERYL 1:04.0
 5:45.3 1:09.9 NICE SWIM
 PERSONEL 1:10.4
 BEST 1:10.9
 1:10.1

LYNN 1:06.5
 6:08.1 1:14.4
 1:15.6
 1:16.1
 1:15.5

GAIL P 1:05.6
 6:00.9 1:13.5
 1:13.1
 1:14.3

200 IM

HILARI 31.2
 39.4
 2:37.2 49.8
 36.8

GAIL L. 31.1
 40.7
 2:33.4 45.5
 36.1
 KAREN 31.4
 40.4
 2:33.5 48.6
 38.1

100 FREE

REANEY PERSONEL
 27.7-29.9 = 57.6 BEST GREAT

ALISON 31.4
 34.0 = 1:05.4
 KELLEY 32.4
 41.2 = 1:13.6

50 BACK

MELISSA 14.4
 16.7 = 31.1
 HEIDI 14.8 REALLY RUSH
 17.6 = 32.4 2ND 25
 JENNI 19.7
 20.9 = 40.6

50 BEST

ELLEN 34.6
 TEAM RECORD
 JULIE 46.4

100 FLY

STEPH 29.5
 33.7 = 1:03.2
 TEAM RECORD
 BETSY 30.5
 34.8 = 1:05.3
 JUDY 30.6
 35.4 = 1:06.0
 PERSONEL BEST

50 FREE

REANEY 12.8
 13.6 = 26.4
 HILARI 13.3
 13.9 = 27.2
 GRETCHEN
 29.5

100 BACK

MELISSA 31.3 MORE PRACTICE
 36.4 = 1:07.7
 HEIDI 32.6 GOOD 1ST 5:
 36.2 = 1:08.8 PUSH 2ND HARDER

JENNI 39.4
 46.0 = 1:25.4

100 IM

GAIL L. 12.9
 18.4-20.8-18.2
 1:10.3

ALISON 15.1
 20.5-23.0-18.6
 1:17.2
 ROBIN 15.1
 20.5-25.1-21.2
 1:21.9

200 FREE

STEPH 28.4-30.5
 30.9-31.0 = 2:00.8
 TEAM RECORD
 JUDY 29.9-32.3
 32.8-33.6 = 2:08.6
 GAIL P 29.5-30.6
 32.7-33.3 = 2:06.1
 SHERYL 29.6-32.6
 34.3-34.6 = 2:11.1
 PERSONEL BEST