

**Yardage Report for August 2010**

		MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
<b>ALLEN, DAVID</b>									
SSC NATIONAL ELITE S	02/08/2010	4400M	3500M	5100M	4800M	5800M	A		
		A	4600M		A	A			28,200M
	09/08/2010	5300M	4000M	4000M	5400M	6000M	Meet	Meet	
5 weeks: 87,200		A	A		A	A		Meet	24,700M
Weekly Avg: 17,440M	16/08/2010		5200M	5200M	3700M	6000M	5200M		
		A	A		A	A			25,300M
	23/08/2010	4500M	4500M	S	S	S	Meet	Meet	
		A	A		S	Meet			9,000M
	30/08/2010		A	A	A	A	A		
		A	A		A	A			NA
<b>ALLEN, LEAH</b>									
SSC NATIONAL ELITE S	02/08/2010	4400M	3500M	5100M	4800M	5800M	A		
		A	4600M		A	A			28,200M
	09/08/2010	5300M	4000M	4000M	5400M	6000M	Meet	Meet	
5 weeks: 106,200		A	A		A	A		Meet	24,700M
Weekly Avg: 21,240M	16/08/2010		5200M	5200M	3700M	6000M	5200M		
		A	A		A	A			25,300M
	23/08/2010	4500M	4500M	S	S	S	Meet	Meet	
		A	A		S	Meet	Meet	Meet	9,000M
	30/08/2010		3600M	3700M	4500M	3200M	4000M		
		A	A		A	A			19,000M
<b>BEAVIS, NARELLE</b>									
SSC NATIONAL ELITE S	02/08/2010	4400M	3500M	A	4800M	5800M	A		
		A	A		A	A			18,500M
	09/08/2010	5300M	4000M	4000M	5400M	6000M	A		
5 weeks: 89,750		4900M	A		A	A			29,600M
Weekly Avg: 17,950M	16/08/2010		5200M	5200M	3700M	A	A		
		A	A		A	A			14,100M
	23/08/2010	4500M	4500M	5800M	3600M	1450M	0M		
		A	A		A	A			19,850M
	30/08/2010		A	A	4500M	3200M	A		
		A	A		A	A			7,700M
<b>GRECH, ADRIANNA</b>									
SSC NATIONAL ELITE S	02/08/2010	4400M	3500M	5100M	4800M	A	5400M		
		A	A		1945M	A			25,145M
	09/08/2010	5300M	4000M	A	A	A	Meet		
5 weeks: 71,245		A	A		A	A			9,300M
Weekly Avg: 14,249M	16/08/2010		S	S	S	S	5200M		
		A	A		S	S			5,200M
	23/08/2010	4500M	4500M	A	3600M	S	Meet	Meet	
		A	A		S	Meet			12,600M
	30/08/2010		3600M	3700M	4500M	3200M	4000M		
		A	A		A	A			19,000M
<b>GRECH, MONIQUE</b>									
SSC NATIONAL ELITE S	02/08/2010	4400M	3500M	5100M	4800M	A	5400M		
		A	A		1945M	A			25,145M
	09/08/2010	5300M	4000M	A	A	A	Meet	Meet	
5 weeks: 93,495		A	A		2300M	A		Meet	11,600M
Weekly Avg: 18,699M	16/08/2010		5200M	5200M	3700M	6000M	5200M		
		A	A		1600M	A			26,900M
	23/08/2010	4500M	4500M	A	3600M	1450M	Meet	Meet	
		A	A		1300M	A			15,350M
	30/08/2010		3600M	3700M	A	3200M	4000M		
		A	A		A	A			14,500M

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		MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
<b>GRIFFIN, ASHLEE</b>									
SSC NATIONAL ELITE S	02/08/2010	A	3500M	5100M	4800M	5800M	5400M		
		A	A		A	1000M			25,600M
	09/08/2010	5300M	4000M	4000M	A	6000M	A	Meet	
5 weeks: 85,000		A	A		A	1300M	Meet		20,600M
Weekly Avg: 17,000M	16/08/2010		A	A	A	6000M	5200M		
		A	A		A	1550M			12,750M
	23/08/2010	4500M	4500M	S	S	1450M	0M	Meet	
		A	A		S	Meet			10,450M
	30/08/2010		3600M	3700M	A	3200M	4000M		
		A	A		A	1100M			15,600M
<b>GRIFFIN, BROOKE</b>									
SSC NATIONAL ELITE S	02/08/2010	A	3500M	5100M	4800M	5800M	5400M		
		4400M	4600M		1945M	1000M			36,545M
	09/08/2010	5300M	4000M	4000M	5400M	6000M	3600M	Meet	
5 weeks: 132,845		4900M	A		2300M	1300M	Meet	Meet	36,800M
Weekly Avg: 26,569M	16/08/2010		5200M	5200M	3700M	E	5200M		
		5000M	A		1600M	1550M			27,450M
	23/08/2010	4500M	S	5800M	3600M	1450M	Meet	Meet	
		S	S		1300M	Meet	Meet	Meet	16,650M
	30/08/2010		A	3700M	4500M	3200M	4000M		
		A	A		A	A			15,400M
<b>HOWELL, MIKAYLA</b>									
SSC NATIONAL ELITE S	02/08/2010	A	A	A	A	A	A		
		A	A		A	A			NA
	09/08/2010	A	A	A	A	A	A		
5 weeks: 6,650		A	A		A	A			NA
Weekly Avg: 1,330M	16/08/2010		5200M	A	A	A	A		
		A	A		A	A			5,200M
	23/08/2010	A	A	A	A	1450M	0M	Meet	
		A	A		A	Meet			1,450M
	30/08/2010		A	A	A	A	A		
		A	A		A	A			NA
<b>HUYNH, NATHAN</b>									
SSC NATIONAL ELITE S	02/08/2010	A	3500M	A	4800M	5800M	5400M		
		4400M	4600M		A	1000M			29,500M
	09/08/2010	A	4000M	4000M	A	6000M	Meet	Meet	
5 weeks: 127,400		4900M	5000M		A	1300M		Meet	25,200M
Weekly Avg: 25,480M	16/08/2010		5200M	5200M	3700M	6000M	5200M		
		5000M	A		A	1550M			31,850M
	23/08/2010	A	4500M	5800M	3600M	1450M	Meet	Meet	
		A	5400M		A	Meet			20,750M
	30/08/2010		3600M	3700M	4500M	3200M	4000M		
		A	A		A	1100M			20,100M
<b>LYON, CASEY</b>									
SSC NATIONAL ELITE S	02/08/2010	A	3500M	5100M	4800M	A	5400M		
		A	A		1945M	1000M			21,745M
	09/08/2010	5300M	4000M	4000M	5400M	A	3600M	Meet	
5 weeks: 85,095		A	A		A	A	Meet		22,300M
Weekly Avg: 17,019M	16/08/2010		A	5200M	3700M	6000M	5200M		
		A	A		1600M	A			21,700M
	23/08/2010	A	4500M	5800M	3600M	1450M	0M		
		A	A		A	0M			15,350M
	30/08/2010		A	A	A	A	4000M		
		A	A		A	A			4,000M

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		MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
<b>MCNAMARA, SARAH</b>									
SSC NATIONAL ELITE S	02/08/2010	4400M	3500M	5100M	4800M	Meet	5400M		
		A	A		A	Meet			23,200M
	09/08/2010	5300M	4000M	4000M	A	6000M	3600M		
5 weeks: 114,050		4900M	A		A	Meet	Meet	Meet	27,800M
Weekly Avg: 22,810M	16/08/2010		5200M	5200M	A	6000M	5200M		
		A	A		A	Meet			21,600M
	23/08/2010	A	4500M	5800M	S	1450M	0M		
		5400M	A		A	0M			17,150M
	30/08/2010		3600M	3700M	4500M	3200M	4000M		
		4200M	A		A	1100M			24,300M
<b>RUSSO, EMMA</b>									
SSC NATIONAL ELITE S	02/08/2010	4400M	A	A	4800M	S	A		
		A	A		A	A			9,200M
	09/08/2010	5300M	A	A	5400M	6000M	3600M	Meet	
5 weeks: 86,650		A	5000M		A	A	Meet	Meet	25,300M
Weekly Avg: 17,330M	16/08/2010		A	A	A	6000M	5200M		
		A	5000M		A	A			16,200M
	23/08/2010	4500M	4500M	A	3600M	1450M	0M	Meet	
		A	5400M		A	A			19,450M
	30/08/2010		A	A	4500M	3200M	4000M		
		A	4800M		A	A			16,500M
<b>SMITH, EMILY</b>									
SSC NATIONAL ELITE S	02/08/2010	4400M	3500M	5100M	A	5800M	5400M		
		A	A		A	A			24,200M
	09/08/2010	5300M	4000M	4000M	A	6000M	3600M		
5 weeks: 79,750		A	A		A	A			22,900M
Weekly Avg: 15,950M	16/08/2010		5200M	5200M	A	A	A		
		A	A		A	A			10,400M
	23/08/2010	A	4500M	5800M	A	1450M	0M		
		A	A		A	A			11,750M
	30/08/2010		3600M	3700M	A	3200M	A		
		A	A		A	A			10,500M
<b>STRUTT, GLENN</b>									
SSC NATIONAL ELITE S	02/08/2010	4400M	A	A	4800M	Meet	5400M		
		A	A		1945M	A			16,545M
	09/08/2010	5300M	4000M	4000M	A	A	A	Meet	
5 weeks: 78,745		4900M	A		A	Meet	Meet	Meet	18,200M
Weekly Avg: 15,749M	16/08/2010		5200M	A	3700M	6000M	5200M		
		5000M	A		1600M	Meet			26,700M
	23/08/2010	E	E	E	E	E	0M	Meet	
		E	E		E	E			NA
	30/08/2010		3600M	A	4500M	3200M	A		
		4200M	A		1800M	A			17,300M
<b>TIBERI, LUKE</b>									
SSC NATIONAL ELITE S	02/08/2010	4400M	A	A	4800M	Meet	5400M		
		A	A		1945M	A			16,545M
	09/08/2010	5300M	4000M	4000M	5400M	6000M	3600M	Meet	
5 weeks: 117,395		4900M	A		2300M	Meet	Meet	Meet	35,500M
Weekly Avg: 23,479M	16/08/2010		5200M	A	3700M	6000M	5200M		
		5000M	A		1600M	Meet			26,700M
	23/08/2010	A	4500M	A	3600M	1450M	0M		
		5400M	A		1300M	0M			16,250M
	30/08/2010		3600M	A	4500M	3200M	4000M		
		4200M	A		1800M	1100M			22,400M

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		MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
<b>WILLIAMS, KEELY</b>									
SSC NATIONAL ELITE S	02/08/2010	4400M	3500M	5100M	4800M	5800M	A		
		A	A		A	Meet			23,600M
	09/08/2010	5300M	4000M	4000M	A	A	A		
5 weeks: 108,450		4900M	A		A	Meet		Meet	18,200M
Weekly Avg: 21,690M	16/08/2010		5200M	5200M	A	6000M	5200M		
		A	A		A	Meet			21,600M
	23/08/2010	A	4500M	5800M	3600M	1450M	0M		
		5400M	A		A	0M			20,750M
	30/08/2010		3600M	3700M	4500M	3200M	4000M		
		4200M	A		A	1100M			24,300M