

Yardage Report for November 2010

		MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
ALLEN, DAVID									
SSC NATIONAL ELITE S	01/11/2010	A	A	6150M	3800M	5000M	A		
		A	4700M		A	A		Meet	19,650M
	08/11/2010		5100M	4200M	4450M	5300M	A		
5 weeks: 88,225		A	A		A	A			19,050M
Weekly Avg: 17,645M	15/11/2010	A	4600M	5000M	4075M	4975M	Meet		
		A	A		A	A			18,650M
	22/11/2010		5300M	3800M	3800M	A	A		
		A	A		A	A			12,900M
	29/11/2010	A	4400M	4700M	3900M	4975M			
		A	A		A				17,975M
ALLEN, LEAH									
SSC NATIONAL ELITE S	01/11/2010	A	A	6150M	3800M	5000M	A		
		A	4700M		A	A		Meet	19,650M
	08/11/2010		5100M	4200M	4450M	5300M	A		
5 weeks: 101,925		A	A		A	A			19,050M
Weekly Avg: 20,385M	15/11/2010	4400M	4600M	5000M	4075M	4975M	Meet		
		A	A		A	A		Meet	23,050M
	22/11/2010		5300M	3800M	3800M	A	Meet		
		4500M	A		A	A			17,400M
	29/11/2010	A	4400M	4700M	3900M	4975M			
		4800M	A		A				22,775M
BEAVIS, NARELLE									
SSC NATIONAL ELITE S	01/11/2010	4600M	A	6150M	A	A	A		
		A	A		A	A			10,750M
	08/11/2010		5100M	4200M	4450M	5300M	4450M		
5 weeks: 88,875		4900M	4900M		A	A			33,300M
Weekly Avg: 17,775M	15/11/2010	4400M	4600M	5000M	4075M	A			
		A	A		A	A			18,075M
	22/11/2010		A	3800M	3800M	4975M	A		
		A	A		A	A			12,575M
	29/11/2010	A	4400M	A	A	4975M			
		4800M	A		A				14,175M
GRECH, ADRIANNA									
SSC NATIONAL ELITE S	01/11/2010	4600M	4900M	6150M	3800M	A	Meet	Meet	
		A	4700M		A	A		Meet	24,150M
	08/11/2010		5100M	4200M	4450M	5300M	4450M		
5 weeks: 147,175		4900M	4900M		A	A			33,300M
Weekly Avg: 29,435M	15/11/2010	4400M	4600M	5000M	A	4975M	Meet	Meet	
		4400M	4500M		5200M	A			33,075M
	22/11/2010		5300M	3800M	3800M	4975M	Meet		
		4500M	5200M		A	A			27,575M
	29/11/2010	6300M	4400M	4700M	3900M	4975M			
		4800M	A		A				29,075M
GRECH, MONIQUE									
SSC NATIONAL ELITE S	01/11/2010	4600M	4900M	A	3800M	A	Meet		
		A	4700M		A	A		Meet	18,000M
	08/11/2010		5100M	4200M	4450M	5300M	4450M		
5 weeks: 111,500		A	A		A	A			23,500M
Weekly Avg: 22,300M	15/11/2010	4400M	4600M	5000M	4075M	4975M	Meet	Meet	
		A	A		A	A			23,050M
	22/11/2010		5300M	3800M	3800M	4975M	Meet	Meet	
		A	A		A	A			17,875M
	29/11/2010	6300M	4400M	4700M	3900M	4975M			
		4800M	A		A				29,075M

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GRIFFIN, ASHLEE									
SSC NATIONAL ELITE S	01/11/2010	4600M	A	6150M	3800M	5000M	0M		
		A	A		A	900M			20,450M
	08/11/2010		5100M	A	4450M	5300M	4450M		
5 weeks: 93,975		A	A		A	2000M			21,300M
Weekly Avg: 18,795M	15/11/2010	4400M	4600M	5000M	4075M	4975M			
		A	A		A	650M	Meet	Meet	23,700M
	22/11/2010		5300M	3800M	A	4975M	A		
		A	A		A	875M		Meet	14,950M
	29/11/2010	A	A	4700M	3900M	4975M			
		A	A		A				13,575M
GRIFFIN, BROOKE									
SSC NATIONAL ELITE S	01/11/2010	4600M	4900M	A	3800M	5000M	0M		
		4800M	A		A	A			23,100M
	08/11/2010		5100M	4200M	4450M	5300M	4450M		
5 weeks: 122,725		A	4900M		4600M	A			33,000M
Weekly Avg: 24,545M	15/11/2010	4400M	4600M	5000M	4075M	A			
		A	4500M		A	A			22,575M
	22/11/2010		5300M	3800M	A	A	3100M		
		A	5200M		A	875M			18,275M
	29/11/2010	6300M	4400M	A	A	4975M			
		4800M	5300M		A				25,775M
HOWELL, MIKAYLA									
SSC NATIONAL ELITE S	01/11/2010	A	A	A	A	A	A		
		A	A		A	A			NA
	08/11/2010		A	A	A	A	A		
5 weeks: NA		A	A		A	A			NA
Weekly Avg: 0M	15/11/2010	A	A	A	A	A			
		A	A		A	A			NA
	22/11/2010		A	A	A	A	A		
		A	A		A	A			NA
	29/11/2010	A	A	A	A	A			
		A	A		A				NA
HUYNH, NATHAN									
SSC NATIONAL ELITE S	01/11/2010	A	4900M	6150M	3800M	A	0M	Meet	
		4800M	4700M		A	900M	Meet		25,250M
	08/11/2010		A	4200M	A	A	4450M		
5 weeks: 110,325		4900M	4900M		A	2000M			20,450M
Weekly Avg: 22,065M	15/11/2010	A	A	5000M	4075M	4975M	Meet	Meet	
		A	A		A	650M			14,700M
	22/11/2010		A	3800M	3800M	4975M	3100M		
		4500M	5200M		A	875M			26,250M
	29/11/2010	A	A	4700M	3900M	4975M			
		4800M	5300M		A				23,675M
LYON, CASEY									
SSC NATIONAL ELITE S	01/11/2010	A	4900M	6150M	A	5000M	Meet		
		4800M	A		A	A	Meet		20,850M
	08/11/2010		5100M	A	A	A	A		
5 weeks: 68,500		A	4900M		A	A			10,000M
Weekly Avg: 13,700M	15/11/2010	A	4600M	5000M	A	A			
		4400M	A		5200M	650M		Meet	19,850M
	22/11/2010		A	A	A	A	A		
		A	A		4700M	A			4,700M
	29/11/2010	A	4400M	A	3900M	A			
		4800M	A		A				13,100M

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MCNAMARA, SARAH									
SSC NATIONAL ELITE S	01/11/2010	4600M	4900M	6150M	3800M	5000M	Meet		
		4800M	4700M		A	900M		Meet	34,850M
	08/11/2010		A	4200M	4450M	5300M	4450M		
5 weeks: 134,300		4900M	A		A	2000M			25,300M
Weekly Avg: 26,860M	15/11/2010	4400M	4600M	5000M	4075M	4975M			
		A	A		A	650M	Meet	Meet	23,700M
	22/11/2010		5300M	3800M	3800M	A	3100M		
		4500M	A		A	875M		Meet	21,375M
	29/11/2010	6300M	4400M	4700M	3900M	4975M			
		4800M	A		A				29,075M
RUSSO, EMMA									
SSC NATIONAL ELITE S	01/11/2010	4600M	A	A	3800M	5000M	0M		
		4800M	A		A	900M			19,100M
	08/11/2010		5100M	A	4450M	A	4450M		
5 weeks: 120,250		4900M	4900M		A	2000M			25,800M
Weekly Avg: 24,050M	15/11/2010	4400M	A	5000M	4075M	4975M			
		4400M	A		A	650M		Meet	23,500M
	22/11/2010		5300M	3800M	A	4975M	3100M		
		4500M	5200M		A	875M			27,750M
	29/11/2010	6300M	4400M	4700M	3900M	A			
		4800M	A		A				24,100M
SMITH, EMILY									
SSC NATIONAL ELITE S	01/11/2010	4600M	A	6150M	A	5000M	A		
		A	A		A	A	Meet		15,750M
	08/11/2010		5100M	A	A	A	A		
5 weeks: 35,250		A	A		A	A			5,100M
Weekly Avg: 7,050M	15/11/2010	A	A	A	A	A			
		A	A		A	A			NA
	22/11/2010		5300M	A	A	A	A		
		A	A		A	A			5,300M
	29/11/2010	A	4400M	4700M	A	A			
		A	A		A				9,100M
STRUTT, GLENN									
SSC NATIONAL ELITE S	01/11/2010	4600M	A	A	3800M	5000M	0M	Meet	
		4800M	4700M		1400M	900M	Meet		25,200M
	08/11/2010		A	A	A	5300M	4450M		
5 weeks: 118,375		A	A		4600M	2000M			16,350M
Weekly Avg: 23,675M	15/11/2010	4400M	4600M	A	4075M	4975M			
		4400M	A		5200M	650M	Meet	Meet	28,300M
	22/11/2010		5300M	A	3800M	4975M	A		
		4500M	A		4700M	875M	Meet		24,150M
	29/11/2010	6300M	4400M	A	3900M	4975M			
		4800M	A		A				24,375M
TIBERI, LUKE									
SSC NATIONAL ELITE S	01/11/2010	4600M	A	A	3800M	5000M	0M	Meet	
		4800M	4700M		1400M	900M	Meet	Meet	25,200M
	08/11/2010		5100M	A	4450M	5300M	4450M		
5 weeks: 131,225		4900M	A		4600M	2000M			30,800M
Weekly Avg: 26,245M	15/11/2010	4400M	4600M	A	4075M	4975M			
		4400M	A		5200M	650M	Meet		28,300M
	22/11/2010		5300M	A	3800M	4975M	3100M		
		4500M	A		A	875M			22,550M
	29/11/2010	6300M	4400M	A	3900M	4975M			
		4800M	A		A				24,375M

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WILLIAMS, KEELY									
SSC NATIONAL ELITE S	01/11/2010	4600M	4900M	6150M	3800M	5000M	Meet		
		4800M	4700M		A	900M	Meet		34,850M
	08/11/2010		5100M	4200M	4450M	5300M	4450M		
5 weeks: 143,725		4900M	A		A	2000M			30,400M
Weekly Avg: 28,745M	15/11/2010	4400M	4600M	5000M	4075M	4975M	Meet	Meet	
		A	A		A	A			23,050M
	22/11/2010		5300M	3800M	3800M	4975M	3100M	Meet	
		4500M	A		A	875M			26,350M
	29/11/2010	6300M	4400M	4700M	3900M	4975M			
		4800M	A		A				29,075M