

Yardage Report for December 2010

		MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
ALLEN, DAVID									
SSC NATIONAL ELITE S	29/11/2010	A	4400M	4700M	3900M	4975M	A		
		A	A		A	A			17,975M
	06/12/2010		5000M	3500M	4300M	3800M	A		
5 weeks: 34,575		A	A		A	A			16,600M
Weekly Avg: 6,915M	13/12/2010	A	A	A	A			Meet	
		A	A		A				NA
	20/12/2010	Meet	Meet	Meet		A			
			Meet		A				NA
	27/12/2010	A	A	A	A				
		A	A	A					NA
ALLEN, LEAH									
SSC NATIONAL ELITE S	29/11/2010	A	4400M	4700M	3900M	4975M	A		
		4800M	A		A	A			22,775M
	06/12/2010		5000M	3500M	4300M	3800M	A		
5 weeks: 44,075		4700M	A		A	A			21,300M
Weekly Avg: 8,815M	13/12/2010	A	A	A	A	Meet	Meet	Meet	
		A	A		A	Meet	Meet		NA
	20/12/2010	Meet	Meet	Meet		A			
					A				NA
	27/12/2010	A	A	A	A				
		A	A	A					NA
BEAVIS, NARELLE									
SSC NATIONAL ELITE S	29/11/2010	A	4400M	A	A	4975M	A		
		4800M	A		A	A			14,175M
	06/12/2010		5000M	3500M	A	3800M	A		
5 weeks: 59,875		4700M	A		A	A			17,000M
Weekly Avg: 11,975M	13/12/2010	4300M	9800M	3700M	A				
		4200M	3900M		2800M				28,700M
	20/12/2010					A			
					A				NA
	27/12/2010	A	A	A	A				
		A	A	A					NA
GRECH, ADRIANNA									
SSC NATIONAL ELITE S	29/11/2010	6300M	4400M	4700M	3900M	4975M	6675M		
		4800M	A		A	A			35,750M
	06/12/2010		5000M	3500M	4300M	3800M	3700M		
5 weeks: 87,050		4700M	4800M		A	A			29,800M
Weekly Avg: 17,410M	13/12/2010	A	9800M	3700M	A			Meet	
		4200M	A		A		Meet	Meet	17,700M
	20/12/2010	Meet	Meet	Meet		2000M			
		Meet	Meet		1800M				3,800M
	27/12/2010	A	A	A	A				
		A	A	A					NA
GRECH, MONIQUE									
SSC NATIONAL ELITE S	29/11/2010	6300M	4400M	4700M	3900M	4975M	6675M		
		4800M	A		A	A			35,750M
	06/12/2010		5000M	3500M	4300M	3800M	3700M		
5 weeks: 105,150		4700M	4800M		4900M	600M			35,300M
Weekly Avg: 21,030M	13/12/2010	A	9800M	A	4400M	Meet			
		4200M	A		A		Meet		18,400M
	20/12/2010					A			
			Meet		1800M				1,800M
	27/12/2010	A	A	4500M	4500M				
		A	4900M	A					13,900M

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		MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
GRIFFIN, ASHLEE									
SSC NATIONAL ELITE S	29/11/2010	A	A	4700M	3900M	4975M	A		
		A	A		A	300M			13,875M
	06/12/2010		5000M	3500M	A	3800M	3700M		
5 weeks: 62,975		A	A		A	600M			16,600M
Weekly Avg: 12,595M	13/12/2010	4300M	9800M	A	4400M				
		A	A		A				18,500M
	20/12/2010					A			
					A				NA
	27/12/2010	5000M	A	4500M	4500M				
		A	A	A					14,000M
GRIFFIN, BROOKE									
SSC NATIONAL ELITE S	29/11/2010	6300M	4400M	A	A	4975M	6675M		
		4800M	5300M		A	300M			32,750M
	06/12/2010		5000M	3500M	A	3800M	3700M		
5 weeks: 116,350		4700M	A		4900M	600M			26,200M
Weekly Avg: 23,270M	13/12/2010	4300M	9800M	A	A	Meet	Meet		
		4200M	3900M		2800M				25,000M
	20/12/2010	Meet	Meet	Meet		2000M			
					1800M				3,800M
	27/12/2010	5000M	4500M	4500M	4500M				
		5200M	4900M	A					28,600M
HOWELL, MIKAYLA									
SSC NATIONAL ELITE S	29/11/2010	A	A	A	A	A	A		
		A	A		A	A			NA
	06/12/2010		A	A	A	A	A		
5 weeks: NA		A	A		A	A			NA
Weekly Avg: 0M	13/12/2010	A	A	A	A				
		A	A		A				NA
	20/12/2010					A			
					A				NA
	27/12/2010	A	A	A	A				
		A	A	A					NA
HUYNH, NATHAN									
SSC NATIONAL ELITE S	29/11/2010	A	A	4700M	3900M	4975M	6675M		
		4800M	5300M		A	300M			30,650M
	06/12/2010		A	3500M	A	3800M	3700M		
5 weeks: 95,950		4700M	4800M		A	600M			21,100M
Weekly Avg: 19,190M	13/12/2010	A	9800M	3700M	4400M	Meet	Meet	Meet	
		4200M	3900M		2800M	Meet	Meet	Meet	28,800M
	20/12/2010	Meet	Meet			2000M			
		Meet	Meet		1800M				3,800M
	27/12/2010	A	A	4500M	A				
		A	4900M	2200M					11,600M
LYON, CASEY									
SSC NATIONAL ELITE S	29/11/2010	A	4400M	A	3900M	A	A		
		4800M	A		A	A			13,100M
	06/12/2010		A	3500M	A	A	A		
5 weeks: 58,400		4700M	A		4900M	600M			13,700M
Weekly Avg: 11,680M	13/12/2010	4300M	9800M	A	A				
		4200M	A		A				18,300M
	20/12/2010					2000M			
					1800M				3,800M
	27/12/2010	5000M	4500M	A	A				
		A	A	A					9,500M

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		MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
MCNAMARA, SARAH									
SSC NATIONAL ELITE S	29/11/2010	6300M	4400M	4700M	3900M	4975M	6675M		
		4800M	A		A	300M			36,050M
	06/12/2010		5000M	3500M	4300M	3800M	3700M		
5 weeks: 132,050		4700M	A		4900M	600M			30,500M
Weekly Avg: 26,410M	13/12/2010	4300M	9800M	3700M	4400M				
		4200M	3900M		2800M				33,100M
	20/12/2010					2000M			
					1800M				3,800M
	27/12/2010	5000M	4500M	4500M	4500M				
		5200M	4900M	A					28,600M
RUSSO, EMMA									
SSC NATIONAL ELITE S	29/11/2010	6300M	4400M	4700M	3900M	A	A		
		4800M	A		A	300M			24,400M
	06/12/2010		5000M	3500M	4300M	A	3700M		
5 weeks: 52,600		4700M	A		A	600M			21,800M
Weekly Avg: 10,520M	13/12/2010	A	A	A	4400M				
		A	A		A		Meet		4,400M
	20/12/2010					2000M			
					A				2,000M
	27/12/2010	A	A	A	A				
		A	A	A					NA
SMITH, EMILY									
SSC NATIONAL ELITE S	29/11/2010	A	4400M	4700M	A	A	A		
		A	A		A	A			9,100M
	06/12/2010		5000M	3500M	A	3800M	3700M		
5 weeks: 25,100		A	A		A	A			16,000M
Weekly Avg: 5,020M	13/12/2010	A	A	A	A				
		A	A		A				NA
	20/12/2010					A			
					A				NA
	27/12/2010	A	A	A	A				
		A	A	A					NA
STRUTT, GLENN									
SSC NATIONAL ELITE S	29/11/2010	6300M	4400M	A	3900M	4975M	6675M		
		4800M	A		A	300M			31,350M
	06/12/2010		A	A	4300M	3800M	3700M		
5 weeks: 105,850		A	4800M		A	600M			17,200M
Weekly Avg: 21,170M	13/12/2010	4300M	9800M	A	4400M		Meet		
		4200M	A		A		Meet		22,700M
	20/12/2010					2000M			
					1800M				3,800M
	27/12/2010	5000M	4500M	4500M	4500M				
		5200M	4900M	2200M					30,800M
TIBERI, LUKE									
SSC NATIONAL ELITE S	29/11/2010	6300M	4400M	A	3900M	4975M	6675M		
		4800M	A		A	300M			31,350M
	06/12/2010		A	A	4300M	A	3700M		
5 weeks: 107,150		4700M	4800M		4900M	600M			23,000M
Weekly Avg: 21,430M	13/12/2010	4300M	9800M	A	4400M				
		4200M	A		A				22,700M
	20/12/2010		Meet			2000M			
					1800M				3,800M
	27/12/2010	5000M	A	4500M	4500M				
		5200M	4900M	2200M					26,300M

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	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
WILLIAMS, KEELY								
SSC NATIONAL ELITE S	29/11/2010	6300M	4400M	4700M	3900M	4975M	6675M	
		4800M	A		A	300M		36,050M
	06/12/2010		5000M	3500M	4300M	3800M	3700M	
5 weeks: 108,450		4700M	A		4900M	600M		30,500M
Weekly Avg: 21,690M	13/12/2010	4300M	9800M	3700M	4400M			
		4200M	3900M		2800M		Meet	33,100M
	20/12/2010					2000M		
		Meet			1800M			3,800M
	27/12/2010	5000M	A	A	A			
		A	A	A				5,000M