













### Seasonal Spreadsheet Report

Times since: 07-Jun-24 Times until: 03-Aug-24

Convert To: SC Print: SC

Fred, JT		25 Free	50 Free	100 Free	25 Back	50 Back	25 Breast	50 Breast	25 Fly	50 Fly	100 IM						
Anna @ DuQuoin 2024	Jun-13-24	21.20	48.51				33.73										
Du Quoin & Harrisburg at Carbondale	Jun-27-24	21.92					33.19				2:14.41						
Duquoin @ Herrin	Jul-15-24				29.18		33.68		27.74								
Gregory, Iliana		25 Free	50 Free	100 Free	25 Back	25 Breast	25 Fly	100 IM									
Du Quoin & Harrisburg at Carbondale	Jun-27-24	50.48															
Du Quoin Sprint Classic 2024	Jun-29-24	56.40															
DuQuoin at HARRISBURG July 2, 2024	Jul-02-24	47.54			55.13												
Carbondale Invitational 2024	Jul-13-24	45.73			48.50												
Duquoin @ Herrin	Jul-15-24	47.85			46.61												
DQ@ MMST	Jul-16-24	45.93			48.38												
Griffith, Max		25 Free	50 Free	100 Free	25 Back	50 Back	25 Breast	50 Breast	25 Fly	50 Fly	100 IM						
Swim Your Own Age 2024	Jun-08-24	20.17			27.71		27.97										
Marion @ DuQuoin 2024	Jun-11-24				27.01				24.99		1:59.20						
Du Quoin & Harrisburg at Carbondale	Jun-27-24				27.81				24.93		1:56.54						
Duquoin @ Herrin	Jul-15-24		46.43		26.67				21.23								
DQ@ MMST	Jul-16-24	19.47					26.28				1:57.82						
Haggard, Charlee		25 Free	50 Free	100 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 IM				
Swim Your Own Age 2024	Jun-08-24		35.53			41.47			45.38			43.99					
Anna @ DuQuoin 2024	Jun-13-24		37.17	1:23.51								45.51					
Anna Invite	Jun-15-24	15.39	35.05	1:21.04													
Anna and Salem at DQ	Jun-18-24					40.51						43.83	1:29.11				
Herrin All Stroke Invitational	Jun-22-24		35.82			41.04			45.33			44.62					
Du Quoin & Harrisburg at Carbondale	Jun-27-24			1:20.34		41.14			44.78								
Du Quoin Sprint Classic 2024	Jun-29-24		34.71			41.45			44.47			43.47					
DuQuoin at HARRISBURG July 2, 2024	Jul-02-24		35.75						45.87				1:30.12				
Carbondale Invitational 2024	Jul-13-24		35.76			41.21			45.31			42.25					
Duquoin @ Herrin	Jul-15-24		35.38	1:19.62					44.99								
DQ@ MMST	Jul-16-24					42.15						42.79	1:29.79				

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<b>Haggard, Levi</b>		<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>25</b>	<b>25</b>	<b>100</b>								
		<b>Free</b>	<b>Free</b>	<b>Free</b>	<b>Back</b>	<b>Back</b>	<b>Breast</b>	<b>Fly</b>	<b>IM</b>								
Marion @ DuQuoin 2024	Jun-11-24	31.46			38.27		1:00.86										
Anna Invite	Jun-15-24	31.17	1:20.32														
Du Quoin & Harrisburg at Carbondale	Jun-27-24		1:00.13		31.26												
Du Quoin Sprint Classic 2024	Jun-29-24	25.97			35.26		37.26	36.94									
DuQuoin at HARRISBURG July 2, 2024	Jul-02-24	26.54			34.49												
Carbondale Invitational 2024	Jul-13-24	26.56			30.90												
Duquoin @ Herrin	Jul-15-24	23.43						28.40									
DQ@ MMST	Jul-16-24	25.90	1:01.20					30.43									
<b>Hale, MacKenzi</b>		<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>25</b>	<b>50</b>	<b>25</b>	<b>50</b>	<b>100</b>						
		<b>Free</b>	<b>Free</b>	<b>Free</b>	<b>Back</b>	<b>Back</b>	<b>Breast</b>	<b>Breast</b>	<b>Fly</b>	<b>Fly</b>	<b>IM</b>						
Marion @ DuQuoin 2024	Jun-11-24	22.01	51.62		31.17												
Anna @ DuQuoin 2024	Jun-13-24	21.93							26.03								
Du Quoin & Harrisburg at Carbondale	Jun-27-24	21.01					37.10				2:15.71						
Du Quoin Sprint Classic 2024	Jun-29-24	21.09					37.97		25.96								
Carbondale Invitational 2024	Jul-13-24	19.72			27.85		32.59		24.96								
Duquoin @ Herrin	Jul-15-24	20.60			27.95				23.41								
DQ@ MMST	Jul-16-24	21.07	46.42						24.84								
<b>Helmer, Amelia</b>		<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>100</b>				
		<b>Free</b>	<b>Free</b>	<b>Free</b>	<b>Back</b>	<b>Back</b>	<b>Back</b>	<b>Breast</b>	<b>Breast</b>	<b>Breast</b>	<b>Fly</b>	<b>Fly</b>	<b>IM</b>				
Marion @ DuQuoin 2024	Jun-11-24		38.77	1:28.15						47.77							
Anna @ DuQuoin 2024	Jun-13-24		37.60	1:25.56						46.29							
Carbondale Invitational 2024	Jul-13-24		37.56			45.51				44.88							
Duquoin @ Herrin	Jul-15-24					45.11				47.60			1:36.10				
DQ@ MMST	Jul-16-24		37.15	1:23.84						46.32							
<b>Helmer, Claire</b>		<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>25</b>	<b>50</b>	<b>25</b>	<b>50</b>	<b>100</b>						
		<b>Free</b>	<b>Free</b>	<b>Free</b>	<b>Back</b>	<b>Back</b>	<b>Breast</b>	<b>Breast</b>	<b>Fly</b>	<b>Fly</b>	<b>IM</b>						
Marion @ DuQuoin 2024	Jun-11-24						24.29		25.36		1:49.13						
Anna @ DuQuoin 2024	Jun-13-24	20.68	45.84								1:50.06						
Carbondale Invitational 2024	Jul-13-24	19.87			24.49		23.77										
Duquoin @ Herrin	Jul-15-24	19.95	43.61				25.37										
DQ@ MMST	Jul-16-24				25.92		25.34				1:52.31						











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<b>Lewis, Aiden</b>		<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>100</b>				
		<b>Free</b>	<b>Free</b>	<b>Free</b>	<b>Back</b>	<b>Back</b>	<b>Back</b>	<b>Breast</b>	<b>Breast</b>	<b>Breast</b>	<b>Fly</b>	<b>Fly</b>	<b>IM</b>				
Swim Your Own Age 2024	Jun-08-24		34.08			42.05			42.63			36.67					
Marion @ DuQuoin 2024	Jun-11-24			1:16.37		41.16						35.05					
Anna @ DuQuoin 2024	Jun-13-24		33.77						54.72				1:21.54				
Anna Invite	Jun-15-24	15.15	33.80	1:16.32													
Anna and Salem at DQ	Jun-18-24								41.56			35.37	1:21.87				
Herrin All Stroke Invitational	Jun-22-24		32.70			39.47			39.50			34.97					
Du Quoin & Harrisburg at Carbondale	Jun-27-24					40.37						35.52	1:23.80				
Du Quoin Sprint Classic 2024	Jun-29-24		33.31			41.00			39.72			35.38					
DuQuoin at HARRISBURG July 2, 2024	Jul-02-24		33.29						43.00				1:22.00				
Carbondale Invitational 2024	Jul-13-24		33.02			38.88			39.05			35.49					
Duquoin @ Herrin	Jul-15-24								40.05			34.80	1:19.93				
DQ@ MMST	Jul-16-24		33.89	1:14.58					42.59								
<b>Lewis, Emerson</b>		<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>100</b>				
		<b>Free</b>	<b>Free</b>	<b>Free</b>	<b>Back</b>	<b>Back</b>	<b>Back</b>	<b>Breast</b>	<b>Breast</b>	<b>Breast</b>	<b>Fly</b>	<b>Fly</b>	<b>IM</b>				
Swim Your Own Age 2024	Jun-08-24		40.70			46.16			49.12			47.58					
Marion @ DuQuoin 2024	Jun-11-24		38.23						48.49				1:33.82				
Anna @ DuQuoin 2024	Jun-13-24			1:19.65		43.55						43.39					
Anna Invite	Jun-15-24	17.06	38.37	1:21.31													
Anna and Salem at DQ	Jun-18-24		36.83	1:21.08		44.82											
Herrin All Stroke Invitational	Jun-22-24		37.96			45.89			51.89			48.44					
Du Quoin & Harrisburg at Carbondale	Jun-27-24		37.21	1:20.72					48.25								
Du Quoin Sprint Classic 2024	Jun-29-24		37.89			45.03			48.71			46.46					
DuQuoin at HARRISBURG July 2, 2024	Jul-02-24			1:22.18		46.85						46.20					
Carbondale Invitational 2024	Jul-13-24		40.28			45.85			48.28			45.18					
Duquoin @ Herrin	Jul-15-24		38.43	1:21.65		46.05											
DQ@ MMST	Jul-16-24					45.60						45.22	1:35.52				

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<b>Lewis, Reagan</b>		25 Free	50 Free	100 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 IM				
Marion @ DuQuoin 2024	Jun-11-24			1:09.67								36.23	1:21.91				
Anna Invite	Jun-15-24	14.40	30.54	1:09.06													
Anna and Salem at DQ	Jun-18-24		30.32	1:07.72					40.12								
Herrin All Stroke Invitational	Jun-22-24		29.90			34.97			40.46			35.45					
Du Quoin & Harrisburg at Carbondale	Jun-27-24		30.29	1:06.96		34.87											
Du Quoin Sprint Classic 2024	Jun-29-24		30.65			36.09			40.72			34.69					
DuQuoin at HARRISBURG July 2, 2024	Jul-02-24			1:04.28		36.83						34.89					
Carbondale Invitational 2024	Jul-13-24		30.88			34.97			40.42			34.37					
Duquoin @ Herrin	Jul-15-24		31.00	1:05.58									1:18.13				
DQ@ MMST	Jul-16-24					35.49			41.25				1:16.65				
<b>Little, Layla</b>		25 Free	50 Free	100 Free	25 Back	50 Back	25 Breast	25 Fly	100 IM								
Marion @ DuQuoin 2024	Jun-11-24	1:03.18			1:04.95												
Du Quoin & Harrisburg at Carbondale	Jun-27-24	42.92			1:02.24												
Du Quoin Sprint Classic 2024	Jun-29-24	41.44															
Duquoin @ Herrin	Jul-15-24	32.51			37.60												
DQ@ MMST	Jul-16-24	34.98			42.51												
<b>Manning, Morgan</b>		25 Free	50 Free	100 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 IM				
Swim Your Own Age 2024	Jun-08-24		42.73			50.31			1:00.76			56.19					
Marion @ DuQuoin 2024	Jun-11-24					51.85						57.58	1:53.59				
Anna @ DuQuoin 2024	Jun-13-24		45.33	1:47.03					59.75								
Anna Invite	Jun-15-24	19.48	44.09	1:41.12													
Anna and Salem at DQ	Jun-18-24			1:42.70		49.10						55.19					
Herrin All Stroke Invitational	Jun-22-24		42.89			48.44			59.82			52.46					
Du Quoin & Harrisburg at Carbondale	Jun-27-24			1:37.59		48.84											
Du Quoin Sprint Classic 2024	Jun-29-24		44.97			48.31			56.97			51.68					
Carbondale Invitational 2024	Jul-13-24		43.11			47.21			56.87			52.54					
Duquoin @ Herrin	Jul-15-24					48.78						51.98	1:50.40				
DQ@ MMST	Jul-16-24					51.43						51.71	1:47.98				









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<b>Stratton, CJ</b>		25 Free	50 Free	100 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 IM				
Marion @ DuQuoin 2024	Jun-11-24		38.94	1:31.39					54.98								
Anna @ DuQuoin 2024	Jun-13-24		39.57			52.22						48.86					
Anna and Salem at DQ	Jun-18-24					50.64			51.17					1:43.90			
<b>Thompson, Anniston</b>		25 Free	50 Free	100 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 IM				
Anna and Salem at DQ	Jun-18-24					38.41						37.86	1:25.00				
Herrin All Stroke Invitational	Jun-22-24		32.47			36.92			45.85			37.54					
Du Quoin & Harrisburg at Carbondale	Jun-27-24								45.61			35.43	1:20.73				
Duquoin @ Herrin	Jul-15-24					38.69			45.38			36.79					
DQ@ MMST	Jul-16-24		32.28	1:11.56								37.55					
<b>Thompson, Lennon</b>		25 Free	50 Free	100 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 IM				
Marion @ DuQuoin 2024	Jun-11-24		1:00.52			1:12.63											
Anna @ DuQuoin 2024	Jun-13-24		1:01.14			1:06.18											
Anna Invite	Jun-15-24	22.59															
Anna and Salem at DQ	Jun-18-24		54.55														
Herrin All Stroke Invitational	Jun-22-24		52.31			1:08.28											
Du Quoin & Harrisburg at Carbondale	Jun-27-24		57.49	2:12.18		1:12.71											
Du Quoin Sprint Classic 2024	Jun-29-24		52.93			1:02.58											
DuQuoin at HARRISBURG July 2, 2024	Jul-02-24		52.86	2:07.47		1:03.33											
Carbondale Invitational 2024	Jul-13-24		48.23			57.64											
Duquoin @ Herrin	Jul-15-24		49.03	1:56.65		58.46											
DQ@ MMST	Jul-16-24		53.39	2:00.09		57.32											
<b>Thompson, Maddax</b>		25 Free	50 Free	100 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 IM				
Anna and Salem at DQ	Jun-18-24									1:09.58		27.78	1:03.97				
Du Quoin & Harrisburg at Carbondale	Jun-27-24		25.74							1:05.43			1:00.01				
DQ@ MMST	Jul-16-24			55.38						1:08.09		26.93					



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<b>Wilson, Gentry</b>		<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>100</b>				
		<b>Free</b>	<b>Free</b>	<b>Free</b>	<b>Back</b>	<b>Back</b>	<b>Back</b>	<b>Breast</b>	<b>Breast</b>	<b>Breast</b>	<b>Fly</b>	<b>Fly</b>	<b>IM</b>				
Marion @ DuQuoin 2024	Jun-11-24		53.44			55.31											
Anna @ DuQuoin 2024	Jun-13-24					57.17			1:04.60								
Anna and Salem at DQ	Jun-18-24		52.63			57.27											
Du Quoin & Harrisburg at Carbondale	Jun-27-24		45.35	1:44.75		56.41											
Du Quoin Sprint Classic 2024	Jun-29-24		46.19			58.25											
Duquoin @ Herrin	Jul-15-24		41.77	1:38.01					1:08.13								
DQ@ MMST	Jul-16-24					53.00			1:05.52								
<b>Wolfe, Rylan</b>		<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>25</b>	<b>50</b>	<b>25</b>	<b>50</b>	<b>100</b>						
		<b>Free</b>	<b>Free</b>	<b>Free</b>	<b>Back</b>	<b>Back</b>	<b>Breast</b>	<b>Breast</b>	<b>Fly</b>	<b>Fly</b>	<b>IM</b>						
Anna @ DuQuoin 2024	Jun-13-24	29.72	1:20.23		37.57												
<b>Woodside, Margo</b>		<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>25</b>	<b>100</b>									
		<b>Free</b>	<b>Free</b>	<b>Free</b>	<b>Back</b>	<b>Breast</b>	<b>Fly</b>	<b>IM</b>									
Marion @ DuQuoin 2024	Jun-11-24	54.85			1:32.17												
<b>Woodside, Vaida</b>		<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>25</b>	<b>25</b>	<b>100</b>								
		<b>Free</b>	<b>Free</b>	<b>Free</b>	<b>Back</b>	<b>Back</b>	<b>Breast</b>	<b>Fly</b>	<b>IM</b>								
Marion @ DuQuoin 2024	Jun-11-24	31.80			38.68												
Du Quoin Sprint Classic 2024	Jun-29-24	29.78			36.41												
<b>Woodside, Kinlee</b>		<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>100</b>	<b>25</b>	<b>50</b>	<b>100</b>				
		<b>Free</b>	<b>Free</b>	<b>Free</b>	<b>Back</b>	<b>Back</b>	<b>Back</b>	<b>Breast</b>	<b>Breast</b>	<b>Breast</b>	<b>Fly</b>	<b>Fly</b>	<b>IM</b>				
Marion @ DuQuoin 2024	Jun-11-24					50.42			57.40				1:48.42				
Anna @ DuQuoin 2024	Jun-13-24		40.62	1:32.97								54.07					
Anna Invite	Jun-15-24	17.29	40.47	1:33.99													
Anna and Salem at DQ	Jun-18-24		40.44						55.95				1:48.14				
Herrin All Stroke Invitational	Jun-22-24		38.44			47.11			54.08			52.84					
Du Quoin & Harrisburg at Carbondale	Jun-27-24		39.09	1:33.24									1:47.06				
Du Quoin Sprint Classic 2024	Jun-29-24		39.21			49.47			54.31			52.43					
DuQuoin at HARRISBURG July 2, 2024	Jul-02-24		38.35							1:58.18			1:45.89				
Carbondale Invitational 2024	Jul-13-24		37.67			47.40			53.98			48.35					
Duquoin @ Herrin	Jul-15-24						1:44.81		54.93				1:43.25				
DQ@ MMST	Jul-16-24					48.89				1:59.03			1:43.69				

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<b>Zaragoza, Jacob</b>		<b>25 Free</b>	<b>50 Free</b>	<b>100 Free</b>	<b>25 Back</b>	<b>50 Back</b>	<b>100 Back</b>	<b>25 Breast</b>	<b>50 Breast</b>	<b>100 Breast</b>	<b>25 Fly</b>	<b>50 Fly</b>	<b>100 IM</b>				
Anna @ DuQuoin 2024	Jun-13-24			1:24.11					56.64			43.59					
Anna and Salem at DQ	Jun-18-24		40.39	1:28.39								45.69					
Du Quoin & Harrisburg at Carbondale	Jun-27-24								50.03			42.70	1:37.58				