

Swim Smooth Perth Squad CSS Times as of 13/01/2012 - 0.5% per week improvement

Lane Allocations	Lane Starting Pace per 100m in Week 1	Name	Review of Performance	400m Time	200m Time	Aerobic to Anaerobic Ratio	Current CSS Pace per 100m	Current CSS Pace per 25m	Currently Predicted 1000m Time	Currently Predicted 1500m Time	Currently Predicted 1900m Time	Currently Predicted 3800m Time	CSS Pace per 100m after 10 weeks	Goal 1000m Time after 10 weeks	Goal 1500m Time after 10 weeks	Goal 1900m Time after 10 weeks	Goal 3800m Time after 10 weeks
5:30am Squad																	
4.5	1:19	Andrew Graham	A	04:59.0	02:20.0	6.35%	01:19.5	19.88	13:07.0	19:52.5	25:33.2	0:52:22	01:16.0	12:32.3	18:59.9	24:25.5	0:50:03
		Simon Bedbrook	A	05:19.0	02:38.0	0.94%	01:20.5	20.13	13:17.0	20:07.5	25:52.4	0:53:01	01:16.9	12:41.8	19:14.2	24:44.0	0:50:41
		James Forbes	B	05:19.0	02:35.0	2.82%	01:22.0	20.50	13:31.8	20:30.0	26:21.4	0:54:01	01:18.4	12:56.0	19:35.8	25:11.6	0:51:38
4	1:26	Anna-lee Hazell	A	05:36.0	02:43.0	2.98%	01:26.5	21.63	14:16.3	21:37.5	27:48.2	0:56:58	01:22.7	13:38.6	20:40.3	26:34.6	0:54:28
		Olivia Della Martina	A	05:36.0	02:43.0	2.98%	01:26.5	21.63	14:16.3	21:37.5	27:48.2	0:56:58	01:22.7	13:38.6	20:40.3	26:34.6	0:54:28
		John Edwards	A	05:45.0	02:47.0	3.19%	01:29.0	22.25	14:41.1	22:15.0	28:36.4	0:58:37	01:25.1	14:02.2	21:16.1	27:20.7	0:56:02
		Andrew Hunt	A	05:44.0	02:44.0	4.65%	01:30.0	22.50	14:51.0	22:30.0	28:55.6	0:59:17	01:26.0	14:11.7	21:30.5	27:39.1	0:56:40
		Janine Willis	A	05:53.0	02:52.0	2.55%	01:30.5	22.63	14:56.0	22:37.5	29:05.3	0:59:37	01:26.5	14:16.4	21:37.6	27:48.3	0:56:59
		Paul Downie	A	06:01.0	02:59.0	0.83%	01:31.0	22.75	15:00.9	22:45.0	29:14.9	0:59:56	01:27.0	14:21.2	21:44.8	27:57.5	0:57:18
		Mark Wallis	A	05:51.0	02:49.0	3.70%	01:31.0	22.75	15:00.9	22:45.0	29:14.9	0:59:56	01:27.0	14:21.2	21:44.8	27:57.5	0:57:18
		Suzanne Narbey	D	05:49.0	02:47.0	4.30%	01:31.0	22.75	15:00.9	22:45.0	29:14.9	0:59:56	01:27.0	14:21.2	21:44.8	27:57.5	0:57:18
		Eleanor Parsons	A	05:56.0	02:53.0	2.81%	01:31.5	22.88	15:05.8	22:52.5	29:24.6	1:00:16	01:27.5	14:25.9	21:52.0	28:06.8	0:57:37
		Luke Cameron	A	05:59.0	02:55.0	2.51%	01:32.0	23.00	15:10.8	23:00.0	29:34.2	1:00:36	01:27.9	14:30.6	21:59.1	28:16.0	0:57:55
3	1:32	Matt McCarney (PB)	D	05:52.0	02:47.0	5.11%	01:32.5	23.13	15:15.8	23:07.5	29:43.9	1:00:56	01:28.4	14:35.4	22:06.3	28:25.2	0:58:14
		Michael Japp	A	05:59.0	02:54.0	3.06%	01:32.5	23.13	15:15.8	23:07.5	29:43.9	1:00:56	01:28.4	14:35.4	22:06.3	28:25.2	0:58:14
		Justine Murphy	A	05:56.0	02:50.0	4.49%	01:33.0	23.25	15:20.7	23:15.0	29:53.5	1:01:15	01:28.9	14:40.1	22:13.5	28:34.4	0:58:33
		Graham Crocker	A	06:03.0	02:57.0	2.48%	01:33.0	23.25	15:20.7	23:15.0	29:53.5	1:01:15	01:28.9	14:40.1	22:13.5	28:34.4	0:58:33
		Katrina Mercer	C	05:49.0	02:42.0	7.16%	01:33.5	23.38	15:25.7	23:22.5	30:03.1	1:01:35	01:29.4	14:44.8	22:20.6	28:43.6	0:58:52
		Renee Baker	D	06:03.0	02:53.0	4.68%	01:35.0	23.75	15:40.5	23:45.0	30:32.1	1:02:34	01:30.8	14:59.0	22:42.2	29:11.3	0:59:49
		John Harris	A	06:04.0	02:53.0	4.95%	01:35.5	23.88	15:45.4	23:52.5	30:41.7	1:02:54	01:31.3	15:03.8	22:49.3	29:20.5	1:00:08
		Clare Hannavan	A	06:18.0	03:04.0	2.65%	01:37.0	24.25	16:00.3	24:15.0	31:10.6	1:03:53	01:32.7	15:18.0	23:10.8	29:48.1	1:01:04
		Sarah Humphry	A	06:23.0	03:04.0	3.92%	01:39.5	24.88	16:25.1	24:52.5	31:58.9	1:05:32	01:35.1	15:41.6	23:46.7	30:34.2	1:02:39
		Jane Massey	C/D	06:09.0	02:45.0	10.57%	01:42.0	25.50	16:49.8	25:30.0	32:47.1	1:07:11	01:37.5	16:05.3	24:22.5	31:20.3	1:04:13
2	1:40	Pene Newitt	A	06:15.0	02:55.0	6.67%	01:40.0	25.00	16:30.0	25:00.0	32:08.5	1:05:52	01:35.6	15:46.3	23:53.9	30:43.5	1:02:58
		Stuart Gicquel	D	06:23.0	02:59.0	6.53%	01:42.0	25.50	16:49.8	25:30.0	32:47.1	1:07:11	01:37.5	16:05.3	24:22.5	31:20.3	1:04:13
		Chris Foley	D	06:31.0	03:06.0	4.86%	01:42.5	25.63	16:54.8	25:37.5	32:56.7	1:07:31	01:38.0	16:10.0	24:29.7	31:29.5	1:04:32
		David Serich	D	06:20.0	02:55.0	7.89%	01:42.5	25.63	16:54.8	25:37.5	32:56.7	1:07:31	01:38.0	16:10.0	24:29.7	31:29.5	1:04:32
		Bill Moody	D	06:31.0	03:03.0	6.39%	01:44.0	26.00	17:09.6	26:00.0	33:25.6	1:08:30	01:39.4	16:24.2	24:51.2	31:57.2	1:05:29
		Glenn Martinovich	D	06:33.0	03:03.0	6.87%	01:45.0	26.25	17:19.5	26:15.0	33:44.9	1:09:10	01:40.4	16:33.7	25:05.5	32:15.6	1:06:07
		Adam Wheeler	A	06:55.0	03:18.0	4.58%	01:48.5	27.13	17:54.1	27:07.5	34:52.4	1:11:28	01:43.7	17:06.8	25:55.7	33:20.1	1:08:19
		Anna Pascoe	D	06:53.0	03:13.0	6.54%	01:50.0	27.50	18:09.0	27:30.0	35:21.3	1:12:27	01:45.1	17:21.0	26:17.2	33:47.8	1:09:15
		Nathan Thomson	A	06:52.0	03:12.0	6.80%	01:50.0	27.50	18:09.0	27:30.0	35:21.4	1:12:27	01:45.1	17:21.0	26:17.2	33:47.8	1:09:15
		John Annear	A	06:56.0	03:14.0	6.73%	01:51.0	27.75	18:18.9	27:45.0	35:40.6	1:13:07	01:46.1	17:30.4	26:31.6	34:06.2	1:09:53
Jane Day	C/D	07:03.0	03:19.0	5.91%	01:52.0	28.00	18:28.8	28:00.0	35:59.9	1:13:46	01:47.1	17:39.9	26:45.9	34:24.7	1:10:31		
1	1:58	Jill Benbow	A	07:51.0	03:55.0	0.21%	01:58.0	29.50	19:28.2	29:30.0	37:55.6	1:17:43	01:52.8	18:36.7	28:11.9	36:15.3	1:14:18
		Tim Humphry	C/D	07:34.0	03:31.0	7.05%	02:01.5	30.38	20:02.8	30:22.5	39:03.1	1:20:02	01:56.1	19:09.8	29:02.1	37:19.8	1:16:30
		James Collett	A	07:48.0	03:44.0	4.27%	02:02.0	30.50	20:07.8	30:30.0	39:12.8	1:20:21	01:56.6	19:14.5	29:09.3	37:29.0	1:16:49
		Buzz Shepherd	A	08:08.0	04:04.0	0.00%	02:02.0	30.50	20:07.8	30:30.0	39:12.8	1:20:21	01:56.6	19:14.5	29:09.3	37:29.0	1:16:49
		Bill Carmody	D	07:53.0	03:41.0	6.55%	02:06.0	31.50	20:47.4	31:30.0	40:29.9	1:23:00	02:00.4	19:52.4	30:06.7	38:42.8	1:19:20

Review of Performances: A = good representation of current ability; B = perhaps a bit flat on day of testing?; C = potentially unfit / underperformance?; D = good prospect of swimming a faster 400m time next time

Swim Smooth Perth Squad CSS Times as of 13/01/2012 - 0.5% per week improvement

Lane Allocations	Lane Starting Pace per 100m in Week 1	Name	Review of Performance	400m Time	200m Time	Aerobic to Anaerobic Ratio	Current CSS Pace per 100m	Current CSS Pace per 25m	Currently Predicted 1000m Time	Currently Predicted 1500m Time	Currently Predicted 1900m Time	Currently Predicted 3800m Time	CSS Pace per 100m after 10 weeks	Goal 1000m Time after 10 weeks	Goal 1500m Time after 10 weeks	Goal 1900m Time after 10 weeks	Goal 3800m Time after 10 weeks
4.75	1:22	Oystein Grande	A	05:21.0	02:36.0	2.80%	01:22.5	20.63	13:36.7	20:37.5	26:31.0	0:54:20	01:18.9	13:00.7	19:42.9	25:20.8	0:51:57
4.5	1:29	Rob Buckle	A	05:38.0	02:39.0	5.92%	01:29.5	22.38	14:46.1	22:22.5	28:46.0	0:58:57	01:25.6	14:07.0	21:23.3	27:29.9	0:56:21
		Paul Blackburn	A	05:46.0	02:44.0	5.20%	01:31.0	22.75	15:00.9	22:45.0	29:14.9	0:59:56	01:27.0	14:21.2	21:44.8	27:57.5	0:57:18
		Alberto Lacchini	A	06:00.0	02:54.0	3.33%	01:33.0	23.25	15:20.7	23:15.0	29:53.5	1:01:15	01:28.9	14:40.1	22:13.5	28:34.4	0:58:33
		Tim Carpenter	A	05:56.0	02:49.0	5.06%	01:33.5	23.38	15:25.7	23:22.5	30:03.1	1:01:35	01:29.4	14:44.8	22:20.6	28:43.6	0:58:52
4	1:34	Yolande Joubert	A	05:59.0	02:50.0	5.29%	01:34.5	23.63	15:35.6	23:37.5	30:22.4	1:02:15	01:30.3	14:54.3	22:35.0	29:02.1	0:59:30
		Bec Johnson	A	06:04.0	02:54.0	4.40%	01:35.0	23.75	15:40.5	23:45.0	30:32.1	1:02:34	01:30.8	14:59.0	22:42.2	29:11.3	0:59:49
		Jess Huston	A	06:05.0	02:54.0	4.66%	01:35.5	23.88	15:45.5	23:52.5	30:41.7	1:02:54	01:31.3	15:03.8	22:49.3	29:20.5	1:00:08
		Lucas Salter	A	06:05.0	02:54.0	4.66%	01:35.5	23.88	15:45.5	23:52.5	30:41.7	1:02:54	01:31.3	15:03.8	22:49.3	29:20.5	1:00:08
		Matt Illingworth	B	06:11.0	02:59.0	3.50%	01:36.0	24.00	15:50.4	24:00.0	30:51.4	1:03:14	01:31.8	15:08.5	22:56.5	29:29.7	1:00:27
		John Turner	A	06:16.0	03:04.0	2.13%	01:36.0	24.00	15:50.4	24:00.0	30:51.4	1:03:14	01:31.8	15:08.5	22:56.5	29:29.7	1:00:27
3	1:38	Ari Huston	A	06:21.0	03:05.0	2.89%	01:38.0	24.50	16:10.2	24:30.0	31:29.9	1:04:33	01:33.7	15:27.4	23:25.2	30:06.6	1:01:42
		Ric Cazzolli	A	06:25.0	03:06.0	3.38%	01:39.5	24.88	16:25.1	24:52.5	31:58.9	1:05:32	01:35.1	15:41.6	23:46.7	30:34.2	1:02:39
		Kim Colero	A	06:26.0	03:05.0	4.15%	01:40.5	25.13	16:35.0	25:07.5	32:18.1	1:06:12	01:36.1	15:51.1	24:01.0	30:52.7	1:03:17
		Jo Hayes	B	06:31.0	03:08.0	3.84%	01:41.5	25.38	16:44.9	25:22.5	32:37.4	1:06:51	01:37.0	16:00.5	24:15.4	31:11.1	1:03:54
		Michael Serich	C/D	06:20.0	02:54.0	8.42%	01:43.0	25.75	16:59.7	25:45.0	33:06.4	1:07:51	01:38.5	16:14.7	24:36.9	31:38.8	1:04:51
		Anita Cottee	A	06:42.0	03:14.0	3.48%	01:44.0	26.00	17:09.6	26:00.0	33:25.6	1:08:30	01:39.4	16:24.2	24:51.2	31:57.2	1:05:29
		Vaughn Bisschops	D	06:22.0	02:52.0	9.95%	01:45.0	26.25	17:19.5	26:15.0	33:44.9	1:09:10	01:40.4	16:33.7	25:05.5	32:15.6	1:06:07
		Dan Tarborsky	A	06:41.0	03:09.0	5.74%	01:46.0	26.50	17:29.4	26:30.0	34:04.2	1:09:49	01:41.3	16:43.1	25:19.9	32:34.1	1:06:44
		Alen Pezzin	A	06:40.0	03:07.0	6.50%	01:46.5	26.63	17:34.4	26:37.5	34:13.9	1:10:09	01:41.8	16:47.9	25:27.1	32:43.3	1:07:03
2	1:51	Amanda Nitschke	A	07:17.0	03:35.0	1.60%	01:51.0	27.75	18:18.9	27:45.0	35:40.6	1:13:07	01:46.1	17:30.4	26:31.6	34:06.2	1:09:53
		Ian Murray	A	07:12.0	03:24.0	5.56%	01:54.0	28.50	18:48.6	28:30.0	36:38.5	1:15:05	01:49.0	17:58.8	27:14.6	35:01.5	1:11:47
		Trevor Magee	A	07:27.0	03:39.0	2.01%	01:54.0	28.50	18:48.6	28:30.0	36:38.5	1:15:05	01:49.0	17:58.8	27:14.6	35:01.5	1:11:47
		Chris Jameson	A	07:13.0	03:24.0	5.77%	01:54.5	28.63	18:53.5	28:37.5	36:48.1	1:15:25	01:49.5	18:03.6	27:21.8	35:10.8	1:12:05
		Paul McQueen	A	07:35.0	03:45.0	1.10%	01:55.0	28.75	18:58.5	28:45.0	36:57.8	1:15:45	01:49.9	18:08.3	27:28.9	35:20.0	1:12:24
		Mike Fischer	A	07:35.0	03:44.0	1.54%	01:55.5	28.88	19:03.5	28:52.5	37:07.4	1:16:05	01:50.4	18:13.0	27:36.1	35:29.2	1:12:43
		Guy van Hazell	A	07:27.0	03:34.0	4.25%	01:56.5	29.13	19:13.4	29:07.5	37:26.7	1:16:44	01:51.4	18:22.5	27:50.4	35:47.6	1:13:21
		Lorraine Driscoll	D	07:11.0	03:13.0	10.44%	01:59.0	29.75	19:38.1	29:45.0	38:14.9	1:18:23	01:53.8	18:46.1	28:26.3	36:33.7	1:14:55
1.5	2:00	Amy Callow	D	07:29.0	03:29.0	6.90%	02:00.0	30.00	19:48.0	30:00.0	38:34.2	1:19:02	01:54.7	18:55.6	28:40.6	36:52.1	1:15:33
		Caroline Claydon	A	07:46.0	03:45.0	3.43%	02:00.5	30.13	19:52.9	30:07.5	38:43.8	1:19:22	01:55.2	19:00.3	28:47.8	37:01.4	1:15:52
		Helen Buckle	C/D	07:52.0	03:43.0	5.51%	02:04.5	31.13	20:32.6	31:07.5	40:01.0	1:22:00	01:59.0	19:38.2	29:45.1	38:15.1	1:18:23
		Ben Dundas	D	07:46.0	03:35.0	7.73%	02:05.5	31.38	20:42.4	31:22.5	40:20.3	1:22:40	02:00.0	19:47.7	29:59.5	38:33.5	1:19:01
		Craig Jameson	D	07:53.0	03:38.0	7.82%	02:07.5	31.88	21:02.3	31:52.5	40:58.8	1:23:59	02:01.9	20:06.6	30:28.2	39:10.4	1:20:17
		Fran Wardell	B/C	08:36.0	04:08.0	3.88%	02:14.0	33.50	22:06.6	33:30.0	43:04.2	1:28:16	02:08.1	21:08.1	32:01.4	41:10.2	1:24:22
1	2:20	Helen McCallion	B/C	09:05.0	04:24.0	3.12%	02:20.5	35.13	23:11.0	35:07.5	45:09.5	1:32:33	02:14.3	22:09.6	33:34.6	43:10.1	1:28:28
		Anne Murrell	A	09:27.0	04:38.0	1.94%	02:24.5	36.13	23:50.6	36:07.5	46:26.7	1:35:11	02:18.1	22:47.5	34:31.9	44:23.8	1:30:59
		Angela McCormack	A	09:30.0	04:40.0	1.75%	02:25.0	36.25	23:55.5	36:15.0	46:36.3	1:35:30	02:18.6	22:52.2	34:39.1	44:33.0	1:31:18

Review of Performances: A = good representation of current ability; B = perhaps a bit flat on day of testing?; C = potentially unfit / underperformance?; D = good prospect of swimming a faster 400m time next time

Swim Smooth Perth Squad CSS Times as of 13/01/2012 - 0.5% per week improvement

Lane Allocations	Lane Starting Pace per 100m in Week 1	Name	Review of Performance	400m Time	200m Time	Aerobic to Anaerobic Ratio	Current CSS Pace per 100m	Current CSS Pace per 25m	Currently Predicted 1000m Time	Currently Predicted 1500m Time	Currently Predicted 1900m Time	Currently Predicted 3800m Time	CSS Pace per 100m after 10 weeks	Goal 1000m Time after 10 weeks	Goal 1500m Time after 10 weeks	Goal 1900m Time after 10 weeks	Goal 3800m Time after 10 weeks
9:30am Squad																	
3.75	1:28	Gavin ?	A	05:38.0	02:41.0	4.73%	01:28.5	22.13	14:36.1	22:07.5	28:26.7	0:58:18	01:24.6	13:57.5	21:09.0	27:11.5	0:55:43
3.5	1:33	Sally Scaffidi	B/C	06:02.0	02:55.0	3.31%	01:33.5	23.38	15:25.7	23:22.5	30:03.1	1:01:35	01:29.4	14:44.8	22:20.6	28:43.6	0:58:52
		Suzi ? (PB)	A	06:07.0	03:00.0	1.91%	01:33.5	23.38	15:25.7	23:22.5	30:03.1	1:01:35	01:29.4	14:44.8	22:20.6	28:43.6	0:58:52
3	1:39	John	A	06:17.0	02:58.0	5.57%	01:39.5	24.88	16:25.1	24:52.5	31:58.9	1:05:32	01:35.1	15:41.6	23:46.7	30:34.2	1:02:39
		Cindy ?	A	06:41.0	03:13.0	3.74%	01:44.0	26.00	17:09.6	26:00.0	33:25.6	1:08:30	01:39.4	16:24.2	24:51.2	31:57.2	1:05:29
		Belinda Bennett	C	06:40.0	03:05.0	7.50%	01:47.5	26.88	17:44.3	26:52.5	34:33.1	1:10:48	01:42.8	16:57.3	25:41.4	33:01.7	1:07:41
2	1:48	Anne-Marie D'Arcy	A	06:53.0	03:17.0	4.60%	01:48.0	27.00	17:49.2	27:00.0	34:42.8	1:11:08	01:43.2	17:02.0	25:48.6	33:10.9	1:08:00
		Paul McQueen (W)	A	06:52.0	03:14.0	5.83%	01:49.0	27.25	17:59.1	27:15.0	35:02.1	1:11:48	01:44.2	17:11.5	26:02.9	33:29.4	1:08:38
		Janet Ferguson	B	07:08.0	03:28.0	2.80%	01:50.0	27.50	18:09.0	27:30.0	35:21.4	1:12:27	01:45.1	17:21.0	26:17.2	33:47.8	1:09:15
		Barry ?	A	07:08.0	03:26.5	3.50%	01:50.8	27.69	18:16.4	27:41.3	35:35.8	1:12:57	01:45.9	17:28.1	26:28.0	34:01.6	1:09:44
		Jane Davis	A	07:20.0	03:36.0	1.82%	01:52.0	28.00	18:28.8	28:00.0	35:59.9	1:13:46	01:47.1	17:39.9	26:45.9	34:24.7	1:10:31
		Sally Howe	A	07:16.0	03:27.0	5.05%	01:54.5	28.63	18:53.5	28:37.5	36:48.1	1:15:25	01:49.5	18:03.6	27:21.8	35:10.8	1:12:05
		Brian Bannon	A	07:16.0	03:26.0	5.50%	01:55.0	28.75	18:58.5	28:45.0	36:57.8	1:15:45	01:49.9	18:08.3	27:28.9	35:20.0	1:12:24
		Jenni Kohan	A	07:33.0	03:40.0	2.87%	01:56.5	29.13	19:13.4	29:07.5	37:26.7	1:16:44	01:51.4	18:22.5	27:50.4	35:47.6	1:13:21
1.75	2:03	Jenny Rogers	A	07:50.0	03:43.0	5.11%	02:03.5	30.88	20:22.7	30:52.5	39:41.7	1:21:21	01:58.1	19:28.7	29:30.8	37:56.7	1:17:45
		Marina Wallace	A	08:10.0	03:59.0	2.45%	02:05.5	31.38	20:42.4	31:22.5	40:20.3	1:22:40	02:00.0	19:47.7	29:59.5	38:33.5	1:19:01
		Lyne Woodland	A	08:15.0	04:02.0	2.22%	02:06.5	31.63	20:52.4	31:37.5	40:39.6	1:23:19	02:00.9	19:57.1	30:13.8	38:52.0	1:19:39
1.5	2:13	Helene Bentzer	A	08:50.0	04:24.0	0.38%	02:13.0	33.25	21:56.7	33:15.0	42:44.9	1:27:36	02:07.1	20:58.6	31:47.0	40:51.8	1:23:44
1	2:46	Chimene ?	A	11:05.0	05:32.0	0.15%	02:46.5	41.63	27:28.4	41:37.5	53:31.0	1:49:40	02:39.2	26:15.7	39:47.4	51:09.3	1:44:50
1-2-1 Swimmers																	
		Michelle Newsome	C	06:35.0	03:10.0	3.80%	01:42.5	25.63	16:54.7	25:37.5	32:56.7	1:07:31	01:38.0	16:10.0	24:29.7	31:29.5	1:04:32
		Riaz Khan	A	07:29.0	03:33.0	5.12%	01:58.0	29.50	19:28.2	29:30.0	37:55.6	1:17:43	01:52.8	18:36.7	28:11.9	36:15.3	1:14:18
Performance Squad																	
Performance Squad	N/A	Guy Crawford	A	04:51.1	02:19.6	4.09%	01:15.7	18.94	12:29.9	18:56.2	24:20.8	0:49:54	01:12.4	11:56.9	18:06.1	23:16.4	0:47:42
		Johan Borg	A	05:14.6	02:28.3	5.72%	01:23.2	20.79	13:43.2	20:47.3	26:43.5	0:54:46	01:19.5	13:06.9	19:52.2	25:32.8	0:52:21
		Andrew Tyack	A	05:26.5	02:34.5	5.36%	01:26.0	21.50	14:11.4	21:30.0	27:38.5	0:56:39	01:22.2	13:33.9	20:33.1	26:25.4	0:54:09
		Kate Bevilaqua	A	05:38.0	02:44.4	2.72%	01:26.8	21.70	14:19.3	21:42.0	27:53.9	0:57:10	01:23.0	13:41.4	20:44.6	26:40.1	0:54:39
		Bill Scanlon	D	05:27.1	02:31.8	7.18%	01:27.7	21.91	14:27.7	21:54.8	28:10.3	0:57:44	01:23.8	13:49.5	20:56.8	26:55.8	0:55:11
		Lauren Jones	A	05:54.2	02:56.0	0.62%	01:29.1	22.28	14:42.1	22:16.5	28:38.3	0:58:41	01:25.2	14:03.2	21:17.6	27:22.5	0:56:06
		Mark Luckin	A	05:40.5	02:42.1	4.79%	01:29.2	22.30	14:43.1	22:18.0	28:40.2	0:58:45	01:25.3	14:04.1	21:19.0	27:24.4	0:56:10
		Tom Bakowski	A	05:58.5	02:53.9	2.98%	01:32.3	23.08	15:13.8	23:04.5	29:40.0	1:00:48	01:28.2	14:33.5	22:03.4	28:21.5	0:58:07
		Helen King	A	06:18.7	03:01.6	4.09%	01:38.6	24.64	16:15.6	24:38.3	31:40.5	1:04:55	01:34.2	15:32.6	23:33.1	30:16.7	1:02:03
		Steve Anstee	A	06:08.7	02:50.2	7.68%	01:39.2	24.81	16:22.6	24:48.7	31:54.0	1:05:22	01:34.9	15:39.2	23:43.1	30:29.6	1:02:29

Review of Performances: A = good representation of current ability; B = perhaps a bit flat on day of testing?; C = potentially unfit / underperformance?; D = good prospect of swimming a faster 400m time next time

10 Week CSS Development Chart - 0.5% per week

Squad	Lane Allocation	Week 1 CSS Pace per 100m	Week 1 1000m TT Ability	Week 1 - 16/1/12	Week 2 - 23/1/12	Week 3 - 30/1/12	Week 4 - 6/2/12	Week 5 - 13/2/12	Week 6 - 20/2/12	Week 7 - 27/2/12	Week 8 - 5/3/12	Week 9 - 12/3/12	Week 10 - 19/3/12	Week 10 CSS Pace per 100m	1000m TT Target in Week 10
5.30am	Lane 4.5	0:01:19	0:13:02	19.75	19.65	19.55	19.46	19.36	19.26	19.16	19.07	18.97	18.88	01:15.5	12:27.6
5.30am	Lane 4	0:01:26	0:14:11	21.50	21.39	21.29	21.18	21.07	20.97	20.86	20.76	20.65	20.55	01:22.2	13:33.8
5.30am	Lane 3	0:01:32	0:15:11	23.00	22.89	22.77	22.66	22.54	22.43	22.32	22.21	22.10	21.99	01:27.9	14:30.6
5.30am	Lane 2	0:01:40	0:16:30	25.00	24.88	24.75	24.63	24.50	24.38	24.26	24.14	24.02	23.90	01:35.6	15:46.3
5.30am	Lane 1	0:01:58	0:19:28	29.50	29.35	29.21	29.06	28.91	28.77	28.63	28.48	28.34	28.20	01:52.8	18:36.7
6.30am	Lane 4.75	0:01:22	0:13:32	20.50	20.40	20.30	20.19	20.09	19.99	19.89	19.79	19.69	19.60	01:18.4	12:56.0
6.30am	Lane 4.5	0:01:29	0:14:41	22.25	22.14	22.03	21.92	21.81	21.70	21.59	21.48	21.38	21.27	01:25.1	14:02.2
6.30am	Lane 4	0:01:34	0:15:31	23.50	23.38	23.27	23.15	23.03	22.92	22.80	22.69	22.58	22.46	01:29.9	14:49.6
6.30am	Lane 3	0:01:38	0:16:10	24.50	24.38	24.26	24.13	24.01	23.89	23.77	23.66	23.54	23.42	01:33.7	15:27.4
6.30am	Lane 2	0:01:51	0:18:19	27.75	27.61	27.47	27.34	27.20	27.06	26.93	26.79	26.66	26.53	01:46.1	17:30.4
6.30am	Lane 1.5	0:02:00	0:19:48	30.00	29.85	29.70	29.55	29.40	29.26	29.11	28.97	28.82	28.68	01:54.7	18:55.6
6.30am	Lane 1	0:02:20	0:23:06	35.00	34.83	34.65	34.48	34.31	34.13	33.96	33.79	33.62	33.46	02:13.8	22:04.9
9.30am	Lane 3.75	0:01:28	0:14:31	22.00	21.89	21.78	21.67	21.56	21.46	21.35	21.24	21.14	21.03	01:24.1	13:52.8
9.30am	Lane 3.5	0:01:33	0:15:21	23.25	23.13	23.02	22.90	22.79	22.67	22.56	22.45	22.34	22.22	01:28.9	14:40.1
9.30am	Lane 3	0:01:39	0:16:20	24.75	24.63	24.50	24.38	24.26	24.14	24.02	23.90	23.78	23.66	01:34.6	15:36.9
9.30am	Lane 2	0:01:48	0:17:49	27.00	26.87	26.73	26.60	26.46	26.33	26.20	26.07	25.94	25.81	01:43.2	17:02.0
9.30am	Lane 1.75	0:02:03	0:20:18	30.75	30.60	30.44	30.29	30.14	29.99	29.84	29.69	29.54	29.39	01:57.6	19:24.0
9.30am	Lane 1.5	0:02:13	0:21:57	33.25	33.08	32.92	32.75	32.59	32.43	32.26	32.10	31.94	31.78	02:07.1	20:58.6
9.30am	Lane 1	0:02:46	0:27:23	41.50	41.29	41.09	40.88	40.68	40.47	40.27	40.07	39.87	39.67	02:38.7	26:10.9
Michelle Newsome	n/a	01:42.0	0:16:50	25.50	25.25	24.99	24.74	24.50	24.25	24.01	23.77	23.53	23.29	01:33.2	15:22.5
Riaz Khan	n/a	01:58.0	0:19:28	29.50	29.35	29.21	29.06	28.91	28.77	28.63	28.48	28.34	28.20	01:52.8	18:36.7
Guy Crawford	n/a	01:15.7	12:29.9	18.94	18.84	18.75	18.65	18.56	18.47	18.38	18.28	18.19	18.10	01:12.4	11:56.8
Johan Borg	n/a	01:23.2	13:43.2	20.79	20.68	20.58	20.48	20.37	20.27	20.17	20.07	19.97	19.87	01:19.5	13:06.9
Andrew Tyack	n/a	01:26.0	14:11.4	21.50	21.39	21.29	21.18	21.07	20.97	20.86	20.76	20.65	20.55	01:22.2	13:33.8
Kate Bevilaqua	n/a	01:26.8	14:19.3	21.70	21.59	21.48	21.38	21.27	21.16	21.06	20.95	20.85	20.74	01:23.0	13:41.4
Bill Scanlon	n/a	01:27.7	14:27.7	21.91	21.80	21.69	21.59	21.48	21.37	21.26	21.16	21.05	20.95	01:23.8	13:49.5
Lauren Jones	n/a	01:29.1	14:42.1	22.28	22.16	22.05	21.94	21.83	21.72	21.62	21.51	21.40	21.29	01:25.2	14:03.2
Mark Luckin	n/a	01:29.2	14:43.1	22.30	22.19	22.08	21.97	21.86	21.75	21.64	21.53	21.42	21.32	01:25.3	14:04.1
Tom Bakowski	n/a	01:32.3	15:13.8	23.08	22.96	22.84	22.73	22.62	22.50	22.39	22.28	22.17	22.06	01:28.2	14:33.5
Helen King	n/a	01:38.6	16:15.6	24.64	24.51	24.39	24.27	24.15	24.03	23.91	23.79	23.67	23.55	01:34.2	15:32.6
Steve Anstee	n/a	01:39.2	16:22.6	24.81	24.69	24.56	24.44	24.32	24.20	24.08	23.96	23.84	23.72	01:34.9	15:39.2