

Note: ie. -0.57 means 0.57seconds outside goal time(Any time above -1.75 needs more hard work or increase attendance to workouts)

**100m FS, PREDICTED TIME TEST      Test = 6 x 50 PUSH OF THE WALL @ 2.00**

Name	2009 SC 100 M		TEST							Cummulative	Average	Today	Goal as
	GOAL TIME	50m	DATE	Time1	Time2	Time3	Time4	Time5	Time6	Time	Time	Time	Plus or Minus
<i>Jack Gerrard</i>	54.00	27.00	8/05/09 PM	27.07	27.03	27.25	27.21	27.65	27.49	163.70	27.28	54.57	-0.57
	54.00	27.00	<b>12/06/09AM</b>	<b>27.41</b>	<b>27.21</b>	<b>27.02</b>	<b>26.78</b>	<b>26.88</b>	<b>26.64</b>	<b>161.94</b>	<b>26.99</b>	<b>53.98</b>	<b>0.02</b> Achieved Predicted Time!!
	54.00	27.00	<b>23/06/09AM</b>	<b>27.24</b>	<b>27.46</b>	<b>27.00</b>	<b>26.76</b>	<b>26.89</b>	<b>26.81</b>	<b>162.16</b>	<b>27.03</b>	<b>54.05</b>	<b>-0.05</b>
<i>Kotuku Ngawati</i>	56.00	28.00	8/05/09 PM	28.27	28.68	28.74	29.10	29.09	28.84	172.72	28.79	57.57	-1.57
	56.00	28.00	12/06/09 AM	28.49	28.26	28.24	28.09	28.14	28.41	169.63	28.27	56.54	-0.54
	56.00	28.00	23/06/09PM	28.68	28.51	28.11	27.76	27.85	27.73	168.64	28.11	56.21	<b>-0.21</b>
<i>Jack Hare</i>	62.00	31.00	12/06/09/PM	29.57	30.18	31.53	32.13	32.25	32.19	187.85	31.31	62.62	-0.62
	62.00	31.00	23/06/09AM	30.83	30.66	30.27	30.37	31.34	33.18	186.65	31.11	62.22	<b>-0.22</b>
<i>Aiden Davis</i>	60.00	30.00	8/05/09 PM	30.31	30.36	30.29	31.21	30.53	30.76	183.46	30.58	61.15	-1.15
	60.00	30.00	12/06/09 AM	29.83	30.01	30.53	30.48	31.10	31.90	183.85	30.64	61.28	-1.28
	60.00	30.00	23/06/2009AM	30.12	30.24	30.10	30.23	30.59	30.64	181.92	30.32	60.64	<b>-0.64</b>
<i>Daniel Esposito</i>	61.00	30.50	8/05/09 PM	30.11	30.36	31.70	31.52	31.31	32.26	187.26	31.21	62.42	-1.42
	61.00	30.50	<b>12/06/09 AM</b>	<b>30.44</b>	<b>30.99</b>	<b>30.96</b>	<b>31.19</b>	<b>30.54</b>	<b>31.56</b>	<b>185.68</b>	<b>30.95</b>	<b>61.89</b>	<b>-0.89</b>
	61.00	30.50	<b>23/06/09AM</b>	<b>30.81</b>	<b>30.92</b>	<b>30.80</b>	<b>30.78</b>	<b>31.17</b>	<b>30.88</b>	<b>185.36</b>	<b>30.89</b>	<b>61.79</b>	<b>-0.79</b>
<i>Clinton Cave</i>	54.00	27.00	8/05/09 PM	27.41	27.40	27.58	27.87	28.00	27.90	166.16	27.69	55.39	-1.39
	54.00	27.00	12/06/09 AM	27.83	27.66	27.93	28.14	28.85	29.23	169.64	28.27	56.55	-2.55
	54.00	27.00	23/06/2009	27.71	27.87	27.56	27.61	27.41	27.63	165.79	27.63	55.26	-1.26
<i>Tiarni Westby</i>	59.50	29.75	9/05/09AM	31.41	30.70	30.50	30.52	31.07	30.11	184.31	30.72	61.44	-1.94
	59.50	29.75	12/06/09PM	29.97	29.68	29.84	29.87	30.01	30.22	179.59	29.93	59.86	-0.36
	59.50	29.75	23/06/09AM	30.56	30.89	31.00	31.01	31.12	31.14	185.72	30.95	61.91	-2.41
<i>Georgia Weeden</i>	77.00	38.50	12/06/09PM	38.19	38.78	38.82	38.72	39.60	39.07	233.18	38.86	77.73	-0.73
<i>Stephany Schmidt</i>	77.00	38.50	12/06/09PM	38.55	38.78	38.68	38.79	39.87	39.10	233.77	38.96	77.92	-0.92
<i>Brook Michael</i>	66.00	33.00	8/05/09 PM	33.44	33.35	33.48	33.82	33.00	34.40	201.49	33.58	67.16	-1.16
<i>Tegan McCartny</i>	71.00	35.50	12/06/09PM	35.40	35.96	36.07	36.25	36.86	35.96	216.5	36.08	72.17	-1.17
<i>Tarni Fisher</i>	58.00	29.00	8/05/09 PM	30.04	29.72	29.95	29.91	29.91	29.50	179.03	29.84	59.68	-1.68
	58.00	29.00	12/06/09 AM	29.78	30.07	29.60	29.55	29.55	29.70	178.25	29.71	59.42	-1.42
<i>Katie Schmidt</i>	68.00	34.00	8/05/09 PM	34.03	35.17	35.85	36.09	34.90	34.35	210.39	35.07	70.13	-2.13

	68.00	34.00	12/06/09 AM	35.58	35.30	34.66	34.49	34.31	34.03	208.37	34.73	69.46	-1.46
<b>Marcus Bushels</b>	59.00	29.50	8/05/09 PM	29.17	30.00	30.14	31.12	31.64	31.75	183.82	30.64	61.27	-2.27
	59.00	29.50	12/06/09 AM	29.40	29.96	30.09	30.77	30.54	31.12	181.88	30.31	60.63	-1.63
<b>Emily Houston</b>	80.00	40.00	12/06/09PM	39.36	39.87	41.04	41.23	41.96	42.01	245.47	40.91	81.82	-1.82
<b>Rachael Gilholm</b>	61.50	30.75	11/05/09PM	31.28	31.18	30.97	31.16	31.18	31.70	187.47	31.25	62.49	-0.99
	61.50	30.75	12/06/09 AM	32.32	31.44	31.76	32.47	32.48	32.76	193.23	32.21	64.41	-2.91
<b>Tessa Jackson</b>	60.00	30.00	8/05/09 PM	29.70	29.40	30.20	31.45	31.03	31.31	183.09	30.52	61.03	-1.03
	60.00	30.00	12/06/09 AM	30.23	30.80	30.93	31.93	32.77	31.92	188.58	31.43	62.86	-2.86
	60.00	30.00	23/06/2009AM	30.01	31.17	31.00	31.01	31.02	31.22	185.43	30.91	61.81	-1.81
<b>Lachlan Jackson</b>	76.00	38.00	13/06/09AM	37.13	38.15	38.66	40.06	40.35	39.41	233.76	38.96	77.92	-1.92
<b>Cira Cescotto</b>	69.00	34.50	11/05/09PM	35.95	35.90	35.21	34.84	34.52	34.40	210.82	35.14	70.27	-1.27
	69.00	34.50	12/06/09 AM	36.39	35.11	35.94	35.26	35.71	34.87	213.28	35.55	71.09	-2.09
<b>Daniel Chapelle</b>	54.00	27.00	9/05/09AM	27.38	27.56	27.98	27.84	28.30	29.05	168.11	28.02	56.04	-2.04
<b>Matthew Jones</b>	56.50	28.25	9/05/09AM	28.07	28.81	29.08	29.54	30.19	30.11	175.80	29.30	58.60	-2.10
<b>Shelby Simpson</b>	68.00	34.00	8/05/09 PM	35.08	35.80	35.59	36.07	35.32	35.51	213.37	35.56	71.12	-3.12
<b>Sarah Candler</b>	63.50	31.75	9/05/09AM	33.39	33.22	32.98	32.71	32.65	32.54	197.49	32.92	65.83	-2.33
<b>Gianni Veccio</b>	75.00	37.50	8/05/09 PM	37.93	38.40	39.63	39.76	40.80	39.70	236.22	39.37	78.74	-3.74
	75.00	37.50	12/06/09PM	37.28	38.20	39.51	39.02	39.12	40.59	233.72	38.95	77.91	-2.91
<b>Tom Connoly</b>	68.00	34.00	12/06/09PM	35.12	35.40	36.53	35.64	36.45	36.03	215.17	35.86	71.72	-3.72
<b>Joshua Williamson</b>	70.00	35.00	12/06/09PM	38.29	35.78	37.68	35.20	36.04	35.28	218.27	36.38	72.76	-2.76
<b>Isabel Byrnes</b>	76.00	38.00	13/06/09AM	36.66	37.74	38.66	40.06	40.35	40.66	234.13	39.02	78.04	-2.04
<b>Nick Jones</b>	60.50	30.25	11/05/09 PM	29.81	29.82	29.95	30.88	31.88	32.68	185.02	30.84	61.67	-1.17
	60.50	30.25	12/06/09 AM	29.78	30.10	29.75	30.12	30.82	31.80	182.37	30.40	60.79	-0.29
	60.50	30.25	23/06/09AM	29.24	29.73	30.76	quit	quit	quit set				