

Top Gun Results – Summary for March 2014

All swim times are on the ASC notice board and ASC website!!!

We hope you had a good time and raced hard. A huge **thank-you** to all of the parents, committee members, and National swimmers, that helped on the day. It is much appreciated.

Top gun is part of the Junior Training Program and we encourage all members to participate every month to gain the most benefit from the program.

A swimmers age is calculated as:

Age on the first day of Junior Long Course Championships then

Age on the first day of Junior Short Course Championships

This gives a clear indication as to what times the swimmer is striving to achieve in relation to the 2 main competitions each year in their own age category.

TOP GUN TROPHY WINNERS – can you please return your trophies a few days before the next Top Gun.

We will remind you when that will be!!

Hot Tips:

Freestyle

- High elbows
- Fast kick
- Don't breathe first 3 strokes

Backstroke

- Head Still
- Chin back
- Shoulder rotation



TOP GUN WINNERS:

RECORDS: 50m Backstroke – Joe Quirk
 50m Freestyle – Cameron Quirk

	8 & under	9 years old	10 years old	11 years old	12 years old
FLY (FINZ)	Luke Burnett	Jack Penny	Mia Sutcliffe	Gareth Fowles	Emily Duke
	40.10	34.36	38.15	38.44	36.91
FLY	Maddison Horsfall	Megan McGloin	Ben Smith	Carys Donald	Georgia Bradley
	51.56	48.46	40.02	42.62	45.53
BK	Maddison Horsfall	Max Bremer	Alysha Neilan	Alysha Neilan	Jordan Reynolds
	49.75	47.07	42.57	42.27	42.03
BRS	Riley Warland	Joe Quirk	Isabel Daines	Angela Cunningham	Wernau Roberts
	55.86	51.50	48.99	49.71	46.84
FS	Angus Clouston	Luciano Todoro	Cameron Quirk	Adam Booth	Jordan Reynolds
	42.78	39.60	36.59	36.04	36.63

Top Gun Results - March 2014



'AA' Times 2013 - 2014 LC

Top Gun Targets (2013 - 2014 JX Tier 3)

State Qualifying Times (SQT) 2013 - 2014 Long Course (LC)

* Butterfly With Fins M/F = Male Times/Female Times

6 and 7 year olds - aim for the 8 year old times

8 years Old for Junior LC States	Date of Birth	50 Fly	50 Bk	50 Brs	50 Free
8 year old 'AA' Times		58.00	58.00	1.04.00	49.00
9 year old Top Gun Targets (JX)		49.00	50.00	55.00	42.00
8 year old 'SQT' Times		52.00	53.00	58.00	45.00
Blaine, Georgia	2/04/2006		56.05		53.55
Cramp, Ethan	24/07/2006		1.02.93		1.03.56
Fowler, Maisy	11/04/2005		1.06.30		1.07.77
Friedrich, Natasha	24/05/2005		1.12.22		1.04.89
Gastevich, Sophie	13/06/2005		1.07.27		56.49
Holroyd, Emilia	27/01/2006		1.07.49		1.06.76
Macdonald, Ryan	6/10/2005		1.01.43		1.00.84
Manning, Ellie	9/12/2005		57.82		1.01.03
Solly, Trent	31/05/2006		54.39		47.49
Tonkin, Sarah	5/10/2006		55.65		54.42
Wainwright, Lily	6/10/2005		1.03.06		1.06.77

9 years Old for Junior LC States	Date of Birth	50 Fly	50 Bk	50 Brs	50 Free
9 year old 'AA' Times		55.00	55.00	1.00.00	46.00
9 year old Top Gun Targets (JX)		49.00	50.00	55.00	42.00
9 year old 'SQT' Times		49.00	50.00	55.00	42.00
Booth, Ella	6/05/2004		52.70		50.91
Browning, Andrew	11/01/2005		53.58		47.24
Burgess, Aiden	28/09/2004		53.60		46.01
Chinnery, Anna	28/06/2004		59.67		51.55
Cloete, Marni	23/07/2004		53.27		46.09
Cramp, Tom	18/11/2004		51.07		48.22
Ellerton, Sophie	12/01/2005		53.25		47.20
Gillard, Mya Rosalia	7/02/2005		58.35		58.69
Gravett, Ethan	5/09/2004		51.05		45.07
Houghton, Isobelle	18/03/2005		50.27		43.17
Hughes, John-Paul	14/09/2004		1.01.16		52.66
Leonard, Evie	30/07/2004		1.13.14		1.05.00
Quirk, Joe	4/03/2005		48.17		40.63
Reyneke, Janelle	26/05/2004		1.18.18		1.10.17
Sabouri, Justin	22/12/2004		1.00.09		57.45
Thomas, Emilia	22/11/2004		55.59		50.44
Thomson, Caitlyn	12/09/2004		1.01.07		53.12
Vorster, James	7/07/2004		58.39		48.49



Well Done Everyone J

Top Gun Results - March 2014

'AA' Times 2013 - 2014 LC



Top Gun Targets (2012 - 2013 JX Tier 3)

State Qualifying Times (SQT) 2013 - 2014 Long Course (LC)

* Butterfly With Fins M/F = Male Times/Female Times

6 and 7 year olds - aim for the 8 year old times

10 years Old for Junior LC States	Date of Birth	50 Fly	50 Bk	50 Brs	50 Free
10 year old 'AA' Times		49.00	49.00	55.00	40.00
10 year old Top Gun Targets (JX)		44.00	46.00	51.00	38.00
10 year old 'SQT' Times		44.00	46.00	51.00	38.40/38.00
Tapp, Ashley	19/03/2004		53.74		47.28
Halford-Smith, Ellena	29/02/2004		57.10		47.63
Luyke, Ben	12/12/2003		49.73		43.43
Waddingham, Cate	31/10/2003		52.45		45.93
Quirk, Cameron	10/09/2003		47.23		36.59
Hunter, Lauren Louise	8/09/2003		58.72		59.45
Udall, Devon Leone	5/09/2003		50.89		46.58
Macdonald, Amy Claire	22/07/2003		50.72		42.85
Rust, Lucy	22/07/2003		53.87		45.51
Swann, Hugh	30/04/2003		52.49		45.47

11 years Old for Junior LC States	Date of Birth	50 Fly	50 Bk	50 Brs	50 Free
11 year old 'AA' Times		46.00	48.00	53.00	39.00
11 year old Top Gun Targets (JX)		41.00	44.00	49.00	36.00
11 year old 'SQT' Times		41.00	44.00	49.00	36.00
Chorrez, Alexia	7/08/2002		1.02.49		50.28
Friedrich, Kristen	16/08/2002		1.02.69		1.06.95
Gastevich, Ellen	31/03/2003		53.10		50.74
Ludik, Juliet Anne	3/03/2003		57.97		49.50
Marafioti, Saverio Leo	31/03/2003		53.23		46.84
McClure, Jenna	17/06/2002		56.89		50.10
Ng, Rachael	19/01/2003		52.34		53.87
Stobbie, Michael	21/02/2003		1.05.25		1.01.86

12 years Old for Junior LC States	Date of Birth	50 Fly	50 Bk	50 Brs	50 Free
12 year old 'AA' Times		41.00	45.00	50.00	36.00
12 year old Top Gun Targets (JX)		37.50/38.50	41.00	46.00	33.50
12 year old 'SQT' Times M/F		37.50/38.50	41.00	46.00	33.50
McHardy, Samantha	25/02/2002		52.61		46.97



Well Done Everyone 😊