

**Improvement Report**  
**2025 PN TAC Fall Thunderbird O**  
**Meet Date: 10/25/2025**  
**Location: Anacortes, WA**  
**Report Date: 11/01/2025**

| Athlete Name         | Age | Gen | Event                | P/F/T | Place | Points | Time      | Base Line | Improvement | New Best Cut | Time Standard |
|----------------------|-----|-----|----------------------|-------|-------|--------|-----------|-----------|-------------|--------------|---------------|
| Block, Adylan        | 15  | F   | 13 & Over 200 Back   | F     | 31    |        | 2:45.75Y  | 2:47.87Y  | -2.12       |              |               |
| Block, Adylan        |     |     | 13 & Over 50 Back    | F     |       |        | 1:10.38YL | 32.99Y    | 37.39       |              |               |
| Block, Adylan        |     |     | 13 & Over 50 Fly     | F     | 31    |        | 33.56Y    | 32.95Y    | 0.61        |              |               |
| Block, Adylan        |     |     | 13 & Over 50 Free    | F     | 42    |        | 30.16Y    | 29.25Y    | 0.91        |              |               |
| Copaceanu, Alexandra | 10  | F   | 9-10 100 IM          | F     | 4     | 11.00  | 1:37.54Y  | 1:35.51Y  | 2.03        |              |               |
| Copaceanu, Alexandra |     |     | 9-10 200 Free        | F     | 8     | 5.00   | 3:07.97Y  | 3:05.75Y  | 2.22        |              |               |
| Copaceanu, Alexandra |     |     | 9-10 50 Breast       | F     | 6     | 7.00   | 51.99Y    | 49.75Y    | 2.24        |              |               |
| Goldsmith, Scarlett  | 13  | F   | 13 & Over 100 Fly    | F     | 27    |        | 1:29.54Y  | 1:25.61Y  | 3.93        |              |               |
| Goldsmith, Scarlett  |     |     | 13 & Over 100 Free   | F     | 44    |        | 1:11.21Y  | 1:14.27Y  | -3.06       |              |               |
| Goldsmith, Scarlett  |     |     | 13 & Over 200 Fly    | F     | 22    |        | 3:36.16Y  |           |             |              |               |
| Goldsmith, Scarlett  |     |     | 13 & Over 200 Free   | F     | 53    |        | 2:41.82Y  |           |             |              |               |
| Goldsmith, Scarlett  |     |     | 13 & Over 50 Free    | F     | 47    |        | 30.58Y    | 31.37Y    | -0.79       |              |               |
| Goldsmith, Scarlett  |     |     | 13 & Over 500 Free   | F     | 41    |        | 7:19.96Y  | 8:13.01Y  | -53.05      |              |               |
| Green, Alice         | 8   | F   | 8 & Under 100 IM     | F     | 2     | 13.00  | 1:44.03Y  | 1:46.11Y  | -2.08       |              |               |
| Green, Alice         |     |     | 8 & Under 50 Fly     | F     | 2     | 13.00  | 46.75Y    | 43.96Y    | 2.79        |              |               |
| Green, George        | 13  | M   | 13 & Over 100 Breast | F     | 26    |        | 1:22.53Y  | 1:21.92Y  | 0.61        |              |               |
| Green, George        |     |     | 13 & Over 200 Breast | F     | 12    | 1.00   | 2:50.90Y  | 2:57.34Y  | -6.44       |              |               |
| Green, George        |     |     | 13 & Over 200 IM     | F     | 29    |        | 2:38.17Y  | 2:42.01Y  | -3.84       |              |               |
| Green, George        |     |     | 13 & Over 50 Breast  | F     | 16    |        | 36.25Y    | 36.73Y    | -0.48       |              |               |
| Green, George        |     |     | 13 & Over 50 Fly     | F     | 33    |        | 33.88Y    | 35.83Y    | -1.95       |              |               |
| Green, George        |     |     | 13 & Over 50 Free    | F     | 30    |        | 28.63Y    | 28.69Y    | -0.06       |              |               |
| Green, Grace         | 9   | F   | 9-10 100 Breast      | F     | 13    |        | 1:55.45Y  | 1:54.98Y  | 0.47        |              |               |
| Green, Grace         |     |     | 9-10 500 Free        | F     | 4     | 11.00  | 8:04.78Y  | 8:54.31Y  | -49.53      |              |               |

|                |    |   |                      |   |    |       |          |          |        |
|----------------|----|---|----------------------|---|----|-------|----------|----------|--------|
| Green, Henry   | 16 | M | 13 & Over 100 Fly    | F | 6  | 7.00  | 1:02.54Y | 1:00.53Y | 2.01   |
| Green, Henry   |    |   | 13 & Over 100 Free   | F | 7  | 6.00  | 54.96Y   | 52.52Y   | 2.44   |
| Green, Henry   |    |   | 13 & Over 200 Back   | F | 5  | 9.00  | 2:16.65Y | 2:13.31Y | 3.34   |
| Green, Henry   |    |   | 13 & Over 200 Breast | F | 8  | 5.00  | 2:44.52Y | 2:30.35Y | 14.17  |
| Green, Henry   |    |   | 13 & Over 200 Free   | F | 8  | 5.00  | 2:01.41Y | 1:56.19Y | 5.22   |
| Green, Henry   |    |   | 13 & Over 50 Back    | F |    |       | 36.69YL  | 27.69Y   | 9.00   |
| Green, Henry   |    |   | 13 & Over 50 Free    | F | 8  | 5.00  | 25.51Y   | 24.06Y   | 1.45   |
| Green, Jack    | 17 | M | 13 & Over 100 Breast | F | 1  | 14.00 | 1:01.49Y | 59.71Y   | 1.78   |
| Green, Jack    |    |   | 13 & Over 100 Free   | F | 2  | 13.00 | 51.47Y   | 48.22Y   | 3.25   |
| Green, Jack    |    |   | 13 & Over 200 Free   | F | 3  | 12.00 | 1:52.76Y | 1:45.56Y | 7.20   |
| Green, Jack    |    |   | 13 & Over 50 Breast  | F | 1  | 14.00 | 28.82Y   | 27.23Y   | 1.59   |
| Green, Jack    |    |   | 13 & Over 50 Free    | F | 3  | 12.00 | 23.06Y   | 22.37Y   | 0.69   |
| Green, Jack    |    |   | 13 & Over 500 Free   | F | 1  | 14.00 | 5:01.32Y | 4:53.32Y | 8.00   |
| Green, Kate    | 11 | F | 11-12 100 Breast     | F | 1  | 14.00 | 1:21.18Y | 1:22.57Y | -1.39  |
| Green, Kate    |    |   | 11-12 100 Fly        | F | 3  | 12.00 | 1:17.89Y | 1:19.40Y | -1.51  |
| Green, Kate    |    |   | 11-12 100 Free       | F | 2  | 13.00 | 1:04.11Y | 1:09.85Y | -5.74  |
| Green, Kate    |    |   | 11-12 200 Breast     | F | 1  | 14.00 | 2:52.96Y | 3:03.37Y | -10.41 |
| Green, Kate    |    |   | 11-12 200 Fly        | F | 1  | 14.00 | 3:06.45Y | 3:08.71Y | -2.26  |
| Green, Kate    |    |   | 11-12 200 Free       | F | 1  | 14.00 | 2:21.48Y | 2:24.75Y | -3.27  |
| Green, Samuel  | 14 | M | 13 & Over 100 Breast | F | 9  | 4.00  | 1:16.01Y | 1:08.29Y | 7.72   |
| Green, Samuel  |    |   | 13 & Over 200 Free   | F | 18 |       | 2:04.93Y | 1:54.44Y | 10.49  |
| Green, Samuel  |    |   | 13 & Over 200 IM     | F | 9  | 4.00  | 2:20.18Y | 2:15.38Y | 4.80   |
| Green, Samuel  |    |   | 13 & Over 50 Breast  | F | 9  | 4.00  | 33.85Y   | 31.89Y   | 1.96   |
| Green, Samuel  |    |   | 13 & Over 50 Free    | F | 7  | 6.00  | 25.31Y   | 24.32Y   | 0.99   |
| Green, Samuel  |    |   | 13 & Over 500 Free   | F | 4  | 11.00 | 5:17.87Y | 5:04.30Y | 13.57  |
| Hanson, Audrey | 17 | F | 13 & Over 200 Back   | F | 10 | 3.00  | 2:22.50Y | 2:19.43Y | 3.07   |
| Hanson, Audrey |    |   | 13 & Over 50 Back    | F | 14 |       | 30.77Y   | 31.42Y   | -0.65  |
| Hanson, Audrey |    |   | 13 & Over 50 Free    | F | 26 |       | 27.88Y   | 27.64Y   | 0.24   |

|                   |    |   |                     |   |    |       |          |          |       |
|-------------------|----|---|---------------------|---|----|-------|----------|----------|-------|
| Jonasson, Kira    | 14 | F | 13 & Over 100 Back  | F | 38 |       | 1:23.35Y | 1:21.30Y | 2.05  |
| Jonasson, Kira    |    |   | 13 & Over 100 Fly   | F | 29 |       | 1:36.19Y | 1:33.03Y | 3.16  |
| Jonasson, Kira    |    |   | 13 & Over 100 Free  | F | 43 |       | 1:11.07Y | 1:10.01Y | 1.06  |
| Jonasson, Kira    |    |   | 13 & Over 50 Free   | F |    |       | 31.37YL  | 30.63Y   | 0.74  |
| Kassis, Olivia    | 9  | F | 9-10 50 Breast      | F | 11 | 2.00  | 57.63Y   |          |       |
| Kassis, Olivia    |    |   | 9-10 50 Free        | F | 24 |       | 49.86Y   | 47.28Y   | 2.58  |
| King, Katelyn     | 12 | F | 11-12 100 Breast    | F | 3  | 12.00 | 1:21.67Y | 1:26.60Y | -4.93 |
| King, Katelyn     |    |   | 11-12 100 Fly       | F | 1  | 14.00 | 1:09.20Y | 1:10.13Y | -0.93 |
| King, Katelyn     |    |   | 11-12 100 Free      | F | 1  | 14.00 | 59.80Y   | 58.13Y   | 1.67  |
| King, Katelyn     |    |   | 11-12 200 Breast    | F | 3  | 12.00 | 2:56.17Y |          |       |
| King, Katelyn     |    |   | 11-12 50 Back       | F |    |       | 33.55YL  | 32.48Y   | 1.07  |
| King, Katelyn     |    |   | 11-12 50 Fly        | F | 1  | 14.00 | 30.04Y   | 29.71Y   | 0.33  |
| King, Katelyn     |    |   | 11-12 50 Free       | F | 1  | 14.00 | 26.72Y   | 26.30Y   | 0.42  |
| Lam, Elliana      | 14 | F | 13 & Over 100 Back  | F | 12 | 1.00  | 1:06.63Y | 1:04.89Y | 1.74  |
| Lam, Elliana      |    |   | 13 & Over 100 Free  | F | 13 |       | 57.70Y   | 56.62Y   | 1.08  |
| Lam, Elliana      |    |   | 13 & Over 50 Back   | F | 10 | 3.00  | 29.89Y   | 29.35Y   | 0.54  |
| Lam, Elliana      |    |   | 13 & Over 50 Breast | F | 10 | 3.00  | 34.25Y   | 33.54Y   | 0.71  |
| Lam, Elliana      |    |   | 13 & Over 50 Fly    | F | 10 | 3.00  | 29.08Y   | 29.32Y   | -0.24 |
| Lam, Elliana      |    |   | 13 & Over 50 Free   | F | 12 | 1.00  | 25.98Y   | 25.53Y   | 0.45  |
| Machha, Meenakshi | 9  | F | 9-10 100 Breast     | F | 3  | 12.00 | 1:40.13Y |          |       |
| Machha, Meenakshi |    |   | 9-10 100 Free       | F | 12 | 1.00  | 1:27.86Y | 1:22.21Y | 5.65  |
| Machha, Meenakshi |    |   | 9-10 200 IM         | F | 10 | 3.00  | 3:33.82Y |          |       |
| Moore, Londyn     | 11 | F | 11-12 200 Back      | F | 8  | 5.00  | 3:24.00Y |          |       |
| Moore, Londyn     |    |   | 11-12 200 Fly       | F | 3  | 12.00 | 3:51.93Y | 3:46.15Y | 5.78  |
| Moore, Londyn     |    |   | 11-12 200 IM        | F | 5  | 9.00  | 3:11.16Y | 3:17.87Y | -6.71 |
| Moore, Londyn     |    |   | 11-12 50 Breast     | F | 11 | 2.00  | 49.62Y   | 46.33Y   | 3.29  |
| Moore, Londyn     |    |   | 11-12 50 Free       | F | 6  | 7.00  | 31.35Y   | 30.72Y   | 0.63  |
| Moore, Londyn     |    |   | 11-12 500 Free      | F | 6  | 7.00  | 7:34.03Y | 7:12.68Y | 21.35 |
| Noda, Tomoki      | 12 | M | 11-12 100 Free      | F | 2  | 13.00 | 1:04.07Y | 1:02.09Y | 1.98  |
| Noda, Tomoki      |    |   | 11-12 200 Breast    | F | 1  | 14.00 | 2:40.22Y | 2:41.07Y | -0.85 |
| Noda, Tomoki      |    |   | 11-12 50 Breast     | F | 1  | 14.00 | 32.02Y   | 32.32Y   | -0.30 |

|                   |    |   |                        |   |    |       |          |          |        |
|-------------------|----|---|------------------------|---|----|-------|----------|----------|--------|
| PETKOV,<br>GISELE | 8  | F | 8 & Under 25<br>Fly    | F | 3  | 12.00 | 26.06Y   | 24.42Y   | 1.64   |
| PETKOV,<br>GISELE |    |   | 8 & Under 50<br>Back   | F | 2  | 13.00 | 51.46Y   |          |        |
| PETKOV,<br>GISELE |    |   | 8 & Under 50<br>Free   | F | 2  | 13.00 | 42.67Y   | 44.17Y   | -1.50  |
| Pendt, Joey       | 10 | F | 9-10 100 Back          | F | 9  | 4.00  | 1:39.67Y | 1:51.39Y | -11.72 |
| Pendt, Joey       |    |   | 9-10 50 Breast         | F | 8  | 5.00  | 53.55Y   | 53.35Y   | 0.20   |
| Pendt, Joey       |    |   | 9-10 50 Free           | F | 9  | 4.00  | 38.82Y   | 38.66Y   | 0.16   |
| Porter, Jackson   | 9  | M | 9-10 100 Back          | F | 5  | 9.00  | 1:35.06Y | 1:41.86Y | -6.80  |
| Porter, Jackson   |    |   | 9-10 200 Free          | F | 11 | 2.00  | 3:27.82Y | 3:29.14Y | -1.32  |
| Porter, Jackson   |    |   | 9-10 50 Free           | F | 12 | 1.00  | 40.28Y   | 41.03Y   | -0.75  |
| Ridout, Renee     | 14 | F | 13 & Over 100<br>Back  | F | 33 |       | 1:18.24Y | 1:10.66Y | 7.58   |
| Ridout, Renee     |    |   | 13 & Over 100<br>Free  | F | 36 |       | 1:06.35Y | 1:02.06Y | 4.29   |
| Ridout, Renee     |    |   | 13 & Over 200<br>Back  | F | 30 |       | 2:45.60Y | 2:30.47Y | 15.13  |
| Ridout, Renee     |    |   | 13 & Over 200<br>Free  | F | 38 |       | 2:22.60Y | 2:09.43Y | 13.17  |
| Ridout, Renee     |    |   | 13 & Over 50<br>Free   | F | 48 |       | 30.62Y   | 28.79Y   | 1.83   |
| Ridout, Renee     |    |   | 13 & Over 500<br>Free  | F | 24 |       | 6:11.81Y | 5:41.98Y | 29.83  |
| Russell, Abigail  | 16 | F | 13 & Over 200<br>Free  | F | 56 |       | 2:45.09Y | 2:43.35Y | 1.74   |
| Russell, Abigail  |    |   | 13 & Over 50<br>Back   | F | 32 |       | 38.76Y   | 38.08Y   | 0.68   |
| Russell, Abigail  |    |   | 13 & Over 50<br>Free   | F | 54 |       | 31.48Y   | 30.81Y   | 0.67   |
| Santos, Oona      | 9  | F | 9-10 100<br>Breast     | F | 1  | 14.00 | 1:37.69Y |          |        |
| Santos, Oona      |    |   | 9-10 100 Free          | F | 4  | 11.00 | 1:18.87Y | 1:23.17Y | -4.30  |
| Santos, Oona      |    |   | 9-10 200 Free          | F | 4  | 11.00 | 2:56.44Y |          |        |
| Santos, Oona      |    |   | 9-10 50 Back           | F | 5  | 9.00  | 40.44Y   | 43.96Y   | -3.52  |
| Santos, Oona      |    |   | 9-10 50 Breast         | F | 2  | 13.00 | 43.55Y   | 43.84Y   | -0.29  |
| Santos, Oona      |    |   | 9-10 50 Free           | F | 4  | 11.00 | 35.18Y   | 35.62Y   | -0.44  |
| Schultz, Elise    | 12 | F | 11-12 100<br>Back      | F | 1  | 14.00 | 1:17.92Y | 1:20.88Y | -2.96  |
| Schultz, Elise    |    |   | 11-12 100 Fly          | F | 4  | 11.00 | 1:22.18Y | 1:19.69Y | 2.49   |
| Schultz, Elise    |    |   | 11-12 100 Free         | F | 3  | 12.00 | 1:06.89Y | 1:08.61Y | -1.72  |
| Shin, Eli         | 8  | M | 8 & Under 100<br>IM    | F | 4  | 11.00 | 1:45.59Y | 1:50.59Y | -5.00  |
| Shin, Eli         |    |   | 8 & Under 25<br>Free   | F | 4  | 11.00 | 21.26Y   | 27.51Y   | -6.25  |
| Shin, Eli         |    |   | 8 & Under 50<br>Breast | F | 2  | 13.00 | 54.61Y   | 58.01Y   | -3.40  |
| Shin, Jaden       | 10 | M | 9-10 100 Back          | F | 3  | 12.00 | 1:26.67Y | 1:24.54Y | 2.13   |
| Shin, Jaden       |    |   | 9-10 100 Fly           | F | 2  | 13.00 | 1:22.11Y | 1:31.12Y | -9.01  |
| Shin, Jaden       |    |   | 9-10 100 IM            | F | 1  | 14.00 | 1:23.51Y | 1:26.03Y | -2.52  |
| Shin, Jaden       |    |   | 9-10 200 IM            | F | 2  | 13.00 | 2:52.18Y | 3:10.26Y | -18.08 |

|                     |    |   |                      |   |    |       |          |          |        |
|---------------------|----|---|----------------------|---|----|-------|----------|----------|--------|
| Shin, Jaden         |    |   | 9-10 50 Back         | F | 1  | 14.00 | 38.64Y   | 38.76Y   | -0.12  |
| Shin, Jaden         |    |   | 9-10 50 Fly          | F | 3  | 12.00 | 36.41Y   | 35.68Y   | 0.73   |
| Singh, Myra         | 10 | F | 9-10 100 Free        | F | 14 |       | 1:32.09Y | 1:35.22Y | -3.13  |
| Steinbrecher, Lydia | 11 | F | 11-12 100 Free       | F | 10 | 3.00  | 1:23.94Y |          |        |
| Steinbrecher, Lydia |    |   | 11-12 50 Breast      | F | 10 | 3.00  | 49.45Y   |          |        |
| Stewart, Jamie      | 13 | F | 13 & Over 100 Breast | F | 43 |       | 1:35.98Y | 1:32.21Y | 3.77   |
| Stewart, Jamie      |    |   | 13 & Over 50 Fly     | F | 45 |       | 38.32Y   | 35.42Y   | 2.90   |
| Stewart, Jamie      |    |   | 13 & Over 50 Free    | F | 66 |       | 34.33Y   | 32.16Y   | 2.17   |
| Suslykova, Mariia   | 16 | F | 13 & Over 200 Back   | F | 27 |       | 2:38.93Y | 2:25.73Y | 13.20  |
| Suslykova, Mariia   |    |   | 13 & Over 200 Free   | F | 42 |       | 2:24.58Y | 2:13.05Y | 11.53  |
| Suslykova, Mariia   |    |   | 13 & Over 50 Free    | F | 40 |       | 29.87Y   | 27.56Y   | 2.31   |
| Titterington, Paige | 17 | F | 13 & Over 100 Free   | F | 53 |       | 1:26.33Y | 1:24.72Y | 1.61   |
| Titterington, Paige |    |   | 13 & Over 50 Back    | F | 41 |       | 43.12Y   | 42.44Y   | 0.68   |
| Titterington, Paige |    |   | 13 & Over 50 Breast  | F | 42 |       | 56.89Y   |          |        |
| Titterington, Paige |    |   | 13 & Over 50 Free    | F | 73 |       | 38.25Y   | 35.75Y   | 2.50   |
| Van Horn, Chloe     | 13 | F | 13 & Over 100 Breast | F | 48 |       | 1:45.45Y | 1:51.03Y | -5.58  |
| Van Horn, Chloe     |    |   | 13 & Over 50 Fly     | F | 50 |       | 43.06Y   | 40.74Y   | 2.32   |
| Van Horn, Chloe     |    |   | 13 & Over 50 Free    | F | 68 |       | 34.96Y   | 33.67Y   | 1.29   |
| Van Horn, Eliza     | 11 | F | 11-12 50 Free        | F | 16 |       | 39.42Y   | 49.37Y   | -9.95  |
| Wescott, Emerson    | 10 | M | 9-10 50 Free         | F | 14 |       | 41.22Y   |          |        |
| Winn, Matthew       | 8  | M | 8 & Under 100 Free   | F | 1  | 14.00 | 1:15.46Y | 1:24.68Y | -9.22  |
| Winn, Matthew       |    |   | 8 & Under 100 IM     | F | 1  | 14.00 | 1:27.79Y | 1:38.29Y | -10.50 |
| Winn, Matthew       |    |   | 8 & Under 25 Back    | F | 1  | 14.00 | 18.66Y   | 18.21Y   | 0.45   |
| Winn, Matthew       |    |   | 8 & Under 25 Fly     | F | 1  | 14.00 | 17.79Y   | 16.48Y   | 1.31   |
| Winn, Matthew       |    |   | 8 & Under 50 Back    | F | 1  | 14.00 | 38.90Y   | 41.18Y   | -2.28  |
| Winn, Matthew       |    |   | 8 & Under 50 Fly     | F | 1  | 14.00 | 36.74Y   | 43.90Y   | -7.16  |
| Winn, William       | 10 | M | 9-10 100 Back        | F | 4  | 11.00 | 1:29.35Y |          |        |
| Winn, William       |    |   | 9-10 100 Free        | F | 2  | 13.00 | 1:12.16Y | 1:10.48Y | 1.68   |
| Winn, William       |    |   | 9-10 200 Free        | F | 2  | 13.00 | 2:30.95Y |          |        |
| Winn, William       |    |   | 9-10 50 Free         | F |    |       | 32.72YL  | 32.49Y   | 0.23   |

|               |    |   |                  |   |    |       |          |          |       |
|---------------|----|---|------------------|---|----|-------|----------|----------|-------|
| Winn, William |    |   | 9-10 500 Free    | F | 1  | 14.00 | 6:37.12Y |          |       |
| Zhang, Arie   | 11 | F | 11-12 100 Breast | F | 2  | 13.00 | 1:21.48Y | 1:22.34Y | -0.86 |
| Zhang, Arie   |    |   | 11-12 200 Breast | F | 2  | 13.00 | 2:53.04Y | 2:53.79Y | -0.75 |
| Zhang, Arie   |    |   | 11-12 50 Back    | F | 4  | 11.00 | 38.37Y   | 35.92Y   | 2.45  |
| Zhang, Arie   |    |   | 11-12 50 Breast  | F | 2  | 13.00 | 37.17Y   | 37.24Y   | -0.07 |
| Zhang, Arie   |    |   | 11-12 50 Free    | F | 7  | 6.00  | 31.47Y   | 30.62Y   | 0.85  |
| padhi, Aileen | 9  | F | 9-10 50 Free     | F | 27 |       | 52.21Y   | 53.97Y   | -1.76 |