

**SWIM FLORIDA
CAPE AQUATICS**

**Top Times Report for Mike Zizzamia
Age: 15 Birthdate: 7/12/1995**

Time	P/F/S									
50 Free										
21.27 L	N AAAA	F	6/22/2006	2006 CHICK-FIL-A INVITATIONAL						
32.35 L	B	F	4/15/2011	2011 GCST SPRING OPEN						
100 Free										
1:08.88 L	B	P	6/17/2011	2011 GCST SUMMER OPEN						
200 Free										
2:30.64 L	B	F	7/3/2009	2009 FRIDAY NIGHT AT THE RACES						
	1:14.37		1:16.27							
400 Free										
5:08.10 L	BB	F	4/15/2011	2011 GCST SPRING OPEN						
	33.55		38.29	39.50	39.91	39.88	39.51	39.61	37.85	
800 Free										
10:39.97 L	BB	F	7/3/2009	2009 FRIDAY NIGHT AT THE RACES						
	1:19.06		1:21.99	1:20.99	1:20.31	1:05.77	1:33.46	1:20.44	1:17.95	
1500 Free										
20:25.94 L	BB	F	4/15/2011	2011 GCST SPRING OPEN						
	34.57		39.91	40.95	40.54	41.14	40.97	41.00	41.00	
	40.61		41.29	40.58	41.50	40.23	41.11	40.81	41.44	
	1:22.23		1:22.52	1:23.10	1:24.16	1:23.74	1:22.64	1:19.90		
50 Back										
42.89 L	L	F	6/12/2008	2008 GCST SUMMER INVITATIONAL						
100 Back										
1:20.65 L	B	F	4/15/2011	2011 GCST SPRING OPEN						
200 Back										
2:45.92 L	B	F	4/15/2011	2011 GCST SPRING OPEN						
	1:22.05		1:23.87							
50 Breast										
51.68 L		P	6/12/2008	2008 GCST SUMMER INVITATIONAL						
100 Breast										
1:37.78 L		F	5/22/2009	2009 DR. ASPI DOCTOR MEMORIAL INVITE						
	46.92		50.86							
200 Breast										
3:23.90 L		F	5/22/2009	2009 DR. ASPI DOCTOR MEMORIAL INVITE						
	47.74		51.82	52.61	51.73					
50 Fly										
44.53 L		F	5/3/2008	SWIM FLORIDA LONG COURSE INV.2008						
100 Fly										
1:20.00 L		P	6/17/2011	2011 GCST SUMMER OPEN						
200 IM										
2:48.39 L	BB	F	4/15/2011	2011 GCST SPRING OPEN						
	36.91		41.50	51.88	38.10					
400 IM										
5:52.42 L	BB	F	4/15/2011	2011 GCST SPRING OPEN						
	37.14		44.12	44.70	43.44	52.34	52.88	39.26	38.54	