

Name: Joe Knight

High School: Olathe East

GPA: 3.2

SAT/ACT:

Academic Achievements:

Class rank

Area of Study / Interest: Involved in the Leadership Program for 3 years.

Athletic Achievements: State Champion 400 Free Relay Team, 2008. All-Sun Boys Swimming and Diving Team 2006, 2007, 2008

Kansas City Star All-Metro Kansas Boys Swimming and Diving Team

NISCA (National Interscholastic Swimming Coaches Association) Zone 5 Top Sixteen Awards:

1. 400 Yd. Free Relay, 2007
2. 500 Yd. Free, 2007
3. 200 Yd. Free, 2008
4. 200 Yd. Free Relay, 2008
5. 400 Yd. Free Relay, 200

Long Course Times

26.44	L S P	50	Free	2/28/2008	CSR VIII 2008 SPRING	LC SPEEDO CHAMPIONS
SERI						
54.70	L	P	100	Free	2/28/2008	CSR VIII 2008 SPRING
LC SPEEDO CHAMPIONS SERI						
1:58.83	L	P	200	Free	7/16/2008	CSR VIII 2008 LC
SPEEDO CHAMPIONS SERIES						
4:15.22	L	P	400	Free	7/18/2007	CSR VIII 2007 LC
SPEEDO CHAMPIONS SERIES						
8:58.38	L	F	800	Free	7/19/2006	2006 LC CSR VIII
SPEEDO CHAMPIONS SERIES						
17:09.00	L	F	1500	Free	7/18/2007	CSR VIII 2007 LC
SPEEDO CHAMPIONS SERIES						
33.89	L S	P	50	Back	6/23/2006	2006 INDIANA UNIV
CHEESEBURGER IN PARADISE						

1:08.55 L	P	100	Back	6/23/2006	2006 INDIANA UNIV
CHEESEBURGER IN PARADISE					
2:27.44 L	P	200	Back	6/23/2006	2006 INDIANA UNIV
CHEESEBURGER IN PARADISE					
1:17.81 L	F	100	Breast	4/27/2007	VOORHEES/MAXFIELD
2007					
2:53.20 L	F	200	Breast	5/13/2005	2005 EARLY BIRD
INVITATIONAL					
31.09 L S	P	50	Fly	6/23/2006	2006 INDIANA UNIV
CHEESEBURGER IN PARADISE					
58.69 L	P	100	Fly	2/28/2008	CSRVIII 2008 SPRING
LC SPEEDO CHAMPIONS SERI					
2:09.99 L	P	200	Fly	2/28/2008	CSRVIII 2008 SPRING
LC SPEEDO CHAMPIONS SERI					
2:19.26 L	P	200	IM	6/22/2007	2007 IN IUCP
CHEESEBURGER IN PARADISE INVITE					
4:53.95 L	P	400	IM	7/18/2007	CSRVIII 2007 LC
SPEEDO CHAMPIONS SERIES					

Short Course Times

23.04	Y L F	50	Free	12/14/2006	2006 15TH ANNUAL KERR MCGEE ELITE PRO-AM
48.92 Y	P	100	Free	3/9/2007	2007 MV CHAMPS
DIVISION 1 SHORT COURSE					
1:43.97 Y	F	200	Free	2/15/2008	08 KSHSAA BOYS
CHAMPS					
4:44.78 Y	P	500	Free	3/1/2007	CSRVIII SPRING
SPEEDO CHAMPIONSHIPS SERIES					
9:51.38 Y	F	1000	Free	3/1/2007	CSRVIII SPRING
SPEEDO CHAMPIONSHIPS SERIES					
16:33.85 Y	F	1650	Free	3/1/2007	CSRVIII SPRING
SPEEDO CHAMPIONSHIPS SERIES					
57.09 Y	F	100	Back	3/9/2007	2007 MV CHAMPS
DIVISION 1 SHORT COURSE					
2:05.16 Y	P	200	Back	3/7/2008	2008 MISSOURI VALLEY
DIVISION 1 CHAMPIONSHIPS					
1:08.60 Y	F	100	Breast	10/20/2007	SWIM QUIK FUTURE
STARS INVITATIONAL 2006					
2:28.73 Y	F	200	Breast	11/3/2007	2007 ANN KETTERER KC
BLAZER INTRASQUAD MEET					
54.37 Y	P	100	Fly	3/7/2008	2008 MISSOURI VALLEY
DIVISION 1 CHAMPIONSHIPS					
1:58.28 Y	F	200	Fly	3/1/2007	CSRVIII SPRING
SPEEDO CHAMPIONSHIPS SERIES					
2:02.59 Y	F	200	IM	3/9/2007	2007 MV CHAMPS
DIVISION 1 SHORT COURSE					
4:14.61 Y	P	400	IM	3/1/2007	CSRVIII SPRING
SPEEDO CHAMPIONSHIPS SERIES					