

# Elizabeth Williams

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2021-2022 Best Times									
2022-2023 Best Times									
2023-2024 Best Times									
The Mustang Invitation	11-02-2024				1:19.12			1:18.49	
Bear River & West Field	11-12-2024			29.94			7:09.69		
Weber & Vanguard Acade	11-19-2024	2:39.30				1:07.46			
Fremont, Roy, Bonnevil	11-26-2024		2:54.22			1:13.98		1:14.42	
Green Canyon & Sky Vi	12-10-2024				1:17.60				1:38.86
City County 2024	12-14-2024				1:17.08			1:14.32	
RHS vs West Field	12-19-2024			31.27					
West Field vs. Roy	01-07-2025			32.95		1:09.52		1:24.58	
Mt. Crest, Westfield @	01-09-2025			31.06	1:18.92	1:10.82			
Westfield @ Logan	01-16-2025			33.26	1:16.29			1:14.95	
Region 11 Championship	01-24-2025			30.03	1:13.23			1:13.84	

2021-2022 2022-2023 2023-2024 2024-2025

