

Jonas Ashdown

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									
Pre Region 24	11-02-2024			35.38					
4Nebo Invitational	11-09-2024			34.13		1:25.40			
SFHS, SHS, SHHS	12-03-2024			33.87		1:18.25			
Springville Holiday In	12-21-2024			34.72		1:21.58			
2025 SHHS vs. SF, Pays	01-07-2025			33.14		1:22.82			
TriMeet - SF, SHS, Tim	01-16-2025			35.57		1:21.32			

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

