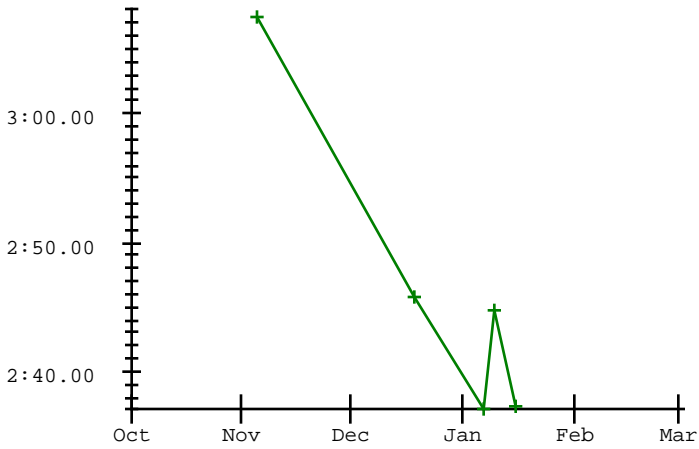


# Alexander Frederick

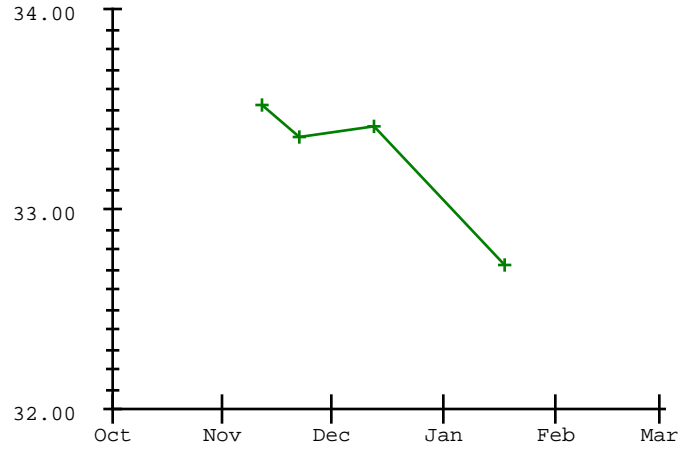
Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
CarbSSV@EHS	11-05-2019	3:07.52						1:43.04	
Gunnison,Rowland Hall@	11-12-2019			33.53				1:42.63	
Richfield vs Spanish F	11-22-2019			33.36				1:37.99	
Fall 2019 Fall Invite	11-26-2019					1:18.70		1:33.66	
RichfieldWA@EHS	12-13-2019			33.42				1:27.53	
Payson&NS@Emery	12-19-2019	2:45.68				1:16.20			
Emery @ Uintah 2020	01-07-2020	2:37.07				1:12.17			
January Invitational 2	01-10-2020	2:44.83			1:23.10				
Grand@Emery	01-16-2020	2:37.30			1:27.12				
Carbon Last Chance Inv	01-18-2020			32.72				1:26.54	
Region 12 Championship	01-23-2020				1:19.87			1:20.73	

2016-2017 2017-2018 2018-2019 2019-2020

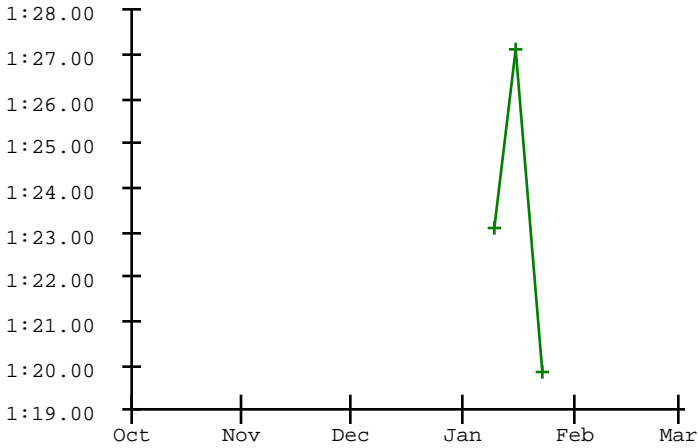
200 Free



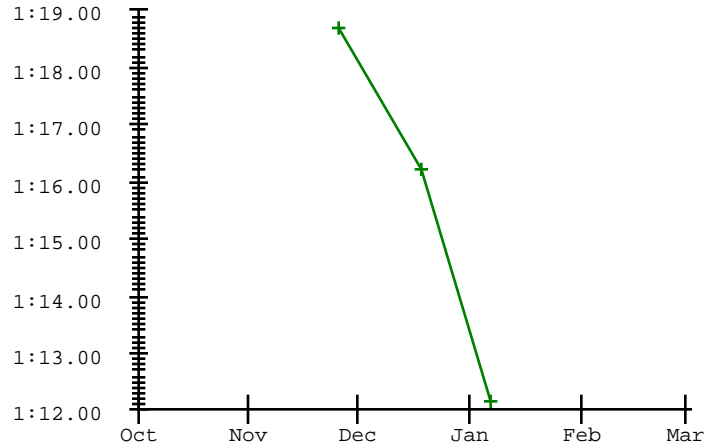
50 Free



100 Fly



100 Free



100 Back

