

# Nathan Rock

| Meet                   | Date       | 200 Free | 200 I.M. | 50 Free | 100 Fly | 100 Free | 500 Free | 100 Back | 100 Breast |
|------------------------|------------|----------|----------|---------|---------|----------|----------|----------|------------|
| 2017-2018 Best Times   |            |          | 2:22.36  | 26.96   | 1:02.06 |          | 6:16.36  | 1:10.47  |            |
| 1819 Bingham @ Box El  | 11-07-2018 |          | 2:23.22  |         | 1:03.68 |          |          |          |            |
| Bingham Invitational 2 | 11-16-2018 |          | 2:20.96  |         | 1:02.96 |          |          |          |            |
| AF vs BHS vs WHS 11-28 | 11-28-2018 | 2:09.20  |          |         |         |          | 5:58.49  |          |            |
| 2018 PCHS Swimvitation | 12-01-2018 |          | 2:22.19  |         | 1:04.10 |          |          |          |            |
| Judge Holiday Invitati | 12-14-2018 |          | 2:17.84  |         | 1:01.57 | 55.88    |          |          |            |

2015-2016 2016-2017 2017-2018 2018-2019

