

Seth Helton

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
Kearns @ Hunter	11-15-2018			32.97		1:13.21			
Murray @ Kearns	11-20-2018			32.08		1:13.08			
Copper Hills, WJ @ Kea	11-27-2018			31.05		1:11.95			
Wasatch @ Kearns	12-08-2018			30.49		1:10.76			
Kearns @ Cyprus	12-13-2018			31.29		1:11.62			
2018.12.21 Granite Dis	12-21-2018			29.95		1:10.20			
Granger @ Kearns	01-03-2019			29.45					1:24.37
AF @ Kearns	01-10-2019			29.49		1:08.35			
Kearns @ Hillcrest	01-17-2019			32.87					
BRI @ Kearns	01-22-2019			29.57		1:07.66			
Region 2 Championship	01-26-2019			28.14		1:04.31			

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

