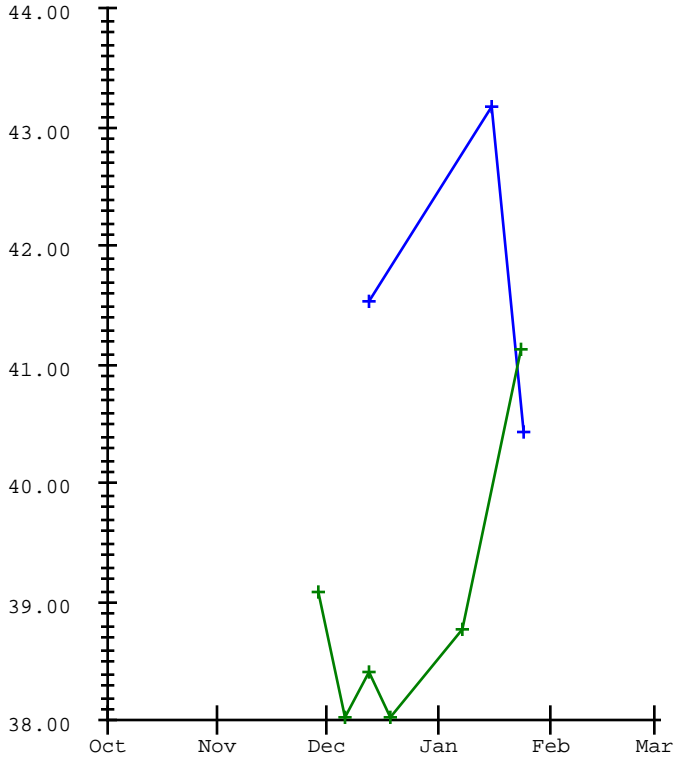


Adam Howes

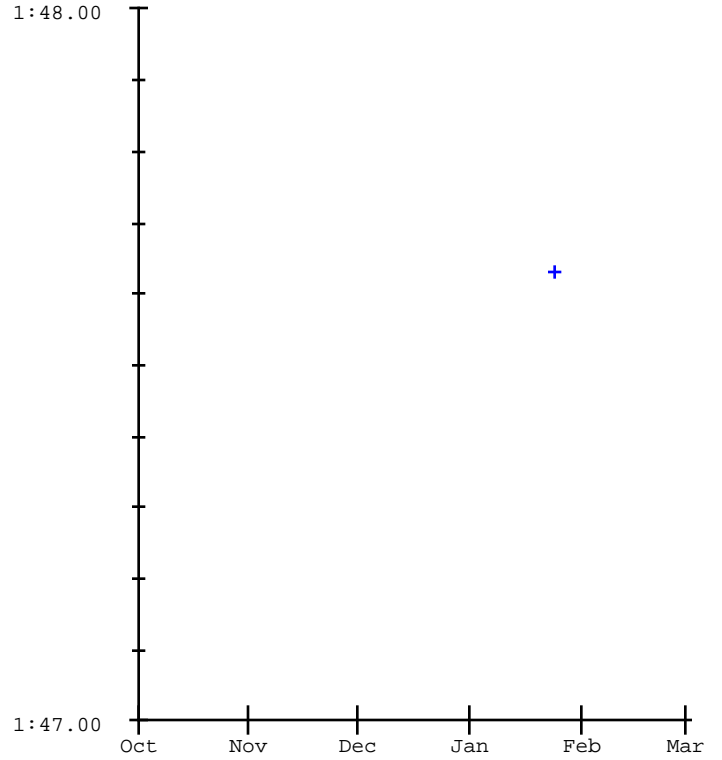
Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2017-2018 Best Times				40.44				1:47.63	1:50.87
Hunter & ALA @ Mountai	11-29-2018			39.08					1:49.96
Wasatch @ Timpanogos	12-06-2018			38.03					
Riverton ALA @ West Jo	12-13-2018			38.42					
PHS v MMHS v SF v ALA	12-19-2018			38.03					
Wasatch Academy Jan 8	01-08-2019			38.77					1:44.08
Region 14 Championship	01-24-2019			41.13					

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

50 Free



100 Back



100 Breast

