

# Jacob Swainston

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2021-2022 Best Times				29.50		1:05.91			
2022-2023 Best Times				28.50		1:02.09		1:18.78	
2023-2024 Best Times		2:21.50		26.88		1:00.54		1:21.78	
Pre Region 24	11-02-2024			27.91		1:02.71			
Wasatch Kickoff Invite	11-09-2024			27.85		1:01.16			
Wasatch at Olympus	11-19-2024			28.09		1:04.98			
2024 Thanksgiving Invi	11-22-2024			28.05		1:01.10			
Wasatch Winter Invite	12-13-2024			27.80		1:01.07			
Red Rock HS Invite - J	01-10-2025			28.50		1:01.00			
Wasatch v. Union & Mo	01-14-2025			27.89			6:30.67		
Region 7 Championships	01-24-2025			26.82		59.63			

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

