

Alexis Nackos

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2018-2019 Best Times		2:40.56		30.14		1:12.11	7:00.09	1:27.43	
2019-2020 Best Times		2:25.38	3:03.18	29.22		1:03.75	6:43.03	1:29.57	
Wasatch v. Payson20	11-05-2020			29.04		1:05.71			
SHS v PHS	12-03-2020	2:40.60				1:07.02			
PHS v MMHS	12-10-2020			28.99		1:04.81			
Battle of the Sexes (P	12-16-2020			29.53		1:07.22			
Payson@EHS	12-17-2020	2:28.42				1:04.75			
Red Rock Invite	01-08-2021			28.55		1:03.20			
PHS v PROVO 1-19	01-19-2021					1:01.40			
Payson @ CV	01-23-2021			28.24		1:01.20			
Region 8 Swim Champion	02-05-2021			28.10		1:01.63			

2017-2018 2018-2019 2019-2020 2020-2021

