

# Sam Cowan

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
Judge @ Hunter	11-03-2020					1:02.33			1:20.75
Judge at West	11-05-2020	2:23.97					6:40.64		
Judge Memorial @ Bear	12-10-2020			27.07		1:02.79			
Judge and SAHS at JDCH	12-19-2020		2:41.94					1:18.83	
North Summit, Judge @	01-12-2021			27.60					1:18.55
Judge @ Hunter	01-21-2021						6:23.53		1:19.15
Region 13 Swim Champio	01-29-2021						6:09.68		1:14.62
3A Mens State Champion	02-12-2021						5:46.73		1:10.60

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

