

# Ashton Cook

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2021-2022 Best Times									
2022-2023 Best Times			3:44.99			1:26.49		1:44.86	1:55.04
2023-2024 Best Times		2:36.08	3:00.68	32.38	1:24.58	1:10.70	7:02.10	1:25.80	1:30.84

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

