

# Emma Henderson

| 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   |            |          |          |         |         |          |          |          |            |
| 2023-2024 Best Times   |            |          |          |         |         |          |          |          |            |
| Brighton Polar Plunge  | 11-01-2024 |          |          | 46.52   |         | 1:45.08  |          |          |            |
| Taylorville @ Brighto  | 11-08-2024 |          |          | 44.95   |         | 1:42.30  |          |          |            |
| Skyline @ Brighton     | 11-15-2024 |          |          | 43.81   |         | 1:40.15  |          |          |            |
| East & Judge w/ Bright | 11-21-2024 |          |          | 46.25   |         |          |          |          |            |
| West @ Brighton        | 12-10-2024 |          |          | 43.72   |         | 1:40.11  |          |          |            |
| Alta @ Brighton        | 12-19-2024 |          |          | 45.20   |         | 1:42.81  |          |          |            |
| Pleasant Grove @ Brigh | 12-20-2024 |          |          | 45.76   |         | 1:45.38  |          |          |            |
| Brighton at Olympus    | 01-09-2025 |          |          | 46.36   |         | 1:40.76  |          |          |            |
| Highland @ Brighton    | 01-17-2025 |          |          | 43.22   |         | 1:35.71  |          |          |            |
| Brighton @ Kearns      | 01-21-2025 |          |          | 43.52   |         | 1:36.37  |          |          |            |
| Region 6 Championships | 01-31-2025 |          |          | 44.18   |         | 1:35.04  |          |          |            |

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

