

Macy Allred

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2020-2021 Best Times									
2021-2022 Best Times									
2022-2023 Best Times									
Hillcrest@GCHS (2023-24)	11-03-2023			29.99		1:10.31			
The Mustang Invitation	11-11-2023	2:32.10				1:08.50			
Bingham Invite	11-18-2023	2:32.96		29.90		1:07.78			
Green Canyon @ Bear Ri	12-07-2023	2:31.15			1:30.48				
Ridgeline @GCHS (2023-24)	12-14-2023	2:28.06				1:08.19	6:49.65		
2023 Sentinel Sprinter	12-16-2023			30.68		1:07.30			
Green Canyon @ Sky Vie	12-19-2023	2:22.08					6:44.49		
Logan @GCHS (2023-24)	01-04-2024	2:24.73				1:08.51	6:35.89		
MC vs GC	01-11-2024						6:42.07		
Cedar January Invite 2	01-12-2024	2:25.04		30.40		1:06.95			
Last Chance @GCHS (2024)	01-27-2024	2:24.26				1:06.79			
Region 11 Championship	02-03-2024	2:23.15					6:40.23		

2020-2021 2021-2022 2022-2023 2023-2024

