

Derek Shamrell

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									
24-25 MRHS @ Herriman	11-02-2024			31.15					
24-25 Timpanogos @ Her	11-05-2024			31.77		1:14.28			
Jordan District Champi	11-15-2024			29.72					
2004 Turkey Bowl	11-26-2024					1:10.32			
Herriman @ Bingham	12-03-2024			30.17					
24-25 Riverton @ Herri	12-10-2024				1:20.92		7:31.17		
CHHS vs Herriman	12-19-2024	2:37.88		32.34					
Herriman@Jordan	01-10-2025			28.72		1:06.91			
24-25 Corner Canyon @	01-11-2025			28.82	1:27.38	1:09.15			
Herriman @ West	01-14-2025						7:01.29		
Region 2 Championships	01-25-2025			28.04	1:19.23				

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

