

# Matthew Allred

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									
2024 Region 8 Opener	11-02-2024			30.95		1:14.80			
Mountain View & Timpan	11-13-2024								1:40.16
2024 Thanksgiving Invi	11-22-2024			29.59		1:11.84			
THS, MVHS, Provo, Maes	12-04-2024			30.44				1:30.97	
Wasatch Winter Invite	12-13-2024		3:16.37	30.37		1:12.75			
Alpine District Invite	12-14-2024	2:38.47		29.50					
2025 Senior Night	01-08-2025			30.02			7:53.06		
Red Rock HS Invite - J	01-10-2025			29.04					1:30.01
Region 8 Championships	01-24-2025								1:27.79

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

