

Samuel Gifford

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			30.85		1:17.18			
24-25 Timpanogos @ Her	11-05-2024			30.64					
Mountain View & Timpan	11-13-2024			32.40				1:41.93	
Volunteers Meet 24	11-20-2024					1:10.39			1:52.44
2024 Thanksgiving Invi	11-22-2024			31.18				1:41.36	
THS, MVHS, Provo, Maes	12-04-2024			30.69					1:51.31
2024 Payson vs. Mt. Vi	12-12-2024	2:41.89				1:12.80			
Wasatch Winter Invite	12-13-2024			30.15		1:12.35			
2025 Senior Night	01-08-2025			29.53		1:12.03			
Red Rock HS Invite - J	01-10-2025	2:36.41		29.71					
Hillcrest vs Timpanogo	01-14-2025			28.27			7:16.41		
Region 8 Championships	01-24-2025	2:27.07		27.73			6:57.46		

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

