

# Isaac Cowie

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		2:25.35		26.45		59.39	6:11.72		
2022-2023 Best Times		1:54.77	2:27.60	25.15		56.29	5:24.42	1:09.43	
Region VIII Opening Me	11-04-2023	2:03.08		25.46	1:04.09				
2023 Nebo Invitational	11-11-2023			25.13					
Payson v Provo and SHH	11-14-2023		2:29.50	25.38		54.86			
2023 Thanksgiving Invi	11-17-2023	1:59.23		24.90			5:27.15		
Payson@Logan	11-29-2023			24.89			5:41.97		
Payson v Orem and Sprin	12-05-2023	2:01.12						1:09.11	
Red Rock Invitational	01-05-2024	1:56.08					5:20.57		
2024 Payson vs. Mt. Vi	01-09-2024								1:19.18
2024 Salem Hills vs. P	01-11-2024			24.49					1:19.78
Payson, North Sanpete@	01-16-2024	2:02.41		24.60		54.12			
Region VIII Championsh	02-02-2024	1:54.44				51.96	5:17.26		
4A Utah High School St	02-16-2024	1:54.05		23.78			5:11.59		

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

