

Ian Capener

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2020-2021 Best Times		2:21.16	2:35.50	28.69	1:10.08	1:04.15	6:25.11	1:14.87	1:17.90
2021-2022 Best Times		2:03.89	2:26.75	26.71	1:07.75	59.15	6:05.43	1:15.09	1:13.79
2022-2023 Best Times		2:04.94	2:16.77	25.98	1:04.33	58.29	5:46.96	1:06.07	1:09.38
2324 Box Elder Invite	11-04-2023		2:17.62						1:09.67
Box Elder @ HHS 11.7.2	11-07-2023			26.43	1:02.06				
2324 Roy and Bonneville	11-09-2023			25.58				1:03.99	
2023 Nebo Invitational	11-11-2023				1:01.96				1:10.54
2023 Thanksgiving Invi	11-17-2023				1:01.57				1:09.62
Fremont, Box Elder @ O	11-28-2023		2:16.33			57.35	5:50.55		

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

