

Cale Frost

| 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 | | 2:33.21 | 2:56.46 | 29.60 | | 1:07.30 | | | 1:33.08 |
| 2023-2024 Best Times | | | | 28.16 | 1:11.97 | 1:05.84 | | | 1:23.44 |
| 2425 Box Elder Invite | 11-02-2024 | | | | 1:11.23 | | | | 1:21.28 |
| Wolves Time Trials | 11-14-2024 | | 2:41.02 | | 1:12.22 | | | | 1:21.61 |
| Bingham Invite 24 | 11-23-2024 | | | | 1:11.63 | | | | 1:20.56 |
| 2024 Sentinel Sprinter | 12-07-2024 | | | 28.67 | | 1:04.00 | | | |
| Green Canyon & Sky Vi | 12-10-2024 | | | 27.91 | 1:09.37 | | | | |
| MC/GC @ LHS | 12-19-2024 | | | 27.52 | 1:12.30 | | | | |
| sundevilsfri25@GRAND | 01-03-2025 | | | 27.25 | | 1:01.96 | | | |
| sundevilssat25@GRAND | 01-04-2025 | | | | 1:09.42 | | | | 1:19.35 |
| BRHS @GCHS Sr Night (2 | 01-16-2025 | | | 27.64 | 1:12.37 | | | | |
| Last Chance @GCHS | 01-18-2025 | | | | 1:10.71 | | | | 1:18.19 |
| Region 11 Championship | 01-24-2025 | | | | 1:04.65 | | | | 1:15.55 |

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

