

Ephraim Gough

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		2:30.99	2:46.05	31.28	1:26.46	1:08.26	6:34.33	1:25.79	1:32.41
Grand Kickoff Meet	11-01-2024		2:47.47		1:25.11				
Cedar City Nov Meet 20	11-08-2024	2:23.64			1:20.77				
GHS, MHS, NSHS @ RHS 1	11-14-2024				1:13.62		6:43.21		
EHS, GHS, MHS @ RHS 11	11-15-2024			28.97		1:03.50			1:25.45
Carbon & Delta @ RHS	11-21-2024	2:20.78						1:17.12	
RHS & DHS @ MHS	12-10-2024		2:41.07			1:08.05			
Manti Home Meet 12-17-	12-17-2024	2:24.18							1:25.74
Richfield @ Emery High	12-18-2024				1:17.35		6:27.94		
sundeilvsfri25@GRAND	01-03-2025		2:42.10				6:30.15		
sundeilvsst25@GRAND	01-04-2025	2:20.50			1:16.52				
Cedar Jan Meet 2025	01-10-2025	2:20.29					6:32.82		
Hurricane & Grand @ Ri	01-15-2025		2:37.23					1:17.23	

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

