

Josh Emmett

| Meet                   | Date       | 200 Free | 200 I.M. | 50 Free | 100 Fly | 100 Free | 500 Free | 100 Back | 100 Breast |
|------------------------|------------|----------|----------|---------|---------|----------|----------|----------|------------|
| 2022-2023 Best Times   |            |          |          |         |         |          |          |          |            |
| 2023-2024 Best Times   |            |          |          |         |         |          |          |          |            |
| 2024-2025 Best Times   |            |          |          | 30.71   |         | 1:11.83  |          |          |            |
| Pirate Pentathlon      | 11-01-2025 |          |          | 31.93   |         |          |          | 1:37.59  |            |
| Hillcrest @ West 11-18 | 11-18-2025 |          |          | 30.94   |         |          |          | 1:36.30  |            |
| Hillcrest vs Cyprus    | 11-20-2025 |          |          | 32.09   |         |          |          | 1:39.39  |            |
| Hillcrest vs West Fiel | 12-09-2025 |          |          | 30.36   |         | 1:10.57  |          |          |            |
| Canyons District Champ | 12-16-2025 | 2:59.53  |          |         |         |          |          |          |            |
| Hillcrest at West Jord | 01-08-2026 |          |          |         |         |          | 8:31.09  |          |            |
| Hillcrest vs Mountain  | 01-13-2026 |          |          | 30.93   |         |          |          | 1:32.56  |            |
| Hillcrest vs Clearfiel | 01-20-2026 |          |          | 30.13   |         |          |          |          |            |
| Hillcrest @ Granger 1. | 01-22-2026 |          |          | 30.63   |         | 1:13.08  |          |          |            |
| Region 4 Championships | 02-06-2026 |          |          | 28.08   |         | 1:05.76  |          |          |            |

2022-20232023-20242024-20252025-2026

