

Connor Cook

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		2:24.23	2:44.70	27.42	1:29.36	1:00.89	6:44.80	1:18.85	1:18.17
2526 Box Elder Invite	11-01-2025			26.88					1:15.41
Region 1 Time Trial 25	11-13-2025			26.04					
2025 Thanksgiving Invi	11-21-2025			25.24					1:12.17
Weber, Hillcrest @ Fre	11-25-2025			25.12			6:20.00		
Farmington @ Weber	12-02-2025	2:11.93				59.88			
Weber @ Davis	12-11-2025			26.77					1:12.25
City County Championsh	12-13-2025			25.14					1:11.28
WF @ Weber	12-18-2025			25.98				1:10.33	
WX v Weber	12-19-2025					58.57			1:13.16
Weber @ Brighton	01-09-2026			26.31					1:12.65
WHS, BHS, NHS @ Layton	01-22-2026		2:37.83			1:00.85			
Region 1 Championships	02-06-2026			24.72					1:08.92
6A Utah High School St	02-20-2026			24.35					

2022-2023 2023-2024 2024-2025 2025-2026

