

Macy Allred

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		2:22.08		29.90	1:30.49	1:06.79	6:35.89		
2024-2025 Best Times		2:15.25	2:44.20	28.66	1:15.18	1:02.42	6:07.20	1:18.55	
Green Canyon @ Bear Ri	11-04-2025	2:26.25					6:51.28		
2025 Wolves Time Trial	11-13-2025		2:41.88					1:14.88	1:24.78
Region Invite 2025	11-21-2025		2:43.78					1:15.11	
Bingham Invitational	11-22-2025	2:18.61					6:24.67		
North Region Invitatio	12-12-2025				1:16.31			1:16.05	
25-26 Sentinel Invite	12-13-2025				1:16.44				1:26.38
sundevilsfri26@grand	01-02-2026	2:20.31				1:02.41	6:26.54		
sundevilssat26@grand	01-03-2026			28.30		1:05.04	6:27.05		
Quad Meet 8Jan2026 - c	01-08-2026		2:43.22			1:03.94		1:17.24	
2025-26 Wolves Distanc	01-10-2026	2:20.90					6:32.36		
2025-26 Last Chance	01-24-2026			28.12		1:02.91			
Region 11 Championship	01-29-2026	2:14.69					6:15.69		
4A Utah High School St	02-13-2026	2:15.92					6:16.68		

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

