

Matt Francom

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			2:53.66	25.59		56.79			
2024-2025 Best Times				23.58		52.72	6:29.96		
Pre-Region Meet - copi	11-01-2025			25.09		56.05			
LP, PG @ AF	11-05-2025			24.23		53.86			
Richard Coston Invitat	11-07-2025			24.11		55.11			
SPRV v PG SF	11-19-2025			24.00		54.40			
Bingham Invitational	11-22-2025			24.57		53.86			
Salem, SF, TV @pg	12-10-2025			23.85		54.43			
Swimvitational 26	01-17-2026			23.92		54.06			
LP, AF @ PG 2026	01-21-2026			23.65		53.08			
Region 7 Swim Champion	02-07-2026			23.22		52.13			
5A Utah High School St	02-20-2026			23.81		51.84			

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

