

Derek Mower

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		3:04.93		36.49		1:12.77			1:28.12
2024-2025 Best Times		2:28.91	2:46.12	29.77	1:22.90	1:05.89	7:15.10	1:27.04	1:16.93
Pre-Region Meet - copi	11-01-2025			29.73		1:09.26			
2025 Nebo Invitational	11-08-2025	2:34.33						1:18.51	
MMHS vs PHS vs SHHS	11-13-2025			28.09		1:03.70			1:17.32
2025 Thanksgiving Invi	11-21-2025		2:43.53	28.44					
2025 CV Invite	12-05-2025		2:40.38	28.16	1:15.35				
Salem, SF, TV @pg	12-10-2025				1:14.59				1:18.71
SHS Holiday Invite	12-20-2025			28.04		1:01.03			
Salem Hills vs Springv	01-08-2026					1:00.27			1:15.62
Salem Hills vs SF, PG	01-15-2026					59.32	6:42.22		
Salem Hills vs Maple M	01-22-2026				1:06.16				1:15.13
Region 7 Swim Champion	02-07-2026				1:03.29	59.22			1:16.08

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

