

Alonna Gilchrist

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									
2526 Box Elder Invite	11-01-2025			43.67				2:05.78	
SHS @ CHS 25	11-04-2025			41.97		1:37.26			
Wasatch Kickoff Invite	11-08-2025			40.30		1:39.34			
Region 1 Time Trial 25	11-13-2025			37.88					
2025 Thanksgiving Invi	11-21-2025			38.96		1:31.47			
BHS vs CHS @ SHS	12-02-2025			39.21					
Farmington @ Syracuse	12-09-2025			37.35		1:27.40			
Wasatch Winter Invite	12-12-2025			41.54		1:34.30			
2025 Davis District	12-20-2025	3:13.38							
Layton @ Syracuse	01-08-2026	3:27.83				1:31.18			
Syracuse @ Weber	01-15-2026					1:28.41		1:53.56	
Syracuse @ Davis	01-20-2026	3:29.29		41.04					
Region 1 Championships	02-06-2026			38.01		1:30.30			

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

