

Helen Howard

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									
Pre-Region Meet - copi	11-01-2025			35.62				1:31.92	
2025 Nebo Invitational	11-08-2025			36.08				1:31.66	
MMHS vs PHS vs SHHS	11-13-2025			36.27		1:25.94			

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

