

Helen Howard

| Meet                 | Date | 200 Free | 200 I.M. | 50 Free | 100 Fly | 100 Free | 500 Free | 100 Back | 100 Breast |
|----------------------|------|----------|----------|---------|---------|----------|----------|----------|------------|
| 2023-2024 Best Times |      |          |          |         |         |          |          |          |            |
| 2024-2025 Best Times |      |          |          |         |         |          |          |          |            |
| 2025-2026 Best Times |      |          |          | 35.62   |         | 1:25.94  |          | 1:31.66  |            |

2023-2024 2024-2025 2025-2026 2026-2027

