

Rachel Allen

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			31.89					1:37.29
MMHS vs PHS vs SHHS	11-13-2025			31.27		1:14.70			
CDRV v MM v SPRV - cop	11-22-2025	2:57.17		31.26					1:35.54
PHS v SHS, Union and M	12-11-2025			29.81				1:24.93	
SHS Holiday Invite	12-20-2025		3:08.81			1:09.41			
Salem Hills vs Springv	01-08-2026			29.63					
Cedar Jan Senior Meet	01-16-2026					1:07.11			1:27.34
Salem Hills vs Maple M	01-22-2026	2:36.49						1:23.16	

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

