

Alyson Swallow

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									
LP, PG @ AF	11-05-2025			30.71	1:36.65	1:13.79			
Pre-Region 3 Invite	11-20-2025			29.82				1:15.65	
Alpine Distrcit Invite	12-13-2025			29.83		1:05.67			
Skyridge vs AF Dual	12-17-2025					1:07.85		1:15.81	
SKR,AF,HRM@CDRV	01-07-2026			30.68				1:20.43	
AF & CC @ Kearns	01-14-2026			31.00				1:19.42	
LP, AF @ PG 2026	01-21-2026			29.93		1:06.88			
Region 3 Championship	01-31-2026			29.60		1:06.20			

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

