

John Palmer

| 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   |            |          |          |         |         |          |          |          |            |
| Judge + Vanguard + Rol | 11-07-2025 |          |          | 29.05   |         | 1:06.98  |          |          |            |
| Vanguard Charter @ Cop | 11-11-2025 |          |          | 29.42   |         | 1:05.89  |          |          |            |
| Bonneville, Roy, Vangu | 12-02-2025 |          |          | 28.28   |         |          |          | 1:29.87  |            |
| Gunnison and Vanguard  | 12-10-2025 | 2:32.78  |          | 29.06   |         |          |          |          |            |
| seniormeet26@grand     | 01-09-2026 |          | 2:51.38  |         |         |          | 7:09.75  |          |            |
| Vanguard and West @ Gr | 01-15-2026 |          |          | 28.57   |         |          |          |          | 1:29.95    |
| 2A Northern Region 202 | 01-29-2026 |          |          |         |         | 1:05.25  |          |          |            |
| 2A Utah High School St | 02-12-2026 |          |          | 27.27   |         | 1:03.80  |          |          |            |

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

