

Alvin Howes

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				29.67		1:07.42			
Richard Coston Invitat	11-07-2025					1:04.78			
Manti Delta Richfield	11-25-2025			27.91		1:03.47			
winter sun fri @grand	12-05-2025			27.22		1:04.27			
winter sun sat @grand	12-06-2025			27.60		1:04.92			
Jingle Bell Splash - c	12-11-2025			27.45		1:05.47			
N. Sanpete, Juab and R	12-18-2025			27.17		1:08.58			
Delta & Maeser @ Milla	01-09-2026			27.34		1:06.88			
Manti @ Delta	01-15-2026			26.82		1:04.74			
Hurricane, Delta, @ RH	01-21-2026			26.52		1:04.47			
Last Chance Invitation	01-24-2026			27.43		1:04.63			
Region 14 Championship	01-30-2026			28.13		1:05.25			
3A Utah High School St	02-13-2026			26.47		1:04.63			

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

