

Alvin Howes

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				29.67		1:07.42			
2025-2026 Best Times				26.47		1:03.47			

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

