

Cody Howard

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		2:36.67		30.43		1:15.00		1:37.00	1:27.40
2024-2025 Best Times		2:22.78	2:27.36	27.19	1:29.76	1:04.04	6:50.53	1:17.57	1:16.49
Richard Coston Invitat	11-07-2025		2:33.55						1:16.71
Emery & Uintah @ Union	11-12-2025	2:20.23						1:13.32	
Juab, Delta, N Sanpete	11-18-2025			26.50	1:15.50	1:03.68			
Nov 20 Emery Grand Man	11-20-2025					1:01.60			1:19.79
Grand, Carbon@ EHS	11-25-2025			27.25			6:59.68		
Emery, Uintah @ Carbon	12-10-2025	2:23.10							1:17.68
Union, Carbon@ EHS	12-12-2025		2:34.93	26.99				1:12.51	
THS Mel Roberts Invita	12-19-2025			26.68					1:13.94
Richfield, Manti@ EHS	01-06-2026		2:30.92					1:09.79	
seniormeet26@grand	01-09-2026				1:13.86				1:18.27
Last Chance Invitation	01-24-2026		2:30.84			58.34			
Region 13 Championship	01-30-2026		2:28.13						1:14.42
3A Utah High School St	02-13-2026		2:21.78						1:12.27

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

