

Ryker W Poulos

| Meet                   | Date       | 200 Free | 200 I.M. | 50 Free | 100 Fly | 100 Free | 500 Free | 100 Back | 100 Breast |
|------------------------|------------|----------|----------|---------|---------|----------|----------|----------|------------|
| 2022-2023 Best Times   |            | 2:15.93  | 2:27.85  | 27.50   | 1:04.82 | 1:00.18  | 6:15.19  |          | 1:19.87    |
| 2023-2024 Best Times   |            | 2:00.65  | 2:16.08  | 25.10   | 57.74   | 54.86    | 5:43.44  | 58.14    | 1:12.71    |
| 2024-2025 Best Times   |            | 1:54.21  | 2:05.67  | 23.81   | 53.39   | 50.49    | 5:17.18  | 54.38    | 1:03.17    |
| Richard Coston Invitat | 11-07-2025 |          | 2:04.16  |         |         | 50.13    |          | 55.65    |            |
| Panther Invite         | 11-14-2025 |          |          |         | 54.49   |          |          |          | 1:04.70    |
| CVHS @ HURR            | 11-22-2025 |          |          | 23.44   | 54.19   | 50.69    |          |          |            |
| Turkey Tuesday Meet    | 11-25-2025 |          | 2:03.61  |         | 56.30   |          |          |          |            |
| Red Rock Invite        | 01-10-2026 |          |          | 23.15   |         | 50.69    |          |          | 1:02.59    |
| Cedar Jan Senior Meet  | 01-16-2026 | 1:53.83  |          |         | 54.02   |          |          |          |            |
| Highland + Canyonview  | 01-23-2026 |          | 2:05.76  | 24.69   |         |          |          |          | 1:04.72    |
| Canyonview @ JD        | 01-24-2026 |          |          |         |         | 56.01    | 6:33.06  |          | 1:05.59    |
| Region 14 Championship | 01-30-2026 |          |          |         | 53.23   | 51.00    |          |          | 1:03.22    |
| 3A Utah High School St | 02-13-2026 |          |          |         | 51.43   | 49.43    |          |          | 1:01.86    |

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

