

Henry Helgesen

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2022-2023 Best Times		2:26.47	2:44.60	29.85	1:23.33	1:06.45	7:07.81	1:41.91	1:21.33
2023-2024 Best Times		2:09.21	2:21.52	23.96	1:08.59	55.64	6:24.51	1:05.58	1:05.99
2024-2025 Best Times		1:55.36	2:10.70	22.39	1:02.86	49.99		1:02.60	58.29
VHS 7Nov25 Meet	11-08-2025						5:10.25		
Viewmont @ Alta	11-14-2025			22.58				1:01.35	
2025 Thanksgiving Invi	11-21-2025			21.91		48.38			58.20
Viewmont @ Skyline	12-12-2025		2:07.89					1:02.38	
Region 6 Championships	02-07-2026		2:06.41						58.48
5A Utah High School St	02-20-2026			22.35		48.71			57.18

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

