

Ross White

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									
MMHS vs PHS vs SHHS	11-13-2025			30.60		1:10.90			
CDRV v MM v SPRV - cop	11-22-2025	2:40.29							
MMHS v BHS v SFHS	12-04-2025			30.72					1:32.06
SHS Holiday Invite	12-20-2025	2:44.04				1:09.76			
Salem Hills vs Springv	01-08-2026			30.26		1:09.77			
Salem Hills vs Maple M	01-22-2026			29.87					1:28.86
Region 7 Swim Champion	02-07-2026	2:33.24		29.54		1:07.38			

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

