

Henry Long

| 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   |            | 1:49.78  |          | 24.21   | 57.85   | 53.08    | 4:53.74  | 58.19    |            |
| 2024-2025 Best Times   |            | 1:48.34  | 2:04.13  | 23.43   | 56.67   | 50.41    | 4:52.69  |          | 1:14.52    |
| WX, BHS, Olympus       | 11-14-2025 |          |          | 23.53   | 55.13   |          |          |          | 1:12.12    |
| Brighton, LonePeak, WX | 11-15-2025 |          | 2:10.20  |         |         | 49.72    |          |          |            |
| 2025 Thanksgiving Invi | 11-21-2025 |          | 2:03.49  |         | 54.29   |          |          |          |            |
| 2025 Davis District    | 12-20-2025 | 1:51.49  |          |         |         |          |          | 53.80    |            |
| Mayor's Cup 2026       | 01-16-2026 |          |          |         |         |          | 5:07.10  |          | 1:11.99    |
| Region 6 Championships | 02-07-2026 | 1:45.98  |          |         | 53.45   |          |          |          |            |
| 5A Utah High School St | 02-20-2026 | 1:45.34  |          |         |         | 50.11    |          | 51.58    |            |

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

