

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

