

Ephraim Gough

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		2:30.99	2:46.05	31.28	1:26.46	1:08.26	6:34.33	1:25.79	1:32.41
2024-2025 Best Times		2:20.29	2:27.90	28.97	1:12.38	1:03.50	5:53.90	1:17.12	1:25.45
Nov 20 Emery Grand Man	11-20-2025		2:34.08		1:09.70				
Manti Delta Richfield	11-25-2025				1:04.16	59.11			
winter sun fri @grand	12-05-2025		2:28.92	25.25	1:07.13				
winter sun sat @grand	12-06-2025			25.32				1:11.46	
Richfield vs. Grantsvi	12-11-2025			24.62			6:01.98		
Richfield vs. Grantsvi	12-12-2025	2:09.63			1:05.21				
N. Sanpete, Juab and R	12-18-2025			25.24	1:07.73				
Cedar Jan Senior Meet	01-16-2026			25.11	1:04.40				
Hurricane, Delta, @ RH	01-21-2026				1:06.90	58.49			
Region 14 Championship	01-30-2026			25.01	1:05.93				
3A Utah High School St	02-13-2026			24.68	1:03.52				

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