

Jack Cowles

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									
CDRV v MM v SPRV - cop	11-22-2025			31.39				1:21.59	
MMHS v BHS v SFHS	12-04-2025					1:08.80			
PHS v SHS, Union and M	12-11-2025	2:47.12		31.17					
SHS Holiday Invite	12-20-2025					1:10.30		1:26.25	
Salem Hills vs Springv	01-08-2026					1:07.61		1:21.81	
Salem Hills vs Maple M	01-22-2026	2:37.48						1:17.94	

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

