

Adam A Ekyem-Mensah

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									
Region 8 Opener 25	11-01-2025			27.04					1:17.43
Provo vs. Mountain Vie	11-24-2025			27.01					
Alpine Distrcit Invite	12-13-2025					1:02.85			
Red Rock Sprint Meet	01-09-2026			26.85					
Red Rock Invite	01-10-2026								1:19.69
Hillcrest vs Mountain	01-13-2026		2:40.98						
2026 THS Senior Night	01-14-2026			26.71					
Battle for the Paddle	01-21-2026			26.92					1:18.98
Region 8 Championships	01-30-2026			26.47					1:15.70

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

