

Rowen L Grierson

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		2:59.91		34.09		1:19.38	8:59.87	1:35.85	1:29.10
2024-2025 Best Times		2:35.46	2:42.96	30.13		1:03.81	7:11.27		1:18.35
Region 8 Opener 25	11-01-2025		2:32.02						1:16.17
Volunteers Meet 25	11-12-2025			28.62			6:21.79		
Mountain View @ Uintah	11-17-2025			28.22					1:17.59
Provo vs. Mountain Vie	11-24-2025	2:15.60				1:01.26			
Quad at Timpanogos	12-04-2025				1:20.40			1:11.71	
Alpine Distrcit Invite	12-13-2025		2:34.96			1:01.90			
Red Rock Sprint Meet	01-09-2026			29.66					
Red Rock Invite	01-10-2026								1:17.56
Hillcrest vs Mountain	01-13-2026		2:33.76					1:12.44	
2026 THS Senior Night	01-14-2026	2:17.12				1:00.34			
Battle for the Paddle	01-21-2026		2:33.88						1:16.45
Region 8 Championships	01-30-2026		2:34.19						1:14.22

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

