

Quinn Rammell

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		2:15.56	2:45.29	28.12		1:01.34	6:25.28	1:18.52	1:27.99
2024-2025 Best Times		2:05.32	2:32.87	26.86	1:12.29	58.36	5:53.61	1:10.54	1:17.79
Region 8 Opener 25	11-01-2025	2:07.27			1:07.67				
Volunteers Meet 25	11-12-2025	2:05.68						1:09.15	
Provo vs. Mountain Vie	11-24-2025			25.11			5:57.95		
Quad at Timpanogos	12-04-2025		2:26.90						1:19.23
Alpine Distrcit Invite	12-13-2025	2:11.01				57.83			
TV, SF, Maeser@MVHS	12-17-2025	2:10.59						1:09.89	
Red Rock Sprint Meet	01-09-2026			25.15					
Red Rock Invite	01-10-2026			24.84			6:00.92		
Hillcrest vs Mountain	01-13-2026			25.05				1:14.56	
2026 THS Senior Night	01-14-2026		2:30.87			57.83			
Battle for the Paddle	01-21-2026	2:14.20							
Region 8 Championships	01-30-2026	2:02.88				55.79	5:58.67		

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

