

Nicole Williams

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		2:57.58	3:19.92	31.77	1:24.52	1:11.67	8:19.57	1:35.61	
Region 8 Opener 25	11-01-2025		2:59.86		1:22.50				
Mountain View @ Uintah	11-17-2025			32.15		1:14.44			
Provo vs. Mountain Vie	11-24-2025			31.37					
Quad at Timpanogos	12-04-2025			31.55				1:25.21	
Alpine Distrcit Invite	12-13-2025			33.16		1:14.21			
Red Rock Sprint Meet	01-09-2026			32.92					
Red Rock Invite	01-10-2026			33.34		1:14.43			
Hillcrest vs Mountain	01-13-2026			32.61					1:45.92
2026 THS Senior Night	01-14-2026			32.64		1:15.03			
Battle for the Paddle	01-21-2026			33.18					
Region 8 Championships	01-30-2026			33.84					

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

