

Joseph Thomas

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2022-2023 Best Times		2:22.45	2:46.90	30.41	1:20.72	1:05.39	6:27.99	1:14.00	1:28.40
2023-2024 Best Times		2:14.98	2:42.52	29.20	1:25.33	1:04.33	6:00.69	1:16.14	1:28.52
2024-2025 Best Times		2:14.07	2:34.33	28.81	1:14.68	1:01.84	5:53.59	1:11.59	1:24.76
Region 8 Opener 25	11-01-2025					1:06.07	6:13.16		1:27.30
Richard Coston Invitat	11-07-2025			29.35				1:12.20	
Emery & Uintah @ Union	11-12-2025	2:21.31					6:14.49		
Mountain View @ Uintah	11-17-2025		2:46.75			1:05.50			
Provo vs. Mountain Vie	11-24-2025			30.04	1:20.32	1:06.10		1:14.43	
Emery, Uintah @ Carbon	12-10-2025		2:45.83						1:27.25
THS Mel Roberts Invita	12-19-2025	2:16.75					6:04.62		
Orem and Union @ Uinta	01-09-2026			29.44					1:26.73
Swimvitational 26	01-17-2026					1:03.99		1:15.28	
Tooele @ Uintah Jan 20	01-23-2026						6:08.51	1:14.12	
Region 8 Championships	01-30-2026	2:14.19				1:04.26	5:58.93		

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

