

Sam Gifford

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			25.74		1:00.74			
Volunteers Meet 25	11-12-2025			26.76		1:01.15			
Wasatch Winter Invite	12-12-2025			27.14		1:03.27			
Alpine Distrcit Invite	12-13-2025			26.94			7:02.02		
Timpview Invite 2026	01-02-2026			27.13		1:03.97			
Orem and Union @ Uinta	01-09-2026			27.49		1:04.53			
Battle for the Paddle	01-21-2026			26.70		1:04.29			
Region 8 Championships	01-30-2026			26.05		1:00.81			

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

