

Grace Self

| 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   |            | 3:10.29  | 3:30.35  | 38.81   | 1:41.84 | 1:25.04  |          | 1:41.43  | 1:55.80    |
| Region 8 Opener 25     | 11-01-2025 |          |          |         | 1:44.34 |          |          | 1:34.22  |            |
| Volunteers Meet 25     | 11-12-2025 |          |          | 35.64   |         |          |          |          |            |
| Rowland Hall, Maeser @ | 12-04-2025 |          | 3:34.55  |         |         |          | 8:39.35  |          |            |
| Jingle Bell Splash - c | 12-11-2025 |          |          |         |         |          |          |          | 1:51.23    |
| TV, SF, Maeser@MVHS    | 12-17-2025 |          |          |         | 1:51.00 |          |          | 1:28.85  |            |
| SHS Holiday Invite     | 12-20-2025 |          | 3:29.53  |         |         | 1:20.02  |          |          |            |
| Delta & Maeser @ Milla | 01-09-2026 | 3:01.16  |          | 35.80   |         |          |          |          |            |
| PROVO VS SPANISH FORK  | 01-10-2026 |          |          |         | 1:42.75 | 1:28.20  |          | 1:30.07  |            |
| 2A Northern Region 202 | 01-29-2026 |          |          |         | 1:40.64 |          |          | 1:26.79  |            |
| 2A Utah High School St | 02-12-2026 |          |          |         | 1:38.98 |          |          | 1:27.56  |            |

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

