

# Jonah Saling

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		2:32.43		28.06		1:01.63	6:47.90	1:27.06	1:43.75
2024-2025 Best Times		2:18.22	2:59.43	25.30	1:18.44	1:01.42	6:46.92	1:13.80	1:20.37
Season Opener 2025	11-01-2025			25.96					1:20.44
Greg Fernley Invite 20	11-07-2025			25.09		55.75			
Panther Invite	11-14-2025		2:32.70					1:12.73	
Desert Hills @ Murray	12-06-2025			25.83					
PV DHHS and CRIM	12-11-2025	2:09.61					6:27.18		
Tiger Invite 2025	12-20-2025			24.85	1:13.63				1:19.66
Red Rock Sprint Meet	01-09-2026			26.02		56.69			
Red Rock Invite	01-10-2026			25.34		55.46			
East St Geroge Senior	01-15-2026			24.31		55.38			
The Last Lap	01-24-2026					53.37			
Region 9 Championship	01-31-2026			23.81		51.29			
4A Utah High School St	02-13-2026			23.42		52.75			

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

