

# Lincoln Allen

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		2:24.15	2:38.72	29.82		1:04.16	6:26.45	1:19.94	1:21.64
2024-2025 Best Times		2:17.61	2:34.77	28.25		1:03.23	6:28.71		1:17.30
Pre-Region Meet - copi	11-01-2025			28.30			6:19.38		
2025 Nebo Invitational	11-08-2025					1:02.19		1:11.80	
MMHS vs PHS vs SHHS	11-13-2025	2:14.63							1:19.09
2025 Thanksgiving Invi	11-21-2025			28.66		1:01.31			
PHS v SHS, Union and M	12-11-2025			27.15					
SHS Holiday Invite	12-20-2025	2:15.44				1:01.32			
Red Rock Sprint Meet	01-09-2026			27.66					
Red Rock Invite	01-10-2026	2:15.41				59.89			
Salem Hills vs SF, PG	01-15-2026		2:29.53	27.58					1:17.54
Timpview vs. Springvil	01-22-2026	2:13.02							1:17.96
Senior Night	01-27-2026			26.91			7:05.65		
Region 7 Swim Champion	02-07-2026		2:25.98			58.85	5:49.50		

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

