

# Sam Nelson

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		2:42.09	3:00.14	30.45	1:29.90	1:09.20	7:23.11	1:20.93	1:40.03
2024-2025 Best Times		2:20.73	2:55.16	28.32	1:24.05	1:05.12	6:32.27	1:16.94	1:29.44
2526 Box Elder Invite	11-01-2025				1:13.72			1:12.99	
SHS @ CHS 25	11-04-2025		2:32.22				6:16.53		
Wasatch Kickoff Invite	11-08-2025			26.32	1:12.25				
Region 1 Time Trial 25	11-13-2025			26.60					
2025 Thanksgiving Invi	11-21-2025	2:12.98				58.74			
BHS vs CHS @ SHS	12-02-2025			27.19	1:11.94				
Farmington @ Syracuse	12-09-2025			27.12		59.86			1:22.73
2025 Davis District	12-20-2025			26.51			6:17.39		
Layton @ Syracuse	01-08-2026		2:33.28					1:11.57	
Syracuse @ Weber	01-15-2026		2:36.98				6:18.31		
Syracuse @ Davis	01-20-2026			26.40		1:01.05	6:13.46		
Region 1 Championships	02-06-2026	2:08.64					5:57.39		

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

