

Jillian Heap

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									
2025 Nebo Invitational	11-08-2025			50.60		1:46.73			
Lehi vs Spansih Fork	11-14-2025			42.52		1:42.82			
SPRV v PG SF	11-19-2025			42.97		1:41.13			
MMHS v BHS v SFHS	12-04-2025			43.73				1:59.26	
TV, SF, Maeser@MVHS	12-17-2025			41.16				1:59.91	
SHS Holiday Invite	12-20-2025			38.98				1:51.84	
PROVO VS SPANISH FORK	01-10-2026			38.04				1:49.63	
Salem Hills vs SF, PG	01-15-2026			36.67				1:48.25	
Salem Hills vs Maple	01-22-2026			36.04				1:37.33	
Last Chance Invitation	01-24-2026			36.20				1:40.45	
Region 7 Swim Champion	02-07-2026			33.27				1:34.89	

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

