

# Nel Kowalczyk

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2022-2023 Best Times		2:24.53	2:43.60	32.46	1:11.11	1:05.61	6:40.25	1:08.55	1:31.94
2023-2024 Best Times		2:20.11	2:42.24	31.49	1:20.12	1:08.12		1:08.91	1:31.70
2024-2025 Best Times				30.18		1:06.32		1:09.40	
Judge + Vanguard + Rol	11-07-2025					1:09.61		1:18.09	
Cottonwood-v-Judge	11-13-2025			31.36					1:37.88
HHS V JUDGE 11.20.2025	11-20-2025			31.16		1:08.73			
JM Holiday Classic	12-20-2025		2:49.64					1:17.45	
Judge @ Murray	01-08-2026			32.44		1:09.08			
East, Rowland Hall, So	01-15-2026			31.72		1:08.68			
Swimvitational 26	01-17-2026		2:48.66			1:06.30			
Judge @ PC 25-26	01-22-2026			30.92		1:09.03			
Region 10 Championship	01-31-2026			28.97				1:10.58	
4A Utah High School St	02-13-2026							1:10.50	

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

