

# Ellisa Powell

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		2:55.71		33.70		1:19.53	7:38.04	1:40.65	1:45.09
2024-2025 Best Times		2:36.98	3:03.19	29.50	1:33.61	1:09.14	7:13.52	1:33.02	1:31.02
Ben Lomond @ LHS	11-06-2025	2:39.81							1:32.87
2025 Thanksgiving Invi	11-21-2025	2:32.93							1:30.03
GHS Region Invite 2025	12-05-2025		2:56.99			1:14.07			1:31.59
Logan @ Ben Lomond	12-09-2025			30.72				1:30.76	
LHS@MCHS 2025	12-18-2025				1:36.95	1:11.99			
sundevilsfri26@grand	01-02-2026			31.34				1:31.90	
sundevilssat26@grand	01-03-2026						7:36.50		1:36.46
Ogden@ Logan 1/15/26	01-15-2026	2:47.66							1:29.94
Skyview @ Logan 26	01-17-2026					1:06.55			1:31.16
GHS-LHS-MOR-1-22-26	01-23-2026					1:13.72			1:33.68
Region 12 Championship	01-30-2026					1:07.56			1:28.36
3A Utah High School St	02-13-2026					1:05.67			1:28.11

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

