

# Brinlei Frederick

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		2:51.79		33.77	1:33.19	1:18.42	7:40.29	1:28.52	
Region 8 Opener 25	11-01-2025				1:35.45	1:26.79	7:40.52		
Richard Coston Invitat	11-07-2025	2:50.09							1:52.81
Emery & Uintah @ Union	11-12-2025		3:18.28			1:15.72			
Mountain View @ Uintah	11-17-2025			33.92	1:34.98				
Provo vs. Mountain Vie	11-24-2025		3:09.22					1:29.54	
Quad at Timpanogos	12-04-2025	2:48.29		34.60					
Emery, Uintah @ Carbon	12-10-2025			34.57					1:51.18
THS Mel Roberts Invita	12-19-2025	2:45.48					7:34.77		
Orem and Union @ Uinta	01-09-2026		3:08.60			1:14.66			
Swimvitational 26	01-17-2026	2:46.88						1:26.66	
Tooele @ Uintah Jan 20	01-23-2026				1:35.12		7:38.85		
Region 8 Championships	01-30-2026	2:43.30			1:34.65				

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

