

# Josiah Swinson

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				24.24	1:10.68	55.61			
2024-2025 Best Times			2:36.02	23.28	1:03.53	53.54		1:09.52	
Season Opener 2025	11-01-2025		2:31.53		1:09.50				
Panther Invite	11-14-2025			24.17	1:05.82	55.80			
Tiger Invite 2025	12-20-2025	2:09.16				54.40			
Red Rock Invite	01-10-2026			23.68		54.55			
East St Geroge Senior	01-15-2026			23.36		52.53			
The Last Lap	01-24-2026			23.19	1:02.24				
Region 9 Championship	01-31-2026			22.20		49.49			
4A Utah High School St	02-13-2026			22.29		50.30			

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

