

Ashton Cook

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2022-2023 Best Times		3:06.72	3:42.52	37.84	1:50.15	1:23.12	8:27.94	1:44.86	1:55.04
2023-2024 Best Times		2:36.08	3:00.68	32.38	1:24.58	1:10.70	7:02.10	1:25.80	1:30.84
2024-2025 Best Times		2:28.04	2:51.95	29.91	1:25.48	1:08.47	6:27.83	1:19.12	1:24.81
Pre-Region Meet - copi	11-01-2025			29.74				1:16.75	
2025 Nebo Invitational	11-08-2025					1:06.10			1:23.33
MMHS vs PHS vs SHHS	11-13-2025		2:47.09				6:23.30		
2025 Thanksgiving Invi	11-21-2025			29.63		1:02.81			
2025 CV Invite	12-05-2025	2:19.67		29.84					
Salem, SF, TV @pg	12-10-2025	2:17.85				1:05.00			
Salem Hills vs Springv	01-08-2026			30.00					1:24.77
Salem Hills vs SF, PG	01-15-2026					1:03.25			1:25.62
Salem Hills vs Maple M	01-22-2026	2:20.54			1:19.65				
Region 7 Swim Champion	02-07-2026	2:09.84		27.43			5:47.53		

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

