

Liam Rowan

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									
Pre-Region Meet - copi	11-01-2025			35.08		1:28.39			
Timpview vs. Cedar Val	11-20-2025			34.26		1:22.51			
Timpview @ Skyline	11-25-2025			35.93				1:34.93	
Red Rock Invite	01-10-2026			36.10		1:20.75			
Swimvitational 26	01-17-2026								1:34.68
Timpview vs. Springvil	01-22-2026	3:10.27							
Region 7 Swim Champion	02-07-2026			33.33		1:16.01			

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

