

Rachel Allen

| 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 |          |          | 31.89   |         |          |          |          | 1:37.29    |
| MMHS vs PHS vs SHHS    | 11-13-2025 |          |          | 31.27   |         | 1:14.70  |          |          |            |
| CDRV v MM v SPRV - cop | 11-22-2025 | 2:57.17  |          | 31.26   |         |          |          |          | 1:35.54    |
| PHS v SHS, Union and M | 12-11-2025 |          |          | 29.81   |         |          |          | 1:24.93  |            |
| SHS Holiday Invite     | 12-20-2025 |          | 3:08.81  |         |         | 1:09.41  |          |          |            |
| Salem Hills vs Springv | 01-08-2026 |          |          | 29.63   |         |          |          |          |            |
| Cedar Jan Senior Meet  | 01-16-2026 |          |          |         |         | 1:07.11  |          |          | 1:27.34    |
| Salem Hills vs Maple M | 01-22-2026 | 2:36.49  |          |         |         |          |          | 1:23.16  |            |

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

