

Helena Galbreath

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2022-2023 Best Times		2:26.07	2:56.30	29.67	1:18.30	1:06.01	6:52.71	1:23.61	1:42.79
2023-2024 Best Times		2:16.08	2:45.44	29.35	1:13.53	1:03.09	6:32.46	1:17.10	
2024-2025 Best Times		2:18.02	2:46.45	27.86	1:13.87	1:01.07	6:30.13	1:16.75	
Corner Canyon @ Rivert	11-05-2025					1:03.88			
Wasatch Kickoff Invite	11-08-2025			29.36	1:19.54				
Bingham @ Corner Canyo	11-13-2025					1:04.66		1:16.54	
Canyons District Champ	12-16-2025	2:24.81				1:04.02			
Juan Diego @ Corner Ca	01-07-2026			29.76		1:06.44			
AF & CC @ Kearns	01-14-2026	2:27.44				1:05.78			
Alta @ Corner Canyon26	01-22-2026		2:48.14	29.53		1:05.31			
Region 3 Championship	01-31-2026	2:19.38		28.28		1:02.88			

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

