

Alexander Spainhower

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									
Region 8 Opener 25	11-01-2025	1:52.05		21.79					
Richard Coston Invitat	11-07-2025					48.84			1:07.32
Emery & Uintah @ Union	11-12-2025	1:58.78					5:22.59		
Mountain View @ Uintah	11-17-2025				56.82			55.68	
Provo vs. Mountain Vie	11-24-2025		2:08.44			50.59			
Emery, Uintah @ Carbon	12-10-2025	1:48.16							1:05.45
THS Mel Roberts Invita	12-19-2025			21.84		48.34			
Orem and Union @ Uinta	01-09-2026	2:03.02						58.69	
Swimvitational 26	01-17-2026			22.12			5:15.11		
Tooele @ Uintah Jan 20	01-23-2026			21.82				54.57	
Region 8 Championships	01-30-2026			21.69		48.09			
4A Utah High School St	02-13-2026			21.42				53.57	

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

