

# Ella Capener

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2022-2023 Best Times		2:56.54	3:10.66	32.69		1:13.42	8:24.76	1:29.50	1:37.21
2023-2024 Best Times		2:34.05	2:59.07	30.14	1:18.52	1:08.77	7:23.45	1:18.17	1:32.14
2024-2025 Best Times		2:26.94	2:49.74	28.92	1:19.42	1:04.57	6:51.67	1:15.06	1:34.46
2526 Box Elder Invite	11-01-2025		2:53.50					1:18.08	
2025 Nebo Invitational	11-08-2025		2:49.01	29.78	1:24.79	1:06.17			
2526 Bear River and Bo	11-17-2025	2:25.45					6:40.06		
2025 Thanksgiving Invi	11-21-2025			29.33	1:28.04	1:06.08			
2526 Alta vs. Box Elde	12-09-2025			30.10					1:32.35
Silver Rush Invite	12-12-2025			29.88				1:16.52	
Box Elder @ Sky View	12-16-2025			30.12		1:07.54			
SHS Holiday Invite	12-20-2025					1:06.35		1:16.36	
Quad Meet 8Jan2026 - c	01-08-2026			30.06				1:16.04	
2526 Weber and Springv	01-13-2026		2:44.35						1:31.13
Box Elder, Bonneville	01-15-2026		2:46.01			1:04.45			
2526 Westfield and Roy	01-22-2026	2:24.09				1:04.51			
2526 Clearfield and No	01-29-2026			29.84			6:39.36		
Region 5 Championships	02-06-2026			28.83		1:03.68			

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

