

Jeremy Ashton

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2020-2021 Best Times									
2021-2022 Best Times									
2022-2023 Best Times									
2023 Pre-Region 7 Invi	11-03-2023			31.93		1:19.13			
Salem Hills, Timpanogo	11-09-2023			33.78		1:20.29			
2023 Nebo Invitational	11-11-2023			31.31		1:12.21			
Payson v Provo and SHH	11-14-2023			31.86		1:15.70			
2023 Salem Hills vs. S	12-07-2023			31.67		1:13.19			
2024 Salem Hills vs. P	01-11-2024			31.53		1:13.93			
SHS, THS, SHHS	01-18-2024			30.56		1:10.00			
2024 Highland Invitati	01-19-2024			31.05		1:07.53			
Springville, Salem Hil	01-23-2024			31.45		1:10.76			
Region 7 Championships	02-02-2024			29.43		1:08.02			

2020-2021 2021-2022 2022-2023 2023-2024

