

Mckinzie Cook

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2020-2021 Best Times		2:29.30	2:46.75	30.79	1:20.97	1:09.24	6:50.76	1:13.98	1:33.22
2021-2022 Best Times		2:19.84	2:46.82	29.12	1:21.45	1:04.10	6:23.58	1:13.86	1:32.05
2022-2023 Best Times		2:18.32	2:41.75	28.33	1:19.14	1:03.53	6:30.70	1:08.45	1:30.04
2023 Pre-Region 7 Invi	11-03-2023			30.00				1:13.40	
Salem Hills, Timpanogo	11-09-2023		2:44.16						1:32.84
2023 Nebo Invitational	11-11-2023	2:22.79		29.83					
Payson v Provo and SHH	11-14-2023				1:18.33	1:06.96			
CV Invite 2023	12-01-2023	2:21.73				1:04.32			
2023 Salem Hills vs. S	12-07-2023			30.03			6:33.87		
2024 Salem Hills vs. P	01-11-2024	2:23.57						1:13.14	
SHS, THS, SHHS	01-18-2024			30.04		1:04.41			
2024 Highland Invitati	01-19-2024	2:23.71						1:13.54	
Springville, Salem Hil	01-23-2024	2:22.19		30.94				1:12.99	
Region 7 Championships	02-02-2024	2:21.04						1:10.22	

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

