

Matthew Cox

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		2:36.27	2:53.97	25.51	1:07.16	1:06.34	7:09.39	1:27.53	1:30.71
2022-2023 Best Times		2:08.60	2:33.29	25.20	1:00.04	57.61	6:04.77	1:10.66	1:21.26
2023 Pre-Region 7 Invi	11-03-2023				1:01.15		5:56.73		
Salem Hills, Timpanogo	11-09-2023			25.73					1:16.81
2023 Nebo Invitational	11-11-2023				1:01.07			1:08.46	
Payson v Provo and SHH	11-14-2023							1:07.27	1:17.65
CV Invite 2023	12-01-2023		2:23.98		59.25				
2023 Salem Hills vs. S	12-07-2023	2:07.91				57.12			
2024 Salem Hills vs. P	01-11-2024				59.64				1:15.20
SHS, THS, SHHS	01-18-2024		2:24.10	25.91					
2024 Highland Invitati	01-19-2024		2:25.41		1:01.72				
Springville, Salem Hil	01-23-2024			25.47	59.76			1:04.38	
Region 7 Championships	02-02-2024				58.58			1:04.13	

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

