

Josie Ellsworth

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				42.54		1:43.71		1:52.01	
2023 Pre-Region 7 Invi	11-03-2023	2:37.50		41.57					
Salem Hills, Timpanogo	11-09-2023					1:31.68			
2023 Nebo Invitational	11-11-2023			42.16					
Payson v Provo and SHH	11-14-2023					1:35.10			
CV Invite 2023	12-01-2023	3:25.59						1:51.71	
2023 Salem Hills vs. S	12-07-2023			40.39			8:54.09		
2024 Salem Hills vs. P	01-11-2024	3:10.93				1:25.58			
Region 7 Championships	02-02-2024					1:23.41		1:45.63	

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

