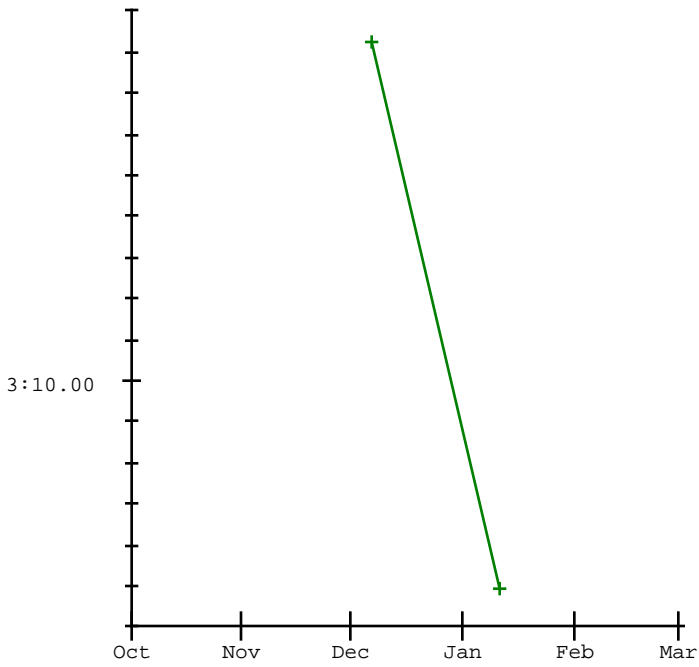


# Derek Mower

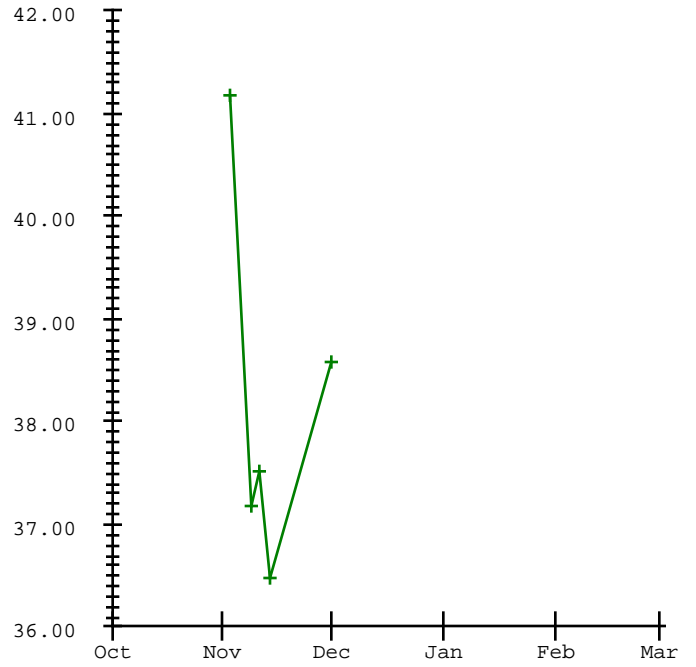
Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2020-2021 Best Times									
2021-2022 Best Times									
2022-2023 Best Times									
2023 Pre-Region 7 Invi	11-03-2023			41.17		1:42.77			
Salem Hills, Timpanogo	11-09-2023			37.17					
2023 Nebo Invitational	11-11-2023			37.53		1:23.77			
Payson v Provo and SHH	11-14-2023			36.49		1:25.90			
CV Invite 2023	12-01-2023			38.59		1:22.06			
2023 Salem Hills vs. S	12-07-2023	3:18.23				1:25.50			
2024 Salem Hills vs. P	01-11-2024	3:04.93							1:38.09
SHS, THS, SHHS	01-18-2024					1:19.36			1:31.81
Springville, Salem Hil	01-23-2024					1:14.53			1:28.68
Region 7 Championships	02-02-2024					1:12.77			1:28.12

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

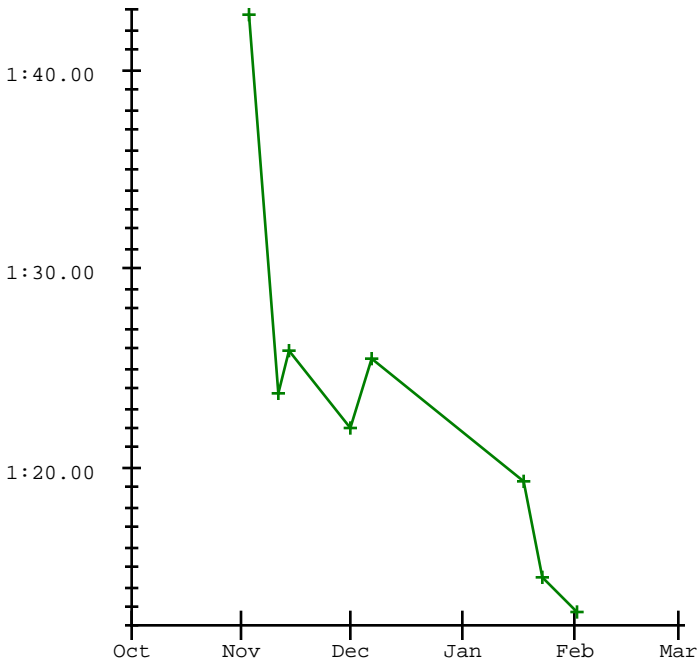
200 Free



50 Free



100 Free



100 Breast

