

# Alexa Ravsten

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		2:21.43	2:43.48	29.45	1:18.44	1:07.11			1:20.53
2022-2023 Best Times		2:29.77	2:46.04	28.22	1:16.13	1:01.88			1:22.54
2023 Pre-Region 7 Invi	11-03-2023				1:14.93				1:21.58
2023 Nebo Invitational	11-11-2023			29.18			6:31.31		
Payson v Provo and SHH	11-14-2023			29.05		1:03.61			
CV Invite 2023	12-01-2023					1:02.37		1:20.67	
2023 Salem Hills vs. S	12-07-2023	2:24.93							1:17.95
2024 Salem Hills vs. P	01-11-2024			29.47					
SHS, THS, SHHS	01-18-2024					1:03.38			1:20.52
2024 Highland Invitati	01-19-2024		2:36.85	28.74					
Springville, Salem Hil	01-23-2024	2:21.91							1:19.95
Region 7 Championships	02-02-2024		2:39.28						1:14.73

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

