

Spencer Rigby

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		2:40.23		31.10		1:11.97			1:33.01
2023 Pre-Region 7 Invi	11-03-2023							1:17.10	
Salem Hills, Timpanogo	11-09-2023	2:27.60							
2023 Nebo Invitational	11-11-2023			29.33		1:06.05			
Payson v Provo and SHH	11-14-2023		2:43.93				6:34.59		
CV Invite 2023	12-01-2023		2:44.39	29.27				1:13.67	
2023 Salem Hills vs. S	12-07-2023						7:15.44		1:27.46
2024 Salem Hills vs. P	01-11-2024							1:15.56	
SHS, THS, SHHS	01-18-2024		2:36.14			1:05.64			
2024 Highland Invitati	01-19-2024	2:22.01						1:14.33	
Springville, Salem Hil	01-23-2024					1:03.99			1:24.78
Region 7 Championships	02-02-2024							1:11.84	

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

