

Alisha Thomas

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2020-2021 Best Times			2:34.86	29.14	1:18.11	1:06.62			1:15.58
2021-2022 Best Times		2:21.14	2:26.96	28.83		1:05.30			1:11.81
AF vs LP vs PG 2022-11	11-02-2022		2:34.48						1:17.59
Springville @ LP	11-09-2022		2:37.00			1:03.84			
Wasatch Kickoff Invite	11-12-2022		2:33.62			1:02.42			
LP, TIMP @ RVHS	11-17-2022		2:35.43			1:02.00			
Timpview vs. Lone Peak	12-07-2022			28.43					1:17.07
Alpine District Inviti	12-16-2022		2:36.86						1:18.53
Westlake & Skyridge @	01-04-2023					1:02.40			1:18.90
LP @ CCC 23	01-10-2023		2:34.91						1:20.39
PG vs AF vs LP 1-18-23	01-18-2023		2:35.96						1:17.31
Region 4 Championships	01-28-2023		2:24.22						1:13.12
6A State Swimming Cham	02-17-2023								1:12.48

2020-2021 2021-2022 2022-2023

