

Ryker Poulos

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		2:15.93	2:27.85	27.50	1:04.82	1:00.18	6:15.19		1:19.87
2023 Greg Fernley Invi	11-03-2023				1:00.33				1:12.71
Cedar November Invitat	11-10-2023		2:16.08	25.41			5:43.44		
CV Invite 2023	12-01-2023	2:00.65						1:00.20	
PVHS Invite	12-09-2023				1:00.06				1:13.49
Red Rock Invitational	01-05-2024				59.60	54.86		1:02.00	
Cedar January Invite 2	01-12-2024			25.44		54.92			
Canyon Vieww @ Murray	01-20-2024		2:16.72						1:15.06
2024 Duel in the pool	01-23-2024			25.10	59.29				
Region 12 Championship	02-02-2024				58.89			1:00.39	
3A Utah High School St	02-16-2024				57.74			58.14	

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

