

# Leah Kowallis

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2021-2022 Best Times									
2022-2023 Best Times		2:48.28	3:24.90	33.81		1:20.72	7:41.57	1:42.17	1:42.16
2023-2024 Best Times		2:33.49	3:09.14	32.54	1:30.75	1:15.36	7:27.11	1:34.01	1:28.96
Wasatch Kickoff Invite	11-09-2024	2:46.98							1:34.29
Bear River & West Fiel	11-12-2024		3:01.70						
BRHS, MHS, WFHS @ Ogde	11-14-2024			31.86	1:27.81				
Roy @ BR	11-19-2024	2:43.80							1:30.44
2024 Thanksgiving Invi	11-22-2024	2:36.01							1:31.85
Syracuse, Bear River @	12-05-2024				1:22.41				1:30.38
Logan, Ridgeline@Br	12-12-2024						7:02.78		1:33.44
Hillcrest vs Bear Rive	12-17-2024			30.01				1:32.76	
Bear River @ SV	12-19-2024		2:54.29						1:32.27
Maeser Prep, Jordan @	01-07-2025				1:17.77				1:35.61
Mt. Crest, Westfield @	01-09-2025			30.44	1:19.60	1:09.75			
Bonneville@Bear River	01-14-2025	2:34.18		31.02					
BRHS @GCHS Sr Night (2	01-16-2025			31.72	1:17.01				
Region 11 Championship	01-24-2025				1:13.63				1:29.50

2021-2022 2022-2023 2023-2024 2024-2025

