

# Emmaline Degroot

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2019-2020 Best Times		3:04.50		35.74		1:22.43		1:49.90	
2020-2021 Best Times		2:57.41		33.12		1:13.19	8:14.13	1:21.35	
2021-2022 Best Times		2:46.65		30.87		1:09.47		1:19.99	
Thanksgiving Invitatio	11-18-2022			32.10				1:20.34	
Thanksgiving weigh in	11-22-2022			32.05					
Bonneville @ Logan Hig	12-01-2022			33.10		1:17.41			
City County 2022	12-03-2022			33.19				1:24.92	
Woods Cross, Bountiful	12-09-2022			33.49					
Region Invite Dec 16	12-16-2022			32.56				1:22.71	
Box Elder, Northridge,	01-06-2023			33.48				1:22.48	
Region 5 Championship	02-04-2023					1:11.84		1:22.63	

2019-2020 2020-2021 2021-2022 2022-2023

