

Nicole Gowen

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		2:42.66		30.12		1:08.92		1:35.07	1:36.82
2324 Box Elder Invite	11-04-2023			31.83					
CCC vs RVHS	11-08-2023			31.04			7:32.95		
PG vs Riverton vs CC 1	11-29-2023	2:42.11				1:11.54			
Jordan District Champi	12-01-2023			30.63			7:26.61		
Silver Rush Invite 23	12-08-2023					1:14.14			
23-24 MRHS vs Riverton	12-19-2023			30.79		1:11.98			
Region 2	02-02-2024	2:30.69				1:06.12			

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

