

Kai Poulsen

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		2:27.79	2:58.99	27.70		1:02.22	6:48.16	1:15.75	1:49.29
2324 Box Elder Invite	11-04-2023			28.90		1:07.25			
CCC vs RVHS	11-08-2023	2:26.91			1:24.69				
Herriman @ Riverton	11-14-2023			28.76		1:03.89	7:05.30		
PG vs Riverton vs CC 1	11-29-2023				1:17.93	1:04.62		1:19.47	
Jordan District Champi	12-01-2023			28.40		1:03.02			
Silver Rush Invite 23	12-08-2023			28.68		1:04.18			
Riverton, Springville,	12-13-2023	2:32.56					6:56.47		
23-24 MRHS vs Riverton	12-19-2023			28.30		1:05.13			
Riverton HS & Copper H	01-09-2024			28.92		1:05.90			
Bingham vs Riverton	01-18-2024		2:52.18					1:17.81	
Region 2	02-02-2024			27.20		1:00.91			

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

