

# Jonah Dishman

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2022-2023 Best Times									
2023-2024 Best Times									
2024-2025 Best Times		3:16.74	3:26.04	32.79	2:01.25	1:15.37	8:33.03	1:43.75	1:37.07
Pre-Region Meet - copi	11-01-2025			33.46					1:27.17
2025 Nebo Invitational	11-08-2025			34.18					1:21.62
Riverton, Skyridge, &	11-12-2025			34.20					
Timpview vs. Cedar Val	11-20-2025						8:43.19		1:26.33
Salem, SF, TV @pg	12-10-2025			34.54					1:23.50
TV, SF, Maeser@MVHS	12-17-2025					1:15.55			1:26.07
Timpview Invite 2026	01-02-2026			30.50					1:26.06
Red Rock Sprint Meet	01-09-2026					1:20.93			
Red Rock Invite	01-10-2026			31.24					1:25.42
Swimvitational 26	01-17-2026	3:00.56							1:21.87
Timpview vs. Springvil	01-22-2026			30.37				1:30.65	
Region 7 Swim Champion	02-07-2026			29.34					1:18.16

2022-2023 2023-2024 2024-2025 2025-2026

