

Ava Cowdin

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		2:29.92	2:53.90	30.25	1:27.66	1:07.54	6:59.95	1:13.04	1:30.80
2526 Box Elder Invite	11-01-2025	2:29.57				1:07.96			
2025 Nebo Invitational	11-08-2025	2:24.07						1:13.19	
2526 Bear River and Bo	11-17-2025			30.14	1:26.05				
2025 Thanksgiving Invi	11-21-2025	2:25.66						1:13.05	
2526 Alta vs. Box Elde	12-09-2025		2:52.89				6:36.18		
Silver Rush Invite	12-12-2025			30.09			6:32.05		
Box Elder @ Sky View	12-16-2025	2:32.47		33.26				1:16.47	
SHS Holiday Invite	12-20-2025					1:07.26		1:14.89	
Quad Meet 8Jan2026 - c	01-08-2026			31.92			6:42.08	1:17.55	
2526 Weber and Springv	01-13-2026				1:22.89				1:31.00
Box Elder, Bonneville	01-15-2026	2:27.76				1:07.47			
2526 Westfield and Roy	01-22-2026			32.00				1:15.13	
2526 Clearfield and No	01-29-2026	2:23.61						1:12.62	
Region 5 Championships	02-06-2026	2:17.21						1:10.27	
5A Utah High School St	02-20-2026	2:18.19						1:09.83	

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

