

Aj Flammer

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		2:55.50		37.35		1:23.01		1:35.67	1:41.07
Mustang Invite	11-01-2025	2:37.98				1:12.70			
Greg Fernley Invite 20	11-07-2025			33.54				1:25.15	
Region Invite 2025	11-21-2025		2:53.98						1:30.68
Bingham Invitational	11-22-2025					1:11.37		1:25.38	
North Region Invitatio	12-12-2025					1:09.11		1:21.14	
Orem v Ridgeline	12-19-2025			30.84			6:42.39		
SHS Holiday Invite	12-20-2025	2:52.28							1:26.83
Quad Meet 8Jan2026 - c	01-08-2026			31.84					1:29.35
2026 Highland Invitati	01-09-2026					1:12.17			1:29.73
Ridgeline vs. Bear Riv	01-22-2026			30.73		1:10.81	6:44.42		
Region 11 Championship	01-29-2026	2:46.68	26.92				6:28.67		

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

