

Josh Emmett

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				30.71		1:11.83			
Pirate Pentathlon	11-01-2025			31.93				1:37.59	
Hillcrest @ West 11-18	11-18-2025			30.94				1:36.30	
Hillcrest vs Cyprus	11-20-2025			32.09				1:39.39	
Hillcrest vs West Fiel	12-09-2025			30.36		1:10.57			
Canyons District Champ	12-16-2025	2:59.53							
Hillcrest at West Jord	01-08-2026						8:31.09		
Hillcrest vs Mountain	01-13-2026			30.93				1:32.56	
Hillcrest vs Clearfiel	01-20-2026			30.13					
Hillcrest @ Granger 1.	01-22-2026			30.63		1:13.08			
Region 4 Championships	02-06-2026			28.08		1:05.76			

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

