

Ella Holland

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									
2526 Box Elder Invite	11-01-2025			28.34	1:13.12				
2025 Nebo Invitational	11-08-2025		2:39.59	28.59		1:02.50		1:16.00	
2526 Bear River and Bo	11-17-2025	2:20.64		28.62		1:04.45			
2025 Thanksgiving Invi	11-21-2025			28.17		1:01.42			
2526 Alta vs. Box Elde	12-09-2025			27.99	1:09.60				
Silver Rush Invite	12-12-2025		2:33.16		1:08.62	1:02.71			
Box Elder @ Sky View	12-16-2025			28.47		1:03.37			
SHS Holiday Invite	12-20-2025			28.27	1:09.15	1:02.16			
Quad Meet 8Jan2026 - c	01-08-2026			28.24	1:09.04	1:02.58			
2526 Weber and Springv	01-13-2026			28.04		1:00.70			1:25.69
Box Elder, Bonneville	01-15-2026	2:13.52		28.48				1:16.85	
2526 Westfield and Roy	01-22-2026		2:33.57	28.83	1:08.77	1:01.52			
2526 Clearfield and No	01-29-2026						6:02.24		
Region 5 Championships	02-06-2026	2:08.13		28.95		59.01			
5A Utah High School St	02-20-2026	2:06.70		27.08		58.11			

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

