

# Ryan Rowe

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									
Green Canyon @ Bear Ri	11-04-2025			32.59					1:29.62
Region Invite 2025	11-21-2025					1:15.40		1:30.29	
Bingham Invitational	11-22-2025			29.83					1:27.31
North Region Invitatio	12-12-2025			30.30		1:13.06			
25-26 Sentinel Invite	12-13-2025			31.25					
sundevilsfri26@grand	01-02-2026	2:54.55						1:21.50	
sundevilssat26@grand	01-03-2026					1:13.28			1:22.32
Quad Meet 8Jan2026 - c	01-08-2026			29.45					1:19.54
2025-26 Wolves Distanc	01-10-2026	2:50.53	2:51.75						
2025-26 Last Chance	01-24-2026			29.02					1:18.12
Region 11 Championship	01-29-2026			29.15					1:20.60

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

