

William Seamons

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		2:39.80			1:02.80			
2025 Wolves Time Trial	11-13-2025				1:10.52			1:13.12	
Region Invite 2025	11-21-2025		2:34.13	27.24					1:17.54
Bingham Invitational	11-22-2025	2:14.88				59.69			
North Region Invitatio	12-12-2025	2:11.73				58.40			
25-26 Sentinel Invite	12-13-2025			26.43					
Quad Meet 8Jan2026 - c	01-08-2026		2:28.19		1:05.55				
2025-26 Wolves Distanc	01-10-2026	2:07.75					6:05.56		
2025-26 Last Chance	01-24-2026			25.94	1:03.70				
Region 11 Championship	01-29-2026				1:04.21				

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

