

Alex Crook

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2022-2023 Best Times				28.87	1:06.65	1:06.85	6:17.16		
2023-2024 Best Times		2:05.91		28.74	1:08.79	59.52	5:40.56		
2024-2025 Best Times		2:09.86		27.51	1:03.97	1:00.86	5:53.40		
25-26 Westlake @ Herri	11-04-2025	2:15.80			1:06.40				
25-26 Bingham @ Herrim	11-10-2025				1:04.00		6:20.27		
25-26 Jordan District	11-21-2025			27.40	1:02.69	1:00.56			
25-26 Turkey Bowl	11-25-2025			28.07	1:04.04				
25-26 Herriman @ Hunt	12-02-2025	2:11.90		27.61		59.50			
25-26 Copper Hills @ H	12-09-2025	2:17.47			1:02.96	1:00.07			
Silver Rush Invite	12-12-2025	2:10.27			1:03.86				
SKR,AF,HRM@CDRV	01-07-2026	2:11.17			1:06.94	1:04.90			
25-26 West @ Herriman	01-13-2026			28.30	1:02.49				
Herriman @ Riverton	01-21-2026	2:09.81		28.70	1:02.74				
Region 2 Championship	01-30-2026	2:08.00		27.29	1:02.31				

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

