

Gracyn Friedrichsen

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									
Pre-Region Meet - copi	11-01-2025		3:34.58						
2025 Nebo Invitational	11-08-2025		3:29.75			1:18.55			
MMHS vs PHS vs SHHS	11-13-2025			34.53		1:20.49		1:38.21	
2025 Thanksgiving Invi	11-21-2025			34.54		1:17.73			
PHS v SHS, Union and M	12-11-2025			34.20		1:18.05			
SHS Holiday Invite	12-20-2025			34.00		1:18.93			
Red Rock Sprint Meet	01-09-2026			33.49					
Red Rock Invite	01-10-2026			33.52		1:15.80			
Salem Hills vs SF, PG	01-15-2026			33.67		1:16.26			
Timpview vs. Springvil	01-22-2026	2:52.54				1:14.56			
Senior Night	01-27-2026	2:56.75					8:09.65		
Region 7 Swim Champion	02-07-2026	2:47.46				1:12.10			

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

