

# Elizabeth Gowski

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									
HHS V Cottonwood 11/7/	11-07-2025				1:42.05			1:31.09	
HHS V MURRAY 12.16.25	12-16-2025					1:09.02			1:31.01
Highland @ East	01-08-2026	2:34.65		31.37		1:10.84			
2026 Highland Invitati	01-09-2026			30.20					1:32.66
HHS V PARK CITY 1.13.2	01-13-2026		2:52.30	31.13					1:31.58
Region 10 Championship	01-31-2026			31.29		1:07.31			1:30.91

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

