

Quincey Rowland

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			32.69		1:13.97			
Highland@Jordan	11-14-2025			29.36				1:47.71	
HHS V JUDGE 11.20.2025	11-20-2025					1:02.79			1:41.57
HHS V Copper Hills 11.	11-24-2025			27.01		1:03.65			
25-26 Sentinel Invite	12-13-2025			28.27					
HHS V MURRAY 12.16.25	12-16-2025					1:03.08	7:06.31		
Highland @ East	01-08-2026			27.52		1:03.26			
2026 Highland Invitati	01-09-2026			27.32					1:24.31
HHS V PARK CITY 1.13.2	01-13-2026			28.55	1:11.50				
Highland + Canyonview	01-23-2026			26.52	1:13.36				
Region 10 Championship	01-31-2026			26.68	1:12.10				

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

