

Benson Bowers

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									
LP, PG @ AF	11-05-2025	2:48.95				1:09.97			
Pre-Region 3 Invite	11-20-2025			29.33		1:07.47			
Alpine Distrcit Invite	12-13-2025			28.90		1:05.41			
Skyridge vs AF Dual	12-17-2025			29.14		1:05.76			
SKR,AF,HRM@CDRV	01-07-2026			29.14		1:04.14			
AF & CC @ Kearns	01-14-2026			27.82		1:02.28			
LP, AF @ PG 2026	01-21-2026	2:20.23				1:02.01			
Region 3 Championship	01-31-2026	2:19.06				1:01.29			

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

