

Benson Russell

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			29.90				1:19.32	
Pre-Region 3 Invite	11-20-2025	2:33.54							1:26.50
Alpine Distrcit Invite	12-13-2025			30.28		1:07.04			
Skyridge vs AF Dual	12-17-2025			29.06					1:21.42
SKR,AF,HRM@CDRV	01-07-2026			29.31		1:05.72			
AF & CC @ Kearns	01-14-2026			29.42					1:24.48
LP, AF @ PG 2026	01-21-2026			28.97				1:14.34	
Region 3 Championship	01-31-2026	2:22.28				1:02.91			

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

