

# James McKeown

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									
Greg Fernley Invite 20	11-07-2025		2:24.25	27.18					
Region Invite 2025	11-21-2025				1:02.94			1:09.47	
Bingham Invitational	11-22-2025	2:08.41				58.19			
North Region Invitatio	12-12-2025						5:52.40		
Orem v Ridgeline	12-19-2025	2:10.72				1:00.04			
SHS Holiday Invite	12-20-2025		2:25.08		1:02.78				
Quad Meet 8Jan2026 - c	01-08-2026	2:08.66							1:19.05
2026 Highland Invitati	01-09-2026		2:26.36			59.95	5:58.48		
Ridgeline vs. Bear Riv	01-22-2026	2:07.10						1:09.92	
Region 11 Championship	01-29-2026		2:20.40		1:02.48	57.33			
4A Utah High School St	02-13-2026		2:17.59						

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

