

Ahmad Malik

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		2:26.86	2:56.10	28.37	1:22.38	1:04.35	7:37.21	1:19.07	
Greg Fernley Invite 20	11-07-2025			26.93				1:10.42	
Cedar Valley & West La	11-13-2025		2:39.55	26.73	1:17.33				
Mountain Ridge @ Brigh	11-14-2025	2:24.97		27.43			6:32.17		
25-26 Jordan District	11-21-2025					58.78			1:26.81
25-26 Turkey Bowl	11-25-2025			26.31				1:11.00	
Mtn Ridge, Copper Hill	12-02-2025		2:39.84			1:02.09		1:09.38	
Wasatch Winter Invite	12-12-2025					58.12		1:10.44	
25-26 Sentinel Invite	12-13-2025		2:38.99	26.07					
25-26 Farmington @ MRH	12-16-2025	2:14.93			1:13.96				
Timpview Invite 2026	01-02-2026					58.06		1:11.64	
2026 Highland Invitati	01-09-2026			25.49			6:14.69		
Mountain Ridge at Cypr	01-14-2026	2:10.13							1:27.38
25-26 Alta vs MRHS	01-20-2026	2:13.39						1:10.88	
Region 2 Championship	01-30-2026	2:09.60						1:09.09	

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

