

Holden Allred

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									
Richard Coston Invitat	11-07-2025					1:19.17			1:47.16
Juab, Delta, N Sanpete	11-18-2025			33.99					
Nov 20 Emery Grand Man	11-20-2025			39.19		1:18.02			1:36.15
Grand, Carbon@ EHS	11-25-2025					1:19.30		1:42.93	
MHS 12-2-25	12-02-2025	3:07.71		40.92					1:45.37
Emery, Uintah @ Carbon	12-10-2025			34.35					1:38.39
Union, Carbon@ EHS	12-12-2025			33.07		1:16.76			1:41.50
Richfield, Manti@ EHS	01-06-2026					1:15.14			1:44.26
seniormeet26@grand	01-09-2026					1:15.30			1:40.64
Last Chance Invitation	01-24-2026			33.44					1:33.62
Region 13 Championship	01-30-2026			33.39					1:36.98

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

