

Ally Vincent

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2022-2023 Best Times				32.92	1:43.53	1:14.10		1:41.60	
2023-2024 Best Times		2:41.32	3:03.64	29.68	1:20.10	1:07.87			1:22.76
2024-2025 Best Times		2:38.67	3:00.58	29.00	1:16.64	1:08.13	7:13.61		1:18.67
Richard Coston Invitat	11-07-2025			31.13	1:24.39	1:11.18			1:23.56
11-13-25	11-13-2025				1:21.62				1:21.64
2025 Thanksgiving Invi	11-21-2025		2:52.84	28.97					1:20.58
winter sun fri @grand	12-05-2025				1:24.08				1:23.11
winter sun sat @grand	12-06-2025		2:52.75	29.70					1:22.45
Gunnison and Vanguard	12-10-2025		2:52.62	29.38					1:20.63
Gunnison, Richfield, an	12-16-2025	2:37.30				1:07.18			
Senior Night North San	01-06-2026				1:24.60	1:14.19			1:22.67
Red Rock Sprint Meet	01-09-2026			28.96					
Red Rock Invite	01-10-2026			28.97	1:19.41				1:16.81
1-13-26	01-13-2026					1:07.81		1:24.96	
Cedar Jan Senior Meet	01-16-2026		2:47.26			1:05.27			1:15.38
2A South Region	01-28-2026				1:20.25				1:16.60
2A Utah High School St	02-12-2026		2:45.92	29.13					1:16.82

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

