

Ryker Poulos

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2022-2023 Best Times		2:15.93	2:27.85	27.50	1:04.82	1:00.18	6:15.19		1:19.87
2023-2024 Best Times		2:00.65	2:16.08	25.10	57.74	54.86	5:43.44	58.14	1:12.71
2024-2025 Best Times		1:54.21	2:05.67	23.81	53.39	50.49	5:17.18	54.38	1:03.17
Richard Coston Invitat	11-07-2025		2:04.16			50.13		55.65	
Panther Invite	11-14-2025				54.49				1:04.70
CVHS @ HURR	11-22-2025			23.44	54.19	50.69			
Turkey Tuesday Meet	11-25-2025		2:03.61		56.30				
Red Rock Invite	01-10-2026			23.15		50.69			1:02.59
Cedar Jan Senior Meet	01-16-2026	1:53.83			54.02				
Highland + Canyonview	01-23-2026		2:05.76	24.69					1:04.72
Canyonview @ JD	01-24-2026					56.01	6:33.06		1:05.59
Region 14 Championship	01-30-2026				53.23	51.00			1:03.22
3A Utah High School St	02-13-2026				51.43	49.43			1:01.86

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

