

Josie Williams

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		2:35.19	2:48.29	30.88	1:30.07	1:10.31	7:05.99	1:14.20	1:34.95
2024-2025 Best Times		2:32.14	2:44.13	29.75		1:06.04	7:00.09	1:09.12	1:25.05
Emery & Uintah @ Union	11-12-2025	2:33.02						1:13.17	
OHS, SJ, Union @ BLHS	11-18-2025			30.54		1:08.34			
winter sun fri @grand	12-05-2025				1:23.00			1:11.75	
winter sun sat @grand	12-06-2025		2:45.67			1:05.34			
PHS v SHS, Union and M	12-11-2025			29.09				1:10.95	
Union, Carbon@ EHS	12-12-2025						6:39.48		1:25.75
Morgan @ Union	01-07-2026	2:33.20						1:13.62	
Orem and Union @ Uinta	01-09-2026			29.39				1:14.08	
Union @ SS	01-13-2026						6:48.17		1:25.82
Union & South Summit v	01-22-2026							1:11.24	1:26.62
Region 13 Championship	01-30-2026		2:36.24					1:09.71	
3A Utah High School St	02-13-2026		2:31.01					1:07.02	

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

