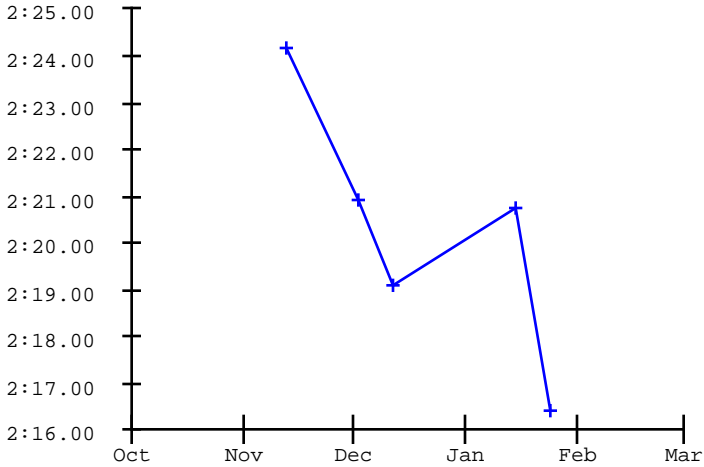


Richard Jeffs

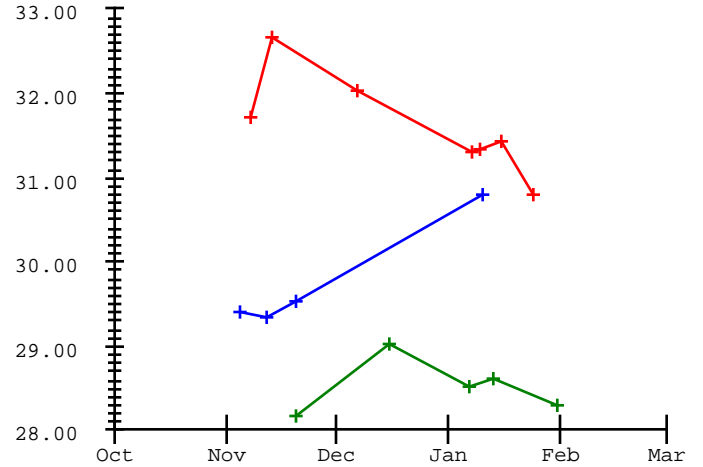
Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2022-2023 Best Times									
2023-2024 Best Times				30.81		1:05.10		1:16.17	1:35.43
2024-2025 Best Times		2:16.45		29.34		1:04.97	6:31.63	1:13.54	1:25.98
Pre-Region 3 Invite	11-20-2025			28.18				1:14.63	
Canyons District Champ	12-16-2025			29.03		1:02.98		1:13.66	
Juan Diego @ Corner Ca	01-07-2026			28.51				1:12.70	
AF & CC @ Kearns	01-14-2026			28.62				1:13.47	
Alta @ Corner Canyon26	01-22-2026					1:03.50			
Region 3 Championship	01-31-2026			28.30				1:13.12	

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

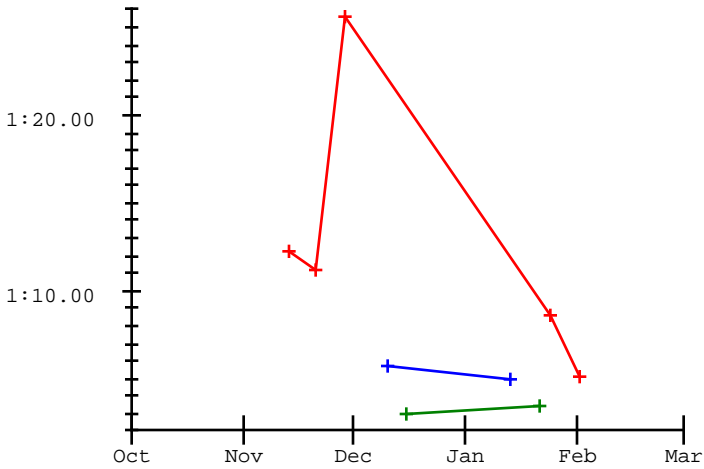
200 Free



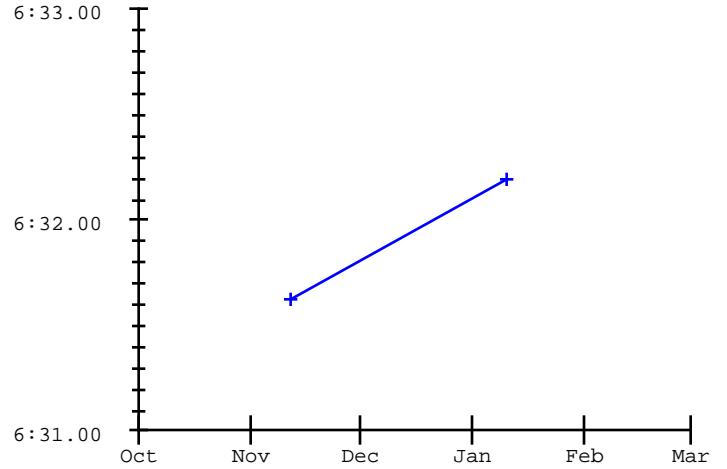
50 Free



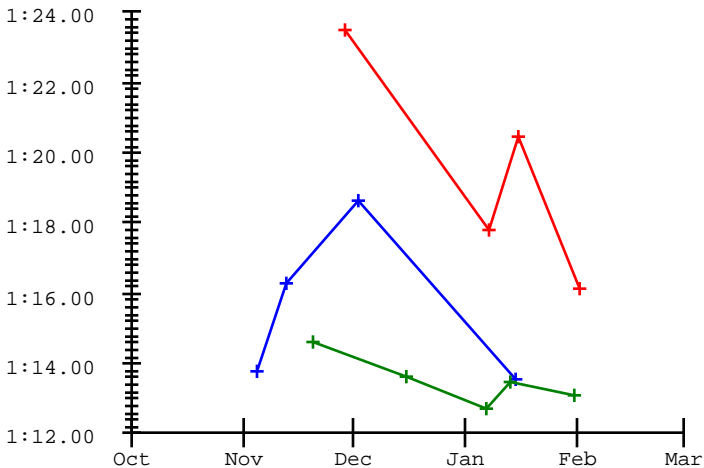
100 Free



500 Free



100 Back



100 Breast

