

# Rowen Grierson

| 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   |            | 2:59.91  |          | 34.09   |         | 1:19.38  | 8:59.87  | 1:35.85  | 1:29.10    |
| 2024-2025 Best Times   |            | 2:35.46  | 2:42.96  | 30.13   |         | 1:03.81  | 7:11.27  |          | 1:18.35    |
| Region 8 Opener 25     | 11-01-2025 |          | 2:32.02  |         |         |          |          |          | 1:16.17    |
| Volunteers Meet 25     | 11-12-2025 |          |          | 28.62   |         |          | 6:21.79  |          |            |
| Mountain View @ Uintah | 11-17-2025 |          |          | 28.22   |         |          |          |          | 1:17.59    |
| Provo vs. Mountain Vie | 11-24-2025 | 2:15.60  |          |         |         | 1:01.26  |          |          |            |
| Quad at Timpanogos     | 12-04-2025 |          |          |         | 1:20.40 |          |          | 1:11.71  |            |
| Alpine Distrcit Invite | 12-13-2025 |          | 2:34.96  |         |         | 1:01.90  |          |          |            |
| Red Rock Sprint Meet   | 01-09-2026 |          |          | 29.66   |         |          |          |          |            |
| Red Rock Invite        | 01-10-2026 |          |          |         |         |          |          |          | 1:17.56    |
| Hillcrest vs Mountain  | 01-13-2026 |          | 2:33.76  |         |         |          |          | 1:12.44  |            |
| 2026 THS Senior Night  | 01-14-2026 | 2:17.12  |          |         |         | 1:00.34  |          |          |            |
| Battle for the Paddle  | 01-21-2026 |          | 2:33.88  |         |         |          |          |          | 1:16.45    |
| Region 8 Championships | 01-30-2026 |          | 2:34.19  |         |         |          |          |          | 1:14.22    |

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

