

# Elisa Allred

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									
2024-2025 Best Times		2:39.64	3:36.68	32.91	2:02.27	1:11.34		1:36.66	1:48.98
Region 8 Opener 25	11-01-2025	2:42.97				1:12.51			
Volunteers Meet 25	11-12-2025			33.35					
2025 Thanksgiving Invi	11-21-2025	2:39.71		32.73					
Quad at Timpanogos	12-04-2025		3:11.63					1:30.94	
Wasatch Winter Invite	12-12-2025								1:41.25
Alpine Distrcit Invite	12-13-2025	2:36.50		32.27					
THS&DPHS@THS - copied	01-06-2026			34.26			7:26.47		
Red Rock Sprint Meet	01-09-2026			34.56		1:14.25			
2026 THS Senior Night	01-14-2026	2:40.35							
Region 8 Championships	01-30-2026	2:37.32						1:25.77	

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

