

Matthew C 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		2:38.47	3:16.37	29.04		1:11.84	7:53.06	1:30.97	1:27.79
Region 8 Opener 25	11-01-2025		2:54.47			1:05.82			
Volunteers Meet 25	11-12-2025			28.20	1:23.55	1:04.20			
2025 Thanksgiving Invi	11-21-2025	2:26.46		27.11					
Quad at Timpanogos	12-04-2025						7:26.45		1:19.25
Wasatch Winter Invite	12-12-2025			26.70		1:02.28		1:20.00	
Alpine Distrcit Invite	12-13-2025		2:44.40						
THS&DPHS@THS - copied	01-06-2026			27.52		1:01.86			
Red Rock Sprint Meet	01-09-2026			26.39					
Red Rock Invite	01-10-2026			26.05		59.25			
2026 THS Senior Night	01-14-2026				1:16.98			1:19.96	
Region 8 Championships	01-30-2026					56.31			1:16.36

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

