

# Josh De Groot

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									
Region 8 Opener 25	11-01-2025	2:04.03			1:03.40				
Volunteers Meet 25	11-12-2025			26.29			5:29.42		
2025 Thanksgiving Invi	11-21-2025		2:24.86						
Quad at Timpanogos	12-04-2025					54.97		1:06.69	
Wasatch Winter Invite	12-12-2025			25.48					
Alpine Distrcit Invite	12-13-2025				1:05.47	58.34			1:17.72
Red Rock Invite	01-10-2026	2:02.12				55.86	5:16.94		
Region 8 Championships	01-30-2026	1:59.40				54.79	5:18.45		
4A Utah High School St	02-13-2026	1:59.04				55.94	5:12.94		

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

