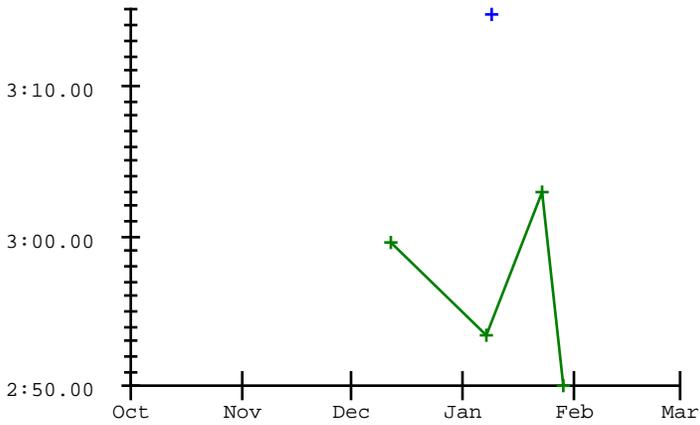


Michael Howes

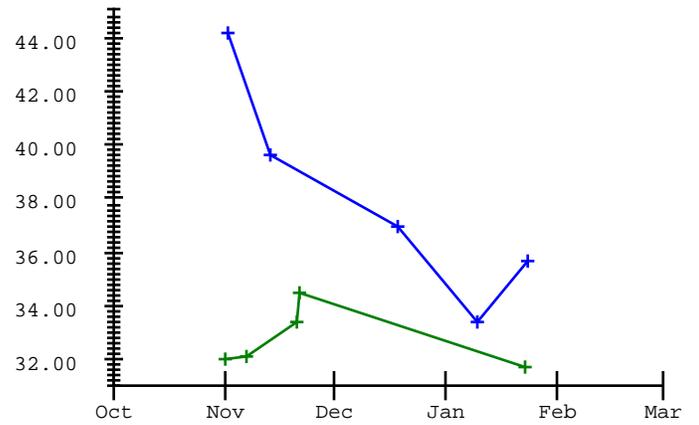
Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2022-2023 Best Times									
2023-2024 Best Times									
2024-2025 Best Times		3:14.72		33.45		1:31.76			1:55.70
Mustang Invite	11-01-2025			32.04		1:17.29			
Greg Fernley Invite 20	11-07-2025			32.15		1:15.18			
2025 Wolves Time Trial	11-13-2025							1:33.51	1:41.66
Region Invite 2025	11-21-2025			33.45		1:21.63			
Bingham Invitational	11-22-2025			34.49		1:16.07			
North Region Invitatio	12-12-2025	2:59.61							1:41.28
Quad Meet 8Jan2026 - c	01-08-2026	2:53.39							1:40.54
2026 Highland Invitati	01-09-2026					1:12.61			1:36.18
SVHS@MCHS 2026	01-23-2026	3:03.01		31.78					1:35.28
Region 11 Championship	01-29-2026	2:50.01							1:37.59

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

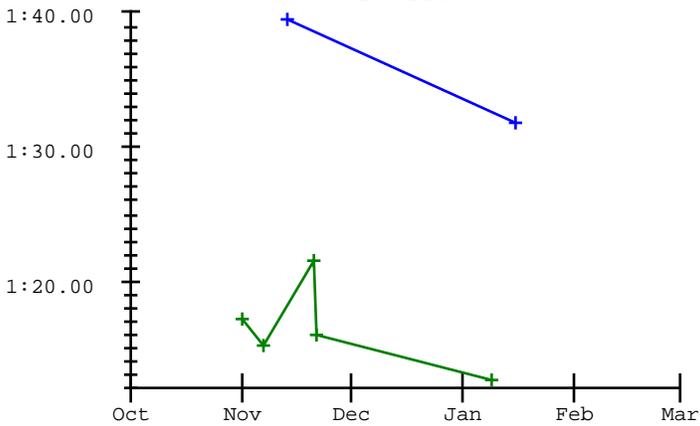
200 Free



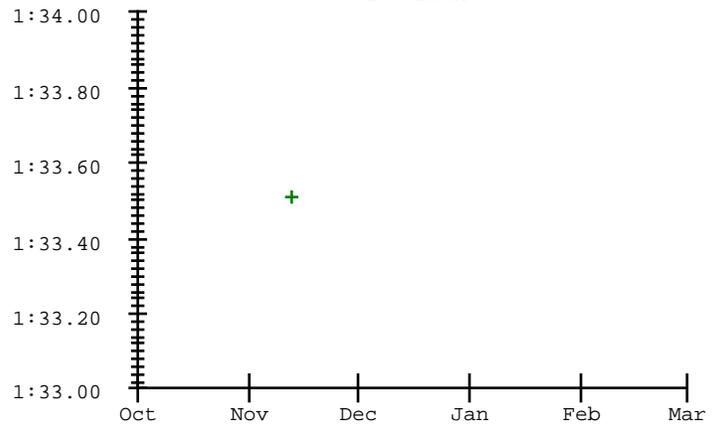
50 Free



100 Free



100 Back



100 Breast

