

# Loyal Cook

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		2:43.49	2:58.94	30.75		1:08.45		1:23.41	1:26.84
2024-2025 Best Times		2:21.39	2:33.98	28.64		1:02.70		1:17.70	1:17.18
Mustang Invite	11-01-2025			28.74					1:19.91
Greg Fernley Invite 20	11-07-2025		2:39.96			1:04.06			
Region Invite 2025	11-21-2025	2:25.57				1:02.21			
Bingham Invitational	11-22-2025			27.72		1:31.16	6:34.87		
North Region Invitatio	12-12-2025	2:26.19		28.72					
Orem v Ridgeline	12-19-2025					1:05.80			1:22.55
Quad Meet 8Jan2026 - c	01-08-2026					1:04.08			1:20.35
2026 Highland Invitati	01-09-2026			28.11					1:20.42
Ridgeline vs. Bear Riv	01-22-2026		2:40.88	27.79		1:03.14			
Region 11 Championship	01-29-2026	2:20.55							1:20.13

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

