

Ryan Dana

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									
NS @ SS	11-04-2025			31.89					
season kickoff Saturda	11-15-2025	2:49.16							1:37.72
Morgan @ South Summit	11-19-2025					1:10.55			
Rowland Hall, Maeser @	12-04-2025					1:11.68			1:40.41
Millard @ South Summit	12-09-2025		3:14.20			1:10.40		1:26.06	
Grand @ South Summit	12-12-2025	2:46.13						1:23.97	
Gunnison, Richfield,an	12-16-2025					1:09.51			
THS Mel Roberts Invita	12-19-2025			28.44					1:28.55
Cottonwood @ Pc 25-26	01-07-2026	2:41.70		28.85				1:29.03	
RH @ SS	01-08-2026				1:37.98				1:30.90
Union @ SS	01-13-2026		3:06.26					1:23.16	
East, Rowland Hall, So	01-15-2026			29.01					1:32.17
Union & South Summit v	01-22-2026					1:03.38		1:19.96	

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