

Matthew Stromness

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		3:06.49		32.60		1:20.28	8:41.45		
Grand, Carbon@ EHS	11-25-2025	3:04.59					8:32.85		
Emery, Uintah @ Carbon	12-10-2025	2:47.38					8:00.41		
Union, Carbon@ EHS	12-12-2025						8:04.75		
THS Mel Roberts Invita	12-19-2025			33.90			7:59.92		

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

