

Courtney Strydom

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2016-2017 Best Times		2:30.52		31.04		1:08.80	6:19.09	1:13.53	
2017-2018 Best Times		2:27.63	3:02.40	31.93	1:30.32	1:07.04	6:09.55	1:12.52	
Region 11 Invitational	11-02-2018	2:28.56					6:41.28		
Uintah and Juan Diego	11-06-2018			32.40				1:17.63	
JDCHS-Home vs Jordan H	11-09-2018	2:30.07				1:10.26	6:39.38		
Juan Diego @ Tooele 20	11-29-2018						6:28.27	1:16.99	
2018 Canyon View Invit	11-30-2018			31.08			6:24.08	1:13.92	
Juan Diego @ OHS	12-13-2018	2:26.20					6:20.92		
Judge Holiday Invitati	12-14-2018						6:22.13	1:15.71	
Juan Diego @Ben Lomond	01-08-2019						6:24.33	1:17.18	
JDCHS vs BONN	01-11-2019						6:25.31	1:17.08	
Juan Diego & Summit Ac	01-18-2019			27.86			6:26.99	1:16.81	
Region 11 Championshi	01-26-2019			30.20			6:23.68	1:12.91	

2015-2016 2016-2017 2017-2018 2018-2019

