

Lamar Whited

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2016-2017 Best Times		3:32.62		37.57		1:31.63		2:04.55	
2017-2018 Best Times				34.56		1:19.72		1:59.12	
Region 11 Invitational	11-02-2018			33.21		1:18.79			
Ogden @ Bear River	11-08-2018			33.34					
Iron Sea-Horse	11-15-2018	2:58.66					9:05.20		
City County 2018	12-01-2018			32.88		1:22.50			
Fremont, Layton @ Ogde	12-06-2018	2:54.63		32.43					
Tooele @ OHS	12-11-2018			34.13		1:16.28			
Juan Diego @ OHS	12-13-2018			33.01		1:15.30			
Bonneville & Stansbury	01-04-2019			34.02		1:20.69			
Ogden @ South Summit	01-10-2019	2:57.35		35.68		1:17.82			
Ogden @ Roy 2018-19	01-17-2019			32.15		1:13.95			
Region 11 Championshi	01-26-2019			30.05		1:10.96			

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

