

Lamar Whited

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
N Summit & Stansburry	12-01-2016			41.70		1:32.38			
City County 2016	12-03-2016			38.87		1:31.63			
Logan, North Summit @O	12-07-2016	3:36.32						2:13.03	
Woods Cross, Bountiful	12-15-2016			38.66				2:11.01	
Ogden @Ben Lomond	01-06-2017			40.03		1:35.13			
Davis, Fremont, BE @Og	01-10-2017	3:32.62							
Bonneville @Ogden	01-18-2017	3:33.36						2:04.55	
Region 5 Swimming Cham	01-28-2017			37.57				2:11.36	

2013-2014 2014-2015 2015-2016 2016-2017

