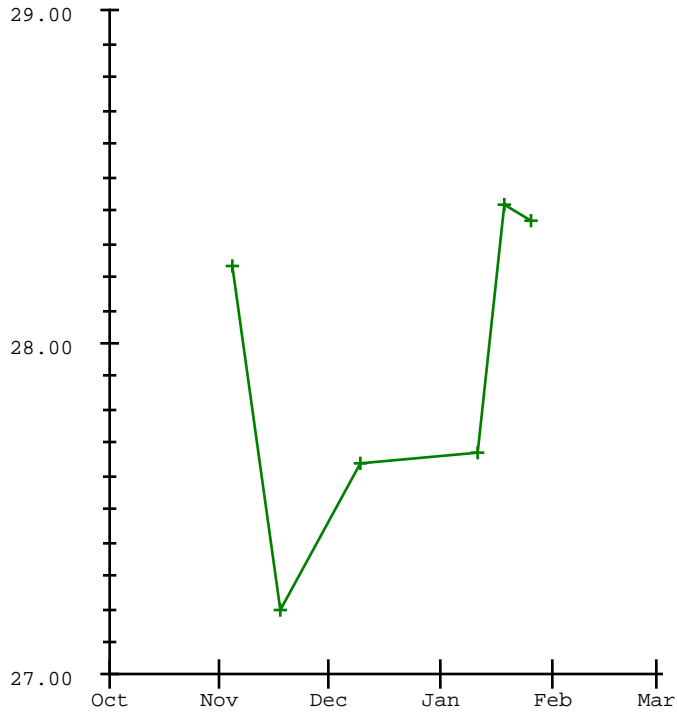


Long Nguyen

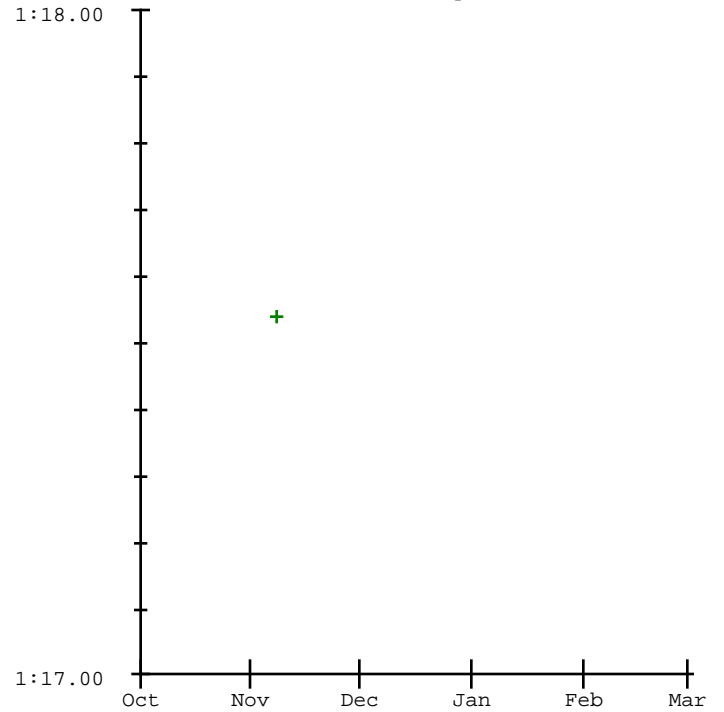
Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2015-2016 Best Times									1:21.28
NSPHS,WA,GVSH@EHS11/4/	11-04-2016			28.23					1:19.78
Richfield 2016 Swim Se	11-08-2016				1:17.54				1:20.47
Friday Night Lights 20	11-18-2016			27.20					1:20.80
EMERY,S. SUMMIIT, WASA	12-10-2016			27.64					1:24.14
North Sanpete and Gunn	01-11-2017			27.67					1:21.62
UintahCarbonWA@Emery	01-17-2017					1:01.98			
Delta January Meet	01-19-2017			28.42		1:04.46			1:24.16
2A South Division Cham	01-26-2017			28.37		1:02.82			1:22.73
2A State Swimming Cham	02-09-2017								1:15.36

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

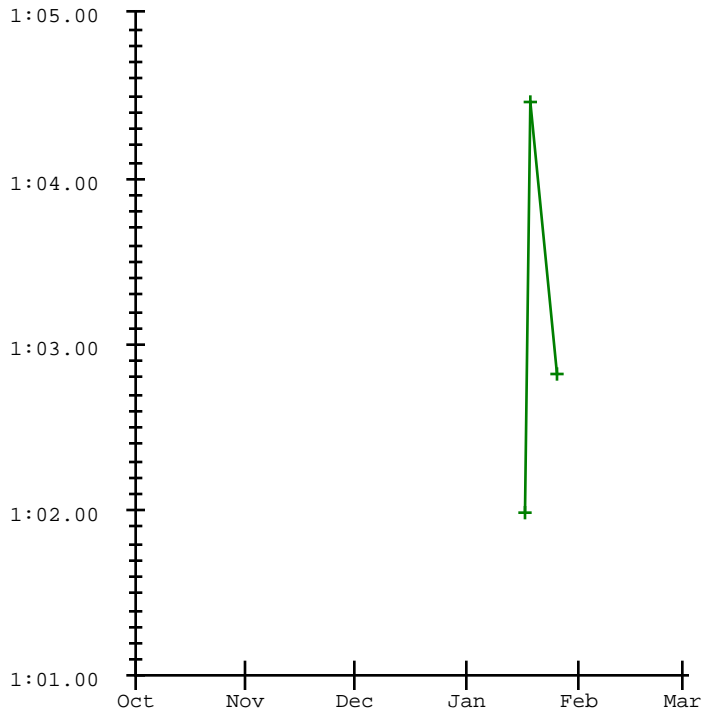
50 Free



100 Fly



100 Free



100 Breast

