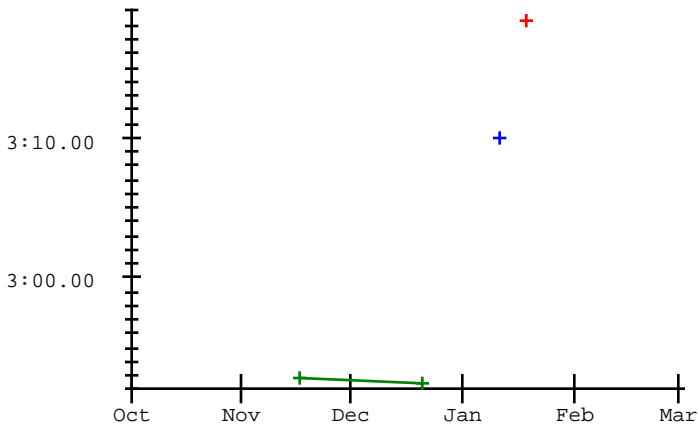


Kara Smeding

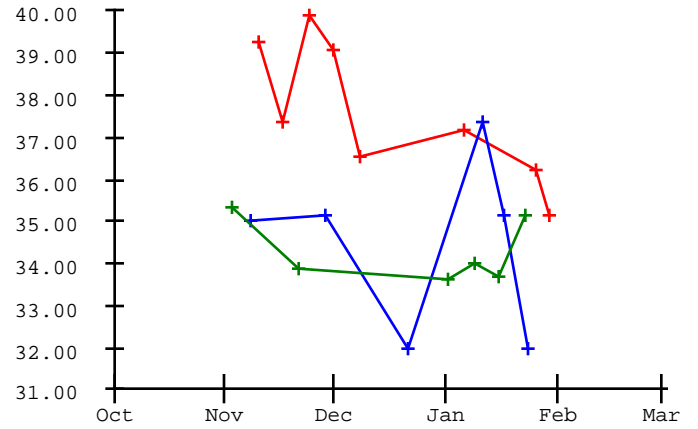
| Meet | Date | 200 Free | 200 I.M. | 50 Free | 100 Fly | 100 Free | 500 Free | 100 Back | 100 Breast |
|------------------------|------------|----------|----------|---------|---------|----------|----------|----------|------------|
| 2015-2016 Best Times | | 3:18.28 | | 35.17 | | 1:20.24 | | | |
| 2016-2017 Best Times | | 3:10.01 | | 31.99 | | 1:12.98 | | 1:44.24 | 1:57.59 |
| Herriman HS Vs. Olympu | 11-03-2017 | | | 35.37 | | 1:22.57 | | | |
| 2017.11.14 Olympus v E | 11-14-2017 | | | | 1:36.95 | 1:23.29 | | | |
| Thanksgiving Invitatio | 11-17-2017 | 2:52.80 | | | | 1:15.53 | | | |
| Olympus and Kearns @ M | 11-21-2017 | | | 33.86 | | 1:21.68 | | | |
| Olympus @ Cyprus | 12-05-2017 | | | | | | | 1:40.66 | |
| 2017.12.12 Olympus v H | 12-12-2017 | | | | | 1:22.63 | | | |
| 2017.12.21 Granite Sch | 12-21-2017 | 2:52.56 | | | | | | | |
| 2017.01.02 Box Elder v | 01-02-2018 | | | 33.63 | 1:38.26 | | | | |
| Olympus @ West | 01-09-2018 | | | 34.03 | | 1:26.83 | | | |
| 2017.01.16 Olympus v S | 01-16-2018 | | | 33.67 | 1:35.77 | | | | |
| Region 6 JV Regions | 01-23-2018 | | | 35.14 | 1:39.64 | | | | |

2014-2015 2015-2016 2016-2017 2017-2018

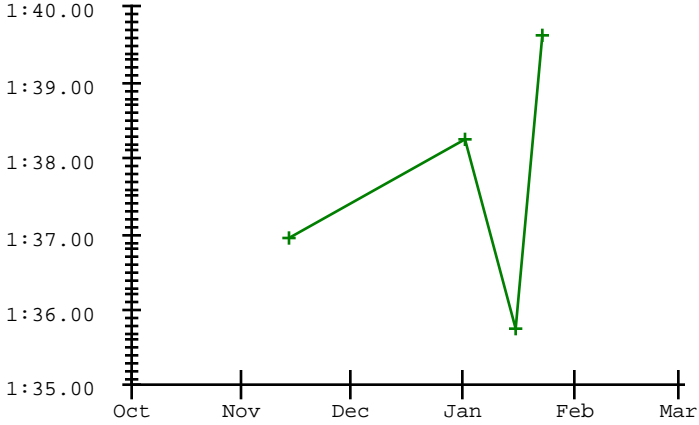
200 Free



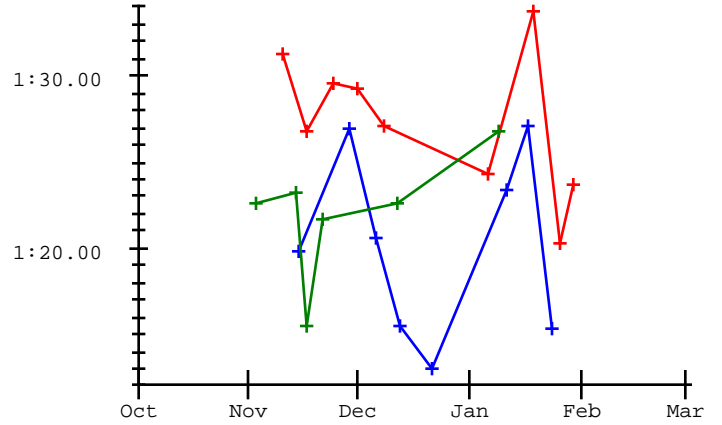
50 Free



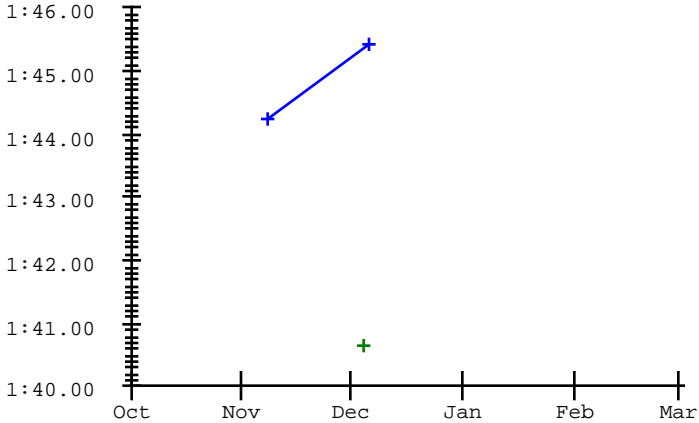
100 Fly



100 Free



100 Back



100 Breast

