

# Sophia Alva

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2020-2021 Best Times									
2021-2022 Best Times									
2022-2023 Best Times									
Region IV Rookies Invi	11-04-2023					1:18.86			
Roy @ Granger	11-29-2023		3:03.93			1:16.01			
Granger @ Taylorsville	12-14-2023	2:33.49		32.43		1:13.48		1:28.38	
GSD Championships 2023	12-19-2023	2:37.64				1:12.43			
West Jordan adn Kearns	01-04-2024	2:39.53		34.22		1:14.18			
Clear and North @ Gran	01-11-2024	2:39.44				1:11.49			
Ben Lomond and St J @	01-18-2024	2:35.58				1:10.89			
Cyprus @ Granger	01-24-2024					1:12.12		1:26.63	
Region IV Champiionshi	02-09-2024	2:34.05		32.06		1:11.82		1:23.26	

2020-2021 2021-2022 2022-2023 2023-2024

