

Lana Nord

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		2:28.77		30.74		1:08.32		1:15.53	
2023 Pre-Region 7 Invi	11-03-2023					1:05.32		1:15.85	
Meet at CRC Nov 9	11-09-2023			30.25		1:06.91			
2023 Nebo Invitational	11-11-2023	2:30.53						1:15.92	
Timpview vs. SHS, MMHS	11-16-2023		2:50.82			1:04.74			
Payson v Orem and Spr	12-05-2023	2:28.61					6:47.03		
Judge Memorial Holiday	12-08-2023	2:23.31						1:12.77	
Riverton, Springville,	12-13-2023			29.73		1:04.30			
2324 Springville @ Box	12-19-2023					1:05.72		1:12.92	
Timpview Invite	01-12-2024	2:21.40		29.81		1:03.30			
SHS, THS, SHHS	01-18-2024	2:20.42						1:13.70	
Springville, Salem Hil	01-23-2024	2:23.57				1:04.98		1:13.23	
Region 7 Championships	02-02-2024	2:16.34				1:01.80		1:10.84	

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

