

# Sophie Spanos

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									
2023 Greg Fernley Invi	11-03-2023		2:51.81						1:23.51
DHHSvsCRIM	11-10-2023		2:57.63						1:22.89
Hurricane Senior Meet	12-16-2023		2:47.88			1:04.98			
Red Rock Invitational	01-05-2024	2:32.17							1:22.37
Cedar January Invite 2	01-12-2024						7:16.17		
Senior Night @ WCCC	01-26-2024			29.20					1:24.95
2024 Region 9 Champion	02-02-2024	2:25.78							1:22.08
4A Utah High School St	02-16-2024		2:44.65						

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

