

# Amy Daines

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2021-2022 Best Times									
2022-2023 Best Times				31.47		1:08.72		1:26.87	
2023-2024 Best Times		2:30.87	2:59.97	30.83	1:38.06	1:06.82	7:18.87	1:22.29	1:42.01
Pre Region 24	11-02-2024			31.32		1:08.52			
4Nebo Invitational	11-09-2024							1:21.16	
Wasatch v. Springville	11-21-2024		2:58.32					1:22.05	
SFHS, SHS, SHHS	12-03-2024			32.72					1:39.07
CV vs Springville vs S	12-07-2024			32.18		1:09.82			
MMHS v SHHS v SHS	12-19-2024	2:30.25				1:09.68			
Springville Holiday In	12-21-2024			31.10			6:55.90		
Timpview Invite 2025	01-03-2025	2:34.20			1:34.74				
2025 SHHS vs. SF, Pays	01-07-2025			31.01		1:09.69			
TriMeet - SF, SHS, Tim	01-16-2025			31.06					1:37.73
Region 7 Championships	01-24-2025			30.92	1:32.31				

2021-2022 2022-2023 2023-2024 2024-2025

