

Lana Nord

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		2:28.77		30.74		1:08.32		1:15.53	
2023-2024 Best Times		2:16.34	2:50.82	29.73		1:01.80	6:47.03	1:10.84	
Pre Region 24	11-02-2024	2:16.47						1:10.66	
4Nebo Invitational	11-09-2024			28.88	1:16.52				1:21.30
Wasatch v. Springville	11-21-2024		2:34.66			1:02.19	6:21.72		
SFHS, SHS, SHHS	12-03-2024		2:36.76					1:11.25	
CV vs Springville vs S	12-07-2024	2:13.29				1:00.57			
MMHS v SHHS v SHS	12-19-2024			28.59				1:09.28	
Springville Holiday In	12-21-2024	2:16.90		29.12		1:00.74			
Timpview Invite 2025	01-03-2025	2:11.90		28.25		1:00.61		1:08.67	
2025 SHHS vs. SF, Pays	01-07-2025	2:12.57				1:01.02			
TriMeet - SF, SHS, Tim	01-16-2025					59.81		1:08.58	
Region 7 Championships	01-24-2025	2:11.97						1:08.66	
5A Utah High School St	02-14-2025							1:08.28	

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

