

Valerie Guzman-delahoz

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			2:22.39		1:01.80		6:03.45	1:11.78	1:17.95
2023-2024 Best Times		2:11.35	2:18.62		1:01.04	59.86			1:13.33
Brighton Polar Plunge	11-01-2024				1:04.41				1:14.83
Skyline @ Brighton	11-15-2024				1:05.93				1:15.84
Bountiful, Brighton, L	11-16-2024		2:23.19		1:04.31				
East & Judge w/ Bright	11-21-2024				1:03.07				1:13.88
West @ Brighton	12-10-2024		2:22.57		1:01.76				
Alta @ Brighton	12-19-2024		2:27.34		1:02.30	1:00.04			
Pleasant Grove @ Brigh	12-20-2024				1:05.07				1:14.63
Highland @ Brighton	01-17-2025		2:28.82						1:16.89
Region 6 Championships	01-31-2025				1:02.28				1:14.24
5A Utah High School St	02-14-2025				1:00.39				1:13.03

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

