

Cassidy Long

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									
2023-2024 Best Times									
Pre Region 24	11-02-2024	2:11.84			1:06.34				
4Nebo Invitational	11-09-2024		2:29.43				5:45.34		
MMHS, CERV, SFHS	11-14-2024	2:08.70				59.52			1:19.82
Wasatch v. Springville	11-21-2024	2:08.25						1:09.86	

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

