

Lauryn Tingen

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		3:12.47		32.90		1:24.34		1:26.62	1:43.79
Region VIII Opening Me	11-04-2023		3:05.01			1:08.87			
2023 Nebo Invitational	11-11-2023			31.39				1:26.29	
Payson v Provo and SHH	11-14-2023			33.17		1:09.06		1:24.78	
2023 Thanksgiving Invi	11-17-2023			31.17		1:09.46			
Payson@Logan	11-29-2023		3:03.09			1:14.54			1:39.62
Payson v Orem and Sprin	12-05-2023	2:43.47			1:24.65				
Red Rock Invitational	01-05-2024			31.01		1:10.73			
2024 Payson vs. Mt. Vi	01-09-2024		3:02.63	32.41		1:10.24			
2024 Salem Hills vs. P	01-11-2024			31.28			7:16.05		
Payson, North Sanpete@	01-16-2024			32.35				1:25.87	
Region VIII Championsh	02-02-2024						7:04.35	1:23.82	

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

