

Kiana Diessner

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2022-2023 Best Times									
2023-2024 Best Times									
2024-2025 Best Times		3:19.52		30.98		1:07.94	8:51.17	1:33.03	
Pirate Pentathlon	11-01-2025			32.05				1:28.04	
Greg Fernley Invite 20	11-07-2025	2:52.62		33.04		1:12.22			
West Jordan & Stansbur	11-13-2025			31.48		1:14.31			
Hillcrest vs Cyprus	11-20-2025			32.77		1:12.10			
West & Clearfield at C	12-04-2025			31.39				1:22.78	
Cyprus @ Tooele	12-09-2025			32.34		1:16.83	8:15.19		
Kearns at Cyprus	12-11-2025					1:10.52		1:24.14	
2025 Granite District	12-18-2025			30.62		1:10.87			
Cyprus vs Hunter	01-08-2026	3:07.20						1:27.53	
Mountain Ridge at Cypr	01-14-2026			31.81				1:23.54	
Taylorsville HS vs. Cy	01-15-2026			32.87				1:27.21	
Granger at Cyprus	01-29-2026			32.09				1:23.90	
Region 4 Championships	02-06-2026			30.31		1:07.69		1:22.09	

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