

Sarah Dias

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		3:08.51		37.98		1:27.10	8:17.07	1:51.57	1:56.48
Pirate Pentathlon	11-01-2025			37.12					
West Jordan & Stansbur	11-13-2025			36.44			8:06.71		
West Jordan @ Fremont	11-18-2025					1:23.91			
25-26 Jordan District	11-21-2025			35.44		1:20.07			
Granger at West Jordan	12-04-2025	2:56.99						1:46.74	
Ceder Valley, West Jor	12-09-2025			35.09			7:58.91		
Copper Hills at West J	12-11-2025	3:06.30							
West at West Jordan 12	12-16-2025			38.09		1:19.05			
Hillcrest at West Jord	01-08-2026			35.60			8:23.12		
West Jordan @ Hunter	01-20-2026			35.06			8:10.12		
Taylorville HS vs. We	01-22-2026	3:05.02				1:27.10	8:10.70		
Clearfield at West Jor	01-27-2026	3:05.09					8:05.89		
Region 4 Championships	02-06-2026	3:00.25					10:10.30		

2022-2023 2023-2024 2024-2025 2025-2026

