

Lizzy Gonzales

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2022-2023 Best Times			2:53.23	29.01	1:27.45	1:05.41	7:20.17	1:25.50	
2023-2024 Best Times			2:49.28	28.30	1:12.25	1:07.29		1:15.72	
2024-2025 Best Times			2:39.98	27.30	1:08.04		6:55.10	1:14.83	
Pre-Region Meet - copi	11-01-2025		2:39.83	29.17	1:14.29				
LP, PG @ AF	11-05-2025			28.28	1:13.23	1:04.90			
Richard Coston Invitat	11-07-2025			28.39	1:14.94	1:04.86			
SPRV v PG SF	11-19-2025			28.88			6:34.54		
Bingham Invitational	11-22-2025				1:14.12	1:04.97	6:38.13		
Salem, SF, TV @pg	12-10-2025				1:11.55				
Salem Hills vs SF, PG	01-15-2026		2:43.45		1:10.77				
Swimvitational 26	01-17-2026			27.90	1:08.48				
LP, AF @ PG 2026	01-21-2026			28.53	1:10.22				
Region 7 Swim Champion	02-07-2026			27.14	1:08.00				
5A Utah High School St	02-20-2026			27.32	1:08.34				

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

