

Megan Frost

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									
2526 Box Elder Invite	11-01-2025			32.21		1:14.68			
SHS @ CHS 25	11-04-2025		3:03.12						1:32.59
Wasatch Kickoff Invite	11-08-2025	2:39.47		30.38		1:13.28		1:31.98	
Region 1 Time Trial 25	11-13-2025			30.96					
BHS vs CHS @ SHS	12-02-2025		3:03.64		1:27.69				
Farmington @ Syracuse	12-09-2025			30.50			7:21.50		
2025 Davis District	12-20-2025				1:29.98				1:33.40
Layton @ Syracuse	01-08-2026				1:28.63			1:29.24	
Syracuse @ Weber	01-15-2026	2:39.84							1:32.12
Syracuse @ Davis	01-20-2026	2:43.59		30.60					
Region 1 Championships	02-06-2026				1:25.72				1:32.38

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

