

Lana Nord

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2022-2023 Best Times		2:28.77		30.74		1:08.32		1:15.53	
2023-2024 Best Times		2:16.34	2:50.82	29.73		1:01.80	6:47.03	1:10.84	
2024-2025 Best Times		2:11.90	2:34.66	28.25	1:16.52	59.81	6:21.72	1:08.28	1:21.30
Pre-Region Meet - copi	11-01-2025			28.55				1:08.13	
2025 Nebo Invitational	11-08-2025	2:13.87				1:00.51			
SPRV v PG SF	11-19-2025		2:30.05					1:08.51	
CDRV v MM v SPRV - cop	11-22-2025	2:17.41				1:01.81	6:20.33		
PHS v SHS, Union and M	12-11-2025	2:12.21				1:00.91			
SHS Holiday Invite	12-20-2025	2:14.28		28.47					
Timpview Invite 2026	01-02-2026				1:14.57	1:01.10		1:08.16	
Salem Hills vs Springv	01-08-2026			27.69		59.17		1:08.42	
2526 Weber and Springv	01-13-2026			28.17					1:21.52
Timpview vs. Springvil	01-22-2026	2:12.50				59.60			
Region 7 Swim Champion	02-07-2026	2:09.17				58.72		1:07.41	
5A Utah High School St	02-20-2026	2:11.07						1:07.09	

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

