

Cassidy Long

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		2:03.50	2:29.43	26.86	1:05.10	59.52	5:32.43	1:09.86	1:18.97
Pre-Region Meet - copi	11-01-2025	2:04.53					5:38.35		
MMHS vs PHS vs SHHS	11-13-2025		2:24.03						1:20.67
CDRV v MM v SPRV - cop	11-22-2025			27.30			5:36.97		
PHS v SHS, Union and M	12-11-2025				1:05.77			1:09.98	
SHS Holiday Invite	12-20-2025	2:06.90				59.70			
Salem Hills vs Springv	01-08-2026		2:23.58				5:42.81		
Cedar Jan Senior Meet	01-16-2026	2:06.93			1:04.26				
Salem Hills vs Maple M	01-22-2026			28.63	1:07.56				
Region 7 Swim Champion	02-07-2026		2:24.01				5:41.35		
5A Utah High School St	02-20-2026	2:04.32					5:31.68		

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

