

# Lydia Sonntag

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		2:16.20	2:26.89	27.72	1:21.29	58.69	6:05.90	1:11.48	1:16.06
Pre-Region Meet - copi	11-01-2025		2:33.55						1:19.33
MMHS vs PHS vs SHHS	11-13-2025	2:15.29						1:09.81	
CDRV v MM v SPRV - cop	11-22-2025	2:13.21		28.37					
PHS v SHS, Union and M	12-11-2025		2:32.37			1:01.00			
SHS Holiday Invite	12-20-2025						5:51.02		1:18.69
Salem Hills vs Springv	01-08-2026	2:11.93		28.26					
Salem Hills vs Maple	01-22-2026				1:15.63				1:17.74
Region 7 Swim Champion	02-07-2026	2:09.51		28.13		1:00.27			1:18.81
5A Utah High School St	02-20-2026	2:06.23		27.45			5:42.91		

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

