

Amy Daines

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2022-2023 Best Times				31.47		1:08.72		1:26.87	
2023-2024 Best Times		2:30.87	2:59.97	30.83	1:38.06	1:06.82	7:18.87	1:22.29	1:42.01
2024-2025 Best Times		2:30.25	2:58.32	30.92	1:32.31	1:08.52	6:55.90	1:21.16	1:37.73
2025 Nebo Invitational	11-08-2025		2:57.66						1:34.30
CDRV v MM v SPRV - cop	11-22-2025			30.84				1:19.93	
PHS v SHS, Union and M	12-11-2025	2:26.68				1:06.67			
SHS Holiday Invite	12-20-2025	2:25.83						1:18.69	
Timpview Invite 2026	01-02-2026	2:28.57			1:35.41				
Salem Hills vs Springv	01-08-2026			30.50		1:06.50			
2526 Weber and Springv	01-13-2026	2:29.98					6:48.19		
Timpview vs. Springvil	01-22-2026	2:27.33						1:17.65	
Region 7 Swim Champion	02-07-2026	2:26.38					6:45.00		

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

