

Lila Cabiness

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		3:00.48	3:31.95	32.43		1:15.98		1:35.09	1:51.98
2024-2025 Best Times		2:45.10	3:11.31	29.33	1:29.68	1:10.96	7:29.41	1:25.61	1:40.85
Greg Fernley Invite 20	11-07-2025			29.74				1:26.64	
Cedar Valley & West La	11-13-2025	2:44.08							1:36.47
Mountain Ridge @ Brigh	11-14-2025			31.26		1:10.63			
25-26 Jordan District	11-21-2025			31.48		1:10.71			
Wasatch Winter Invite	12-12-2025			30.01		1:13.72			
25-26 Sentinel Invite	12-13-2025							1:26.58	1:33.78
25-26 Farmington @ MRH	12-16-2025			31.39		1:12.95			
Timpview Invite 2026	01-02-2026			31.49					1:34.33
2026 Highland Invitati	01-09-2026			30.76			7:56.59		
Mountain Ridge at Cypr	01-14-2026		3:09.73					1:28.74	
25-26 Alta vs MRHS	01-20-2026			31.41		1:10.21			
Region 2 Championship	01-30-2026			29.56					1:30.68

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

