

Emma Lambert

| 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   |            |          |          |         |         |          |          |          |            |
| Richard Coston Invitat | 11-07-2025 |          |          | 37.33   |         |          |          |          |            |
| 11-13-25               | 11-13-2025 |          |          | 45.28   |         |          |          |          |            |
| 2025 Thanksgiving Invi | 11-21-2025 |          |          | 43.87   |         | 1:52.75  |          |          |            |
| Gunnison and Vanguard  | 12-10-2025 |          |          | 45.09   |         |          |          |          |            |
| Senior Night North San | 01-06-2026 |          |          | 44.73   |         | 1:45.89  |          |          |            |
| Red Rock Sprint Meet   | 01-09-2026 |          |          | 44.41   |         |          |          |          |            |
| Red Rock Invite        | 01-10-2026 |          |          | 44.14   |         | 1:42.90  |          |          |            |
| 1-13-26                | 01-13-2026 |          |          | 47.16   |         | 1:49.94  |          |          |            |
| Battle of the Paddle M | 01-20-2026 |          |          | 44.90   |         | 1:40.02  |          |          |            |

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

