

Lillian Brog

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2022-2023 Best Times				30.72	1:22.28	1:09.06		1:20.78	1:40.27
2023-2024 Best Times				30.31	1:22.78	1:07.21		1:25.02	
2024-2025 Best Times				30.12	1:24.68	1:06.74			1:37.22
2025 BRI Halloween Plu	10-31-2025			31.42					
Bingham @ Brighton	11-07-2025			31.42		1:09.78			
Blue vs Orange	11-21-2025			31.11		1:09.76			
Canyons District Champ	12-16-2025			33.14		1:11.52			
Weber @ Brighton	01-09-2026			31.73		1:10.61			
Davis @ Brighton	01-16-2026			31.36		1:09.26			
Kearns @ Brighton	01-27-2026			31.26		1:10.59			
Layton, Brighton @ Far	01-30-2026			32.07		1:10.48			
Region 1 Championships	02-06-2026			30.58		1:06.86			

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

