

Sarah Spallino

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			3:07.16	32.35		1:13.79		1:51.08	1:23.31
2024-2025 Best Times		2:42.31	3:01.81	31.50	1:25.90	1:11.60	7:34.38	1:37.01	1:24.96
Bingham @ Brighton	11-07-2025						7:31.34		1:33.36
25-26 Bingham @ Herrim	11-10-2025		3:05.36			1:10.37			
Bingham @ Corner Canyo	11-13-2025			31.34				1:33.06	
Bingham Invitational	11-22-2025			31.64					1:29.40
Mtn Ridge, Copper Hill	12-02-2025			31.85					1:30.39
MMHS v BHS v SFHS	12-04-2025			31.24				1:28.61	
Ceder Valley, West Jor	12-09-2025	2:36.64							1:27.66
Westlake @ Bingham	01-06-2026			31.67					1:28.95
Riverton @ Bingham	01-15-2026			31.52					1:29.25
Swimvitational 26	01-17-2026			32.34					1:28.53
Region 2 Championship	01-30-2026		2:54.59						1:28.28

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

