

Lucy Hess

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		2:56.39	3:26.66	32.24	1:39.63	1:12.53	8:02.95	1:26.67	1:45.76
Ben Lomond @ LHS	11-06-2025		3:12.57	33.51	1:35.41				
2025 Thanksgiving Invi	11-21-2025				1:33.72			1:25.17	
Region 12 Relays	11-25-2025					1:20.91			
Logan @ Ben Lomond	12-09-2025					1:11.86			1:39.98
LHS@MCHS 2025	12-18-2025	2:43.74			1:32.96				
sundevilsfri26@grand	01-02-2026	2:41.10			1:36.77	1:14.12			
sundevilssat26@grand	01-03-2026			31.34				1:24.05	
Ogden@ Logan 1/15/26	01-15-2026			33.00		1:12.17		1:24.31	
Skyview @ Logan 26	01-17-2026			31.29		1:11.86	7:26.79		
GHS-LHS-MOR-1-22-26	01-23-2026				1:32.77	1:13.03		1:23.15	
Region 12 Championship	01-30-2026			30.67		1:08.86		1:21.12	
3A Utah High School St	02-13-2026			29.45		1:04.54		1:16.72	

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

