

Ashlynn Lai

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									
MMHS vs PHS vs SHHS	11-13-2025	2:43.90							
CDRV v MM v SPRV - cop	11-22-2025			31.90		1:11.93			
MMHS v BHS v SFHS	12-04-2025				1:29.02				2:01.38
PHS v SHS, Union and M	12-11-2025		3:12.82			1:11.22			
SHS Holiday Invite	12-20-2025			32.12		1:15.45		1:30.41	
Salem Hills vs Springv	01-08-2026			31.52			7:16.19		
Salem Hills vs Maple M	01-22-2026					1:09.18		1:28.22	
Region 7 Swim Champion	02-07-2026	2:28.22				1:07.68			

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

