

Kynlie Swainston

| 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   |            | 3:02.65  | 3:26.63  | 31.01   |         | 1:12.29  |          |          |            |
| Region 8 Opener 25     | 11-01-2025 |          |          |         |         | 1:11.58  |          |          |            |
| Volunteers Meet 25     | 11-12-2025 |          |          | 30.70   |         |          |          |          |            |
| Quad at Timpanogos     | 12-04-2025 |          |          | 33.72   |         | 1:11.17  |          |          |            |
| Wasatch Winter Invite  | 12-12-2025 |          |          | 30.37   |         |          |          |          |            |
| 2026 THS Senior Night  | 01-14-2026 |          |          | 31.87   |         | 1:13.26  |          |          |            |
| Region 8 Championships | 01-30-2026 |          |          | 32.34   |         | 1:19.82  |          |          |            |

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

