

Amalia De la hoz

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		2:32.42	2:52.04	30.87		1:07.02	7:11.75	1:23.69	1:28.31
2024-2025 Best Times		2:19.59	2:49.04	29.62		1:05.17	6:24.61	1:19.73	1:28.99
Mustang Invite	11-01-2025	2:27.69							1:29.82
Greg Fernley Invite 20	11-07-2025		2:48.56				6:49.89		
Region Invite 2025	11-21-2025		2:54.09			1:06.22			
Bingham Invitational	11-22-2025			30.27				1:18.07	
North Region Invitatio	12-12-2025	2:26.31							1:27.24
Orem v Ridgeline	12-19-2025					1:07.71			
SHS Holiday Invite	12-20-2025			30.07			6:41.69		
Ridgeline vs. Bear Riv	01-22-2026		2:51.34			1:07.03			
Region 11 Championship	01-29-2026			31.45		1:06.60			1:29.02

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

