

# Lyndi O'Neal

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		3:03.49	3:31.25	31.26	1:32.76	1:21.65		1:37.12	1:51.69
2024-2025 Best Times		2:48.48	3:22.46	30.87	1:30.49	1:10.86		1:35.43	
Pre-Region Meet - copi	11-01-2025			31.79					
2025 Nebo Invitational	11-08-2025			31.49		1:13.79			
Lehi vs Spansih Fork	11-14-2025			31.45		1:11.45			
MMHS v BHS v SFHS	12-04-2025			32.43		1:12.96			
Salem, SF, TV @pg	12-10-2025								1:56.84
TV, SF, Maeser@MVHS	12-17-2025	2:41.10						1:37.51	
PROVO VS SPANISH FORK	01-10-2026					1:14.88			
Salem Hills vs SF, PG	01-15-2026			31.82				1:34.51	
Salem Hills vs Maple	01-22-2026			31.52		1:10.12			
Last Chance Invitation	01-24-2026				1:21.66			1:38.65	
Region 7 Swim Champion	02-07-2026		3:21.74			1:09.74			

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

