

Lana Nord

| Meet | Date | 200 Free | 200 I.M. | 50 Free | 100 Fly | 100 Free | 500 Free | 100 Back | 100 Breast |
|------------------------|------------|----------|----------|---------|---------|----------|----------|----------|------------|
| 2022-2023 Best Times | | 2:28.77 | | 30.74 | | 1:08.32 | | 1:15.53 | |
| 2023-2024 Best Times | | 2:16.34 | 2:50.82 | 29.73 | | 1:01.80 | 6:47.03 | 1:10.84 | |
| 2024-2025 Best Times | | 2:11.90 | 2:34.66 | 28.25 | 1:16.52 | 59.81 | 6:21.72 | 1:08.28 | 1:21.30 |
| Pre-Region Meet - copi | 11-01-2025 | | | 28.55 | | | | 1:08.13 | |
| 2025 Nebo Invitational | 11-08-2025 | 2:13.87 | | | | 1:00.51 | | | |
| SPRV v PG SF | 11-19-2025 | | 2:30.05 | | | | | 1:08.51 | |
| CDRV v MM v SPRV - cop | 11-22-2025 | 2:17.41 | | | | 1:01.81 | 6:20.33 | | |
| PHS v SHS, Union and M | 12-11-2025 | 2:12.21 | | | | 1:00.91 | | | |
| SHS Holiday Invite | 12-20-2025 | 2:14.28 | | 28.47 | | | | | |
| Timpview Invite 2026 | 01-02-2026 | | | | 1:14.57 | 1:01.10 | | 1:08.16 | |
| Salem Hills vs Springv | 01-08-2026 | | | 27.69 | | 59.17 | | 1:08.42 | |
| 2526 Weber and Springv | 01-13-2026 | | | 28.17 | | | | | 1:21.52 |
| Timpview vs. Springvil | 01-22-2026 | 2:12.50 | | | | 59.60 | | | |
| Region 7 Swim Champion | 02-07-2026 | 2:09.17 | | | | 58.72 | | 1:07.41 | |
| 5A Utah High School St | 02-20-2026 | 2:11.07 | | | | | | 1:07.09 | |

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

