

Lael Miller

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		2:23.84		29.39	1:14.64	1:03.76		1:12.88	1:31.86
2024-2025 Best Times		2:27.48	2:48.23	29.79	1:14.99	1:05.87		1:15.79	1:26.29
Bingham Invitational	11-22-2025			29.61		1:07.24			1:31.17
2025 CV Invite	12-05-2025					1:06.43		1:16.70	
PV DHHS and CRIM	12-11-2025			31.07			7:14.14		
Tiger Invite 2025	12-20-2025	2:41.88							1:34.21
Red Rock Sprint Meet	01-09-2026					1:07.63			
Red Rock Invite	01-10-2026		2:53.95				7:00.30		
East St Geroge Senior	01-15-2026	2:34.45						1:17.56	
The Last Lap	01-24-2026			29.95				1:18.41	
Region 9 Championship	01-31-2026			30.55				1:16.61	

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

