

Livia Cook

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				29.87		1:06.11			
2024-2025 Best Times				30.17		1:08.20			
LLAC Home Opener	11-01-2025			29.68		1:07.07			
Cedar Valley & West La	11-13-2025			29.39		1:05.02			
Timpview vs. Cedar Val	11-20-2025			29.63				1:22.63	
CDRV v MM v SPRV - cop	11-22-2025			29.96		1:08.53			
Cedar Valley, West Jor	12-09-2025	2:32.80		29.64					
Alpine Distrcit Invite	12-13-2025			29.49		1:07.36			
THS Mel Roberts Invita	12-19-2025			29.01		1:07.71			
SKR,AF,HRM@CDRV	01-07-2026			28.93		1:05.37			
Region 2 Championship	01-30-2026			28.36		1:04.28			

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

