

Derek Spangenberg

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									
2024-2025 Best Times		2:41.13	3:07.20	29.19	1:40.55	1:08.63		1:24.45	1:41.09
2526 Box Elder Invite	11-01-2025			27.99				1:15.88	
2025 Nebo Invitational	11-08-2025	2:24.97				1:04.02			
2526 Bear River and Bo	11-17-2025		2:57.82						1:36.11
2526 Alta vs. Box Elde	12-09-2025						6:53.67		
Silver Rush Invite	12-12-2025			27.71		1:04.84			
Box Elder @ Sky View	12-16-2025				1:35.15				
SHS Holiday Invite	12-20-2025			29.86				1:21.98	
Quad Meet 8Jan2026 - c	01-08-2026		2:57.63					1:16.63	
2526 Weber and Springv	01-13-2026			26.92		1:02.20			
Box Elder, Bonneville	01-15-2026	2:25.71		28.33					1:29.13
2526 Westfield and Roy	01-22-2026	2:33.94						1:17.36	
2526 Clearfield and No	01-29-2026			27.11		1:01.91			
Region 5 Championships	02-06-2026					1:01.05		1:10.44	

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

