

# Sammy Bennett

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		3:11.56	3:54.70	37.62	1:53.58	1:23.97		1:46.79	
2024-2025 Best Times		2:54.03	3:30.39	34.76		1:20.44	8:22.58	1:31.50	
2526 Box Elder Invite	11-01-2025				2:07.02			1:39.97	
SHS @ CHS 25	11-04-2025	3:14.71		36.09				1:37.03	
Wasatch Kickoff Invite	11-08-2025		3:36.56			1:22.70			
Region 1 Time Trial 25	11-13-2025			36.15					
2025 Thanksgiving Invi	11-21-2025			35.66		1:20.98			
BHS vs CHS @ SHS	12-02-2025			35.89		1:21.89			
Farmington @ Syracuse	12-09-2025			36.66		1:20.83			
Wasatch Winter Invite	12-12-2025			36.68				1:37.76	
2025 Davis District	12-20-2025			35.87	1:56.80				
Layton @ Syracuse	01-08-2026			36.18		1:20.38			
Syracuse @ Weber	01-15-2026			35.48			8:22.33		
Syracuse @ Davis	01-20-2026	3:05.04				1:24.40			
Region 1 Championships	02-06-2026			34.21		1:17.93			

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

