

Sophie Thompson

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		2:47.57	3:30.22	33.45	1:37.39	1:13.24	7:35.08	1:26.25	1:43.21
2024-2025 Best Times		2:31.35		31.99	1:26.62	1:10.18	6:35.84	1:20.49	
Pre-Region Meet - copi	11-01-2025	2:33.22						1:18.84	
2025 Nebo Invitational	11-08-2025			31.06		1:11.36	6:50.59		
MMHS vs PHS vs SHHS	11-13-2025					1:10.51			
2025 CV Invite	12-05-2025		2:54.06				6:33.73		
Salem, SF, TV @pg	12-10-2025	2:28.41							1:38.47
SHS Holiday Invite	12-20-2025				1:17.49				
Salem Hills vs Springv	01-08-2026					1:09.11		1:20.33	
Salem Hills vs SF, PG	01-15-2026			30.21			6:22.74		
Salem Hills vs Maple	01-22-2026	2:23.32		30.63	1:18.04				
Region 7 Swim Champion	02-07-2026	2:19.80					6:14.06		
5A Utah High School St	02-20-2026						6:15.34		

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

