

# Valerie Guzman-delahoz

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2022-2023 Best Times			2:22.39		1:01.80		6:03.45	1:11.78	1:17.95
2023-2024 Best Times		2:11.35	2:18.62		1:01.04	59.86			1:13.33
2024-2025 Best Times			2:22.57		1:00.39	1:00.04			1:13.03
2025 BRI Halloween Plu	10-31-2025			28.79					
Bingham @ Brighton	11-07-2025				1:05.26				
Mountain Ridge @ Brigh	11-14-2025			29.77	1:03.88				1:18.82
Brighton, LonePeak, WX	11-15-2025		2:35.44						
Blue vs Orange	11-21-2025				1:03.76				1:13.73
Canyons District Champ	12-16-2025				1:05.85				1:14.57
Weber @ Brighton	01-09-2026				1:07.28				
Davis @ Brighton	01-16-2026				1:05.41				
Kearns @ Brighton	01-27-2026				1:04.65				1:15.76
Layton, Brighton @ Far	01-30-2026				1:06.33				1:17.74
Region 1 Championships	02-06-2026				1:02.59				1:13.92
6A Utah High School St	02-20-2026				1:02.26				1:13.92

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

