

Matthew C Stromness

| 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   |            | 3:06.49  |          | 32.60   |         | 1:20.28  | 8:41.45  |          |            |
| Grand, Carbon@ EHS     | 11-25-2025 | 3:04.59  |          |         |         |          | 8:32.85  |          |            |
| Emery, Uintah @ Carbon | 12-10-2025 | 2:47.38  |          |         |         |          | 8:00.41  |          |            |
| Union, Carbon@ EHS     | 12-12-2025 |          |          |         |         |          | 8:04.75  |          |            |
| THS Mel Roberts Invita | 12-19-2025 |          |          | 33.90   |         |          | 7:59.92  |          |            |

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

