

Seth Spencer

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				29.02		1:07.57			1:28.87
2024-2025 Best Times				27.96		1:06.45			
LLAC Home Opener	11-01-2025			26.95					1:24.31
Riverton, Skyridge, &	11-12-2025			27.51					
Pre-Region 3 Invite	11-20-2025					1:04.14			1:23.04
SKR,AF,HRM@CDRV	01-07-2026					1:08.39			1:25.39
Lehi vs Skyridge Dual	01-17-2026			28.52					1:28.99
Region 3 Championship	01-31-2026			28.39		1:05.44			1:25.80

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

