

Miranda E Langstraat

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		3:00.60	3:22.50	35.67		1:18.64		1:28.46	1:56.04
Region 8 Opener 25	11-01-2025			34.32		1:17.33			
Volunteers Meet 25	11-12-2025		3:14.67					1:25.76	
Mountain View @ Uintah	11-17-2025		3:22.16						
Quad at Timpanogos	12-04-2025	2:53.48							1:49.81
Alpine Distrcit Invite	12-13-2025			36.32				1:28.23	
TV, SF, Maeser@MVHS	12-17-2025			34.99			7:55.02		
Red Rock Invite	01-10-2026					1:16.37			
Hillcrest vs Mountain	01-13-2026			35.44		1:20.62	7:44.45		
2026 THS Senior Night	01-14-2026	2:50.47						1:28.29	
Battle for the Paddle	01-21-2026		3:20.53					1:28.18	
Region 8 Championships	01-30-2026		3:13.84					1:27.32	

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

