

# Lanie Seal

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		3:00.85		29.25		1:06.08			
GHSspookymeet25	10-31-2025					1:11.68			
Pirate Pentathlon	11-01-2025			31.21		1:09.33			
Richard Coston Invitat	11-07-2025			29.76		1:05.05			
Region Invite 2025	11-21-2025	2:31.28				1:06.10			
Bingham Invitational	11-22-2025			29.15			7:04.07		
Cyprus @ Tooele	12-09-2025			29.97					
North Region Invitatio	12-12-2025			29.64		1:05.36			
THS Mel Roberts Invita	12-19-2025			28.21		1:03.31			
THS&DPHS@THS - copied	01-06-2026			30.28		1:07.50			
TC-Tri Meet 26	01-17-2026			29.25		1:05.72			
Tooele @ Uintah Jan 20	01-23-2026			29.84		1:06.82			
Region 11 Championship	01-29-2026			28.02		1:00.24			
4A Utah High School St	02-13-2026					1:00.37			

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

