

Kiana Diessner

| 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 | | 3:19.52 | | 30.98 | | 1:07.94 | 8:51.17 | 1:33.03 | |
| Pirate Pentathlon | 11-01-2025 | | | 32.05 | | | | 1:28.04 | |
| Greg Fernley Invite 20 | 11-07-2025 | 2:52.62 | | 33.04 | | 1:12.22 | | | |
| West Jordan & Stansbur | 11-13-2025 | | | 31.48 | | 1:14.31 | | | |
| Hillcrest vs Cyprus | 11-20-2025 | | | 32.77 | | 1:12.10 | | | |
| West & Clearfield at C | 12-04-2025 | | | 31.39 | | | | 1:22.78 | |
| Cyprus @ Tooele | 12-09-2025 | | | 32.34 | | 1:16.83 | 8:15.19 | | |
| Kearns at Cyprus | 12-11-2025 | | | | | 1:10.52 | | 1:24.14 | |
| 2025 Granite District | 12-18-2025 | | | 30.62 | | 1:10.87 | | | |
| Cyprus vs Hunter | 01-08-2026 | 3:07.20 | | | | | | 1:27.53 | |
| Mountain Ridge at Cypr | 01-14-2026 | | | 31.81 | | | | 1:23.54 | |
| Taylorville HS vs. Cy | 01-15-2026 | | | 32.87 | | | | 1:27.21 | |
| Granger at Cyprus | 01-29-2026 | | | 32.09 | | | | 1:23.90 | |
| Region 4 Championships | 02-06-2026 | | | 30.31 | | 1:07.69 | | 1:22.09 | |

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

