

# Nathan Lauritzen

| 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   |            |          |          |         |         |          |          |          |            |
| Pre-Region Meet - copi | 11-01-2025 |          |          | 30.13   |         |          |          |          | 1:22.36    |
| 2025 Nebo Invitational | 11-08-2025 |          |          | 29.88   |         |          |          |          | 1:19.81    |
| MMHS vs PHS vs SHHS    | 11-13-2025 |          |          | 29.64   |         |          |          |          | 1:21.07    |
| 2025 CV Invite         | 12-05-2025 |          |          |         | 1:23.99 |          |          |          | 1:18.20    |
| SHS Holiday Invite     | 12-20-2025 |          |          | 29.53   |         |          |          |          |            |
| Salem Hills vs Springv | 01-08-2026 | 2:36.83  |          |         |         |          |          |          | 1:18.95    |
| Salem Hills vs SF, PG  | 01-15-2026 |          |          |         | 1:18.19 |          |          | 1:29.26  |            |
| Salem Hills vs Maple   | 01-22-2026 |          |          | 27.64   |         | 1:07.78  |          |          |            |
| Region 7 Swim Champion | 02-07-2026 |          |          |         |         |          | 7:09.46  |          | 1:20.35    |
| 5A Utah High School St | 02-20-2026 |          |          | 27.31   |         |          |          |          |            |

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

