

Megan Frost

| 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   |            |          |          |         |         |          |          |          |            |
| 2526 Box Elder Invite  | 11-01-2025 |          |          | 32.21   |         | 1:14.68  |          |          |            |
| SHS @ CHS 25           | 11-04-2025 |          | 3:03.12  |         |         |          |          |          | 1:32.59    |
| Wasatch Kickoff Invite | 11-08-2025 | 2:39.47  |          | 30.38   |         | 1:13.28  |          | 1:31.98  |            |
| Region 1 Time Trial 25 | 11-13-2025 |          |          | 30.96   |         |          |          |          |            |
| BHS vs CHS @ SHS       | 12-02-2025 |          | 3:03.64  |         | 1:27.69 |          |          |          |            |
| Farmington @ Syracuse  | 12-09-2025 |          |          | 30.50   |         |          | 7:21.50  |          |            |
| 2025 Davis District    | 12-20-2025 |          |          |         | 1:29.98 |          |          |          | 1:33.40    |
| Layton @ Syracuse      | 01-08-2026 |          |          |         | 1:28.63 |          |          | 1:29.24  |            |
| Syracuse @ Weber       | 01-15-2026 | 2:39.84  |          |         |         |          |          |          | 1:32.12    |
| Syracuse @ Davis       | 01-20-2026 | 2:43.59  |          | 30.60   |         |          |          |          |            |
| Region 1 Championships | 02-06-2026 |          |          |         | 1:25.72 |          |          |          | 1:32.38    |

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

