

Benjamin Au

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2022-2023 Best Times				29.02		1:07.04		1:07.97	
2023-2024 Best Times				25.55		59.37		59.99	
2024-2025 Best Times		2:01.01	2:17.60	23.30	1:00.36	54.57	5:41.73	56.32	1:16.22
Pre-Region Meet - copi	11-01-2025		2:15.93	24.53					
2025 Nebo Invitational	11-08-2025				59.38			58.76	
Lehi vs Spansih Fork	11-14-2025			24.79		53.40			
SPRV v PG SF	11-19-2025	1:56.89				52.61			
MMHS v BHS v SFHS	12-04-2025					52.38		57.91	
Salem, SF, TV @pg	12-10-2025					52.33		57.67	
TV, SF, Maeser@MVHS	12-17-2025			23.11		52.48			
SHS Holiday Invite	12-20-2025	1:57.40		23.90				56.96	
Timpview Invite 2026	01-02-2026			23.12		53.15		55.97	
PROVO VS SPANISH FORK	01-10-2026	2:00.65		24.15					
Salem Hills vs SF, PG	01-15-2026			23.55		57.98		56.52	
Salem Hills vs Maple	01-22-2026						5:30.32		1:13.29
Last Chance Invitation	01-24-2026					50.33		55.63	
Region 7 Swim Champion	02-07-2026					49.81		54.24	
5A Utah High School St	02-20-2026			22.47				54.49	

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

