

Liam Uresk

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			39.37					
2025 Nebo Invitational	11-08-2025			36.97					
Lehi vs Spansih Fork	11-14-2025			37.78		1:28.66			
SPRV v PG SF	11-19-2025			36.29		1:23.78			
MMHS v BHS v SFHS	12-04-2025			36.48		1:23.87			
SHS Holiday Invite	12-20-2025			35.79		1:17.38			
PROVO VS SPANISH FORK	01-10-2026			35.05		1:21.70			
Salem Hills vs SF, PG	01-15-2026			34.20		1:19.29			
Salem Hills vs Maple	01-22-2026			34.03		1:18.96			
Last Chance Invitation	01-24-2026			34.26		1:18.66			
Region 7 Swim Champion	02-07-2026			32.54		1:14.66			

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

