

Amy Daines

| Meet                   | Date       | 200 Free | 200 I.M. | 50 Free | 100 Fly | 100 Free | 500 Free | 100 Back | 100 Breast |
|------------------------|------------|----------|----------|---------|---------|----------|----------|----------|------------|
| 2022-2023 Best Times   |            |          |          | 31.47   |         | 1:08.72  |          | 1:26.87  |            |
| 2023-2024 Best Times   |            | 2:30.87  | 2:59.97  | 30.83   | 1:38.06 | 1:06.82  | 7:18.87  | 1:22.29  | 1:42.01    |
| 2024-2025 Best Times   |            | 2:30.25  | 2:58.32  | 30.92   | 1:32.31 | 1:08.52  | 6:55.90  | 1:21.16  | 1:37.73    |
| 2025 Nebo Invitational | 11-08-2025 |          | 2:57.66  |         |         |          |          |          | 1:34.30    |
| CDRV v MM v SPRV - cop | 11-22-2025 |          |          | 30.84   |         |          |          | 1:19.93  |            |
| PHS v SHS, Union and M | 12-11-2025 | 2:26.68  |          |         |         | 1:06.67  |          |          |            |
| SHS Holiday Invite     | 12-20-2025 | 2:25.83  |          |         |         |          |          | 1:18.69  |            |
| Timpview Invite 2026   | 01-02-2026 | 2:28.57  |          |         | 1:35.41 |          |          |          |            |
| Salem Hills vs Springv | 01-08-2026 |          |          | 30.50   |         | 1:06.50  |          |          |            |
| 2526 Weber and Springv | 01-13-2026 | 2:29.98  |          |         |         |          | 6:48.19  |          |            |
| Timpview vs. Springvil | 01-22-2026 | 2:27.33  |          |         |         |          |          | 1:17.65  |            |
| Region 7 Swim Champion | 02-07-2026 | 2:26.38  |          |         |         |          | 6:45.00  |          |            |

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

