

Lydia Lau

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		3:16.14	3:41.87	34.90	1:54.61	1:23.31		1:44.20	1:57.44
2526 Box Elder Invite	11-01-2025			34.95				1:39.35	
Richard Coston Invitat	11-07-2025	3:08.45				1:18.92			
2025 Thanksgiving Invi	11-21-2025			32.99		1:22.20			
Davis, North @ Layton	12-02-2025			33.98		1:20.57			1:44.05
2025 Davis District	12-20-2025					1:21.93			1:51.20

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

