

Seth Hermansen

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									
Richard Coston Invitat	11-07-2025			29.11		1:05.68			
Region 1 Time Trial 25	11-13-2025			28.59					
2025 Thanksgiving Invi	11-21-2025			26.52	1:19.44				
Davis, North @ Layton	12-02-2025	2:27.97						1:31.29	
Davis @ Farmington	01-09-2026		2:48.33						
Davis @ Brighton	01-16-2026					1:02.98			
Syracuse @ Davis	01-20-2026			26.52					1:24.26
Region 1 Championships	02-06-2026			26.72			7:05.43		

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

