

Theresa Ruffing

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									
VHS 7Nov25 Meet	11-08-2025					1:12.61			
Viewmont @ Alta	11-14-2025					1:14.04		1:30.72	
2025 Thanksgiving Invi	11-21-2025		3:18.40			1:12.87			1:33.88
Viewmont @ WEST 12-9-2	12-09-2025			33.77			7:36.13		
Viewmont @ Skyline	12-12-2025	2:43.61		32.37					
2025 Davis District	12-20-2025				1:35.00			1:29.29	
Viewmont at Olympus	01-09-2026			32.77		1:15.27			
Mayor's Cup 2026	01-16-2026			33.61				1:27.28	
Swimvitational 26	01-17-2026			33.59					1:36.13
Region 6 Championships	02-07-2026					1:11.06		1:25.87	

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

