

Lauren Montes

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	2:38.20						1:27.32	
Bear River vs. Northri	11-13-2025				1:34.39				1:50.78
2025 Thanksgiving Invi	11-21-2025							1:24.44	
Davis, North @ Layton	12-02-2025			32.03		1:13.83			
Northridge vs JD	12-12-2025		3:19.53						1:53.44
2025 Davis District	12-20-2025					1:11.46		1:27.01	
Fremont, Roy @ Northri	01-08-2026			32.37			7:50.22		
Northridge @ West Fiel	01-15-2026			32.94		1:13.62			
WHS, BHS, NHS @ Layton	01-22-2026			32.66				1:29.55	
2526 Clearfield and No	01-29-2026			33.67		1:15.02			
Region 5 Championships	02-06-2026			31.91		1:12.41			

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

