

Kolio Lafaele

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									
Nov 20 Emery Grand Man	11-20-2025			35.73		1:23.86			
Manti Delta Richfield	11-25-2025			36.01		1:19.92			
winter sun fri @grand	12-05-2025							1:30.96	
winter sun sat @grand	12-06-2025					1:15.78			1:57.09
Richfield vs. Grantsvi	12-11-2025			32.13				1:29.99	
Gunnison, Richfield, an	12-16-2025			33.47		1:14.72			
N. Sanpete, Juab and R	12-18-2025	2:40.39							1:44.32
Richfield, Manti@ EHS	01-06-2026					1:11.11			1:40.02
Cedar Jan Senior Meet	01-16-2026	2:37.56		30.97		1:09.09			
Hurricane, Delta, @ RH	01-21-2026		3:01.59					1:26.34	
Last Chance Invitation	01-24-2026			30.89					1:36.39
Region 14 Championship	01-30-2026			30.08					1:34.35
3A Utah High School St	02-13-2026		2:51.46			1:04.43			

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

