

Dain Russell

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				31.83		1:14.69			
LLAC Home Opener	11-01-2025			27.63		1:03.44			
25-26 Westlake @ Herri	11-04-2025			27.56		1:04.94			
Greg Fernley Invite 20	11-07-2025			27.46					
Cedar Valley & West La	11-13-2025			27.57		1:03.65			
Riverton vs Westlake	11-18-2025			28.44		1:04.82			
Alpine Distrcit Invite	12-13-2025			27.64		1:04.52			
Westlake @ Kearns	12-16-2025			27.25					
Westlake @ Bingham	01-06-2026			27.67		1:06.37			
Westlake HS @ Copper H	01-08-2026			28.42		1:06.26			

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

