

Kynlie Swainston

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		3:02.65	3:26.63	31.01		1:12.29			
Region 8 Opener 25	11-01-2025					1:11.58			
Volunteers Meet 25	11-12-2025			30.70					
Quad at Timpanogos	12-04-2025			33.72		1:11.17			
Wasatch Winter Invite	12-12-2025			30.37					
2026 THS Senior Night	01-14-2026			31.87		1:13.26			
Region 8 Championships	01-30-2026			32.34		1:19.82			

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

