

# Amanda Valadez

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		2:41.06	2:46.74	30.23	1:22.30	1:12.22	7:19.59	1:19.66	1:20.21
Region 8 Opener 25	11-01-2025		2:50.64						1:19.90
Richard Coston Invitat	11-07-2025			30.08					1:21.52
Emery & Uintah @ Union	11-12-2025			29.23		1:04.97			
Mountain View @ Uintah	11-17-2025	2:30.74							
Provo vs. Mountain Vie	11-24-2025						7:10.07	1:16.01	
Quad at Timpanogos	12-04-2025				1:17.54				1:19.31
Emery, Uintah @ Carbon	12-10-2025		2:43.81			1:05.71			
THS Mel Roberts Invita	12-19-2025		2:43.49						1:19.91
Orem and Union @ Uinta	01-09-2026			28.47		1:04.71		1:14.08	
Swimvitational 26	01-17-2026				1:16.32				1:20.46
Tooele @ Uintah Jan 20	01-23-2026	2:30.34					6:59.49		
Region 8 Championships	01-30-2026			27.57					1:17.60
4A Utah High School St	02-13-2026			28.39					1:17.56

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

