

Sophie Spanos

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		2:25.78	2:44.65	29.20		1:04.98	7:16.17		1:22.08
2024-2025 Best Times		2:25.85	2:37.32	29.02	1:24.18	1:03.81		1:20.40	1:20.75
Season Opener 2025	11-01-2025			29.35				1:19.45	
Greg Fernley Invite 20	11-07-2025		2:43.41						1:25.33
Panther Invite	11-14-2025	2:29.46					7:01.48		
PV DHHS and CRIM	12-11-2025	2:30.61			1:24.04				
Red Rock Sprint Meet	01-09-2026			28.94					
Red Rock Invite	01-10-2026		2:42.84	29.01				1:15.26	
East St Geroge Senior	01-15-2026		2:41.12		1:20.43				
Region 9 Championship	01-31-2026		2:38.26			1:05.19			1:23.23
4A Utah High School St	02-13-2026		2:40.97						

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

