

Amanda Flinders

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2020-2021 Best Times		2:33.17	3:22.12	32.37	1:35.30	1:12.84	7:22.12	1:24.95	1:41.02
2021-2022 Best Times		2:36.42		29.22	1:29.44	1:05.68	6:57.65	1:24.60	1:38.18
2022-2023 Best Times		2:24.37	2:49.33	29.94		1:06.97	6:49.10	1:16.66	1:32.96
2023 Pre-Region 7 Invi	11-03-2023			30.93					
Salem Hills, Timpanogo	11-09-2023					1:09.13			
2023 Nebo Invitational	11-11-2023				1:25.76				
Payson v Provo and SHH	11-14-2023							1:22.71	
CV Invite 2023	12-01-2023		2:52.04			1:07.67			
2023 Salem Hills vs. S	12-07-2023	2:31.81		30.29					
2024 Salem Hills vs. P	01-11-2024			31.14		1:10.79	6:49.22		
SHS, THS, SHHS	01-18-2024	2:29.77				1:09.02			1:36.06
2024 Highland Invitati	01-19-2024	2:35.39				1:06.84			
Springville, Salem Hil	01-23-2024	2:29.55		31.16					
Region 7 Championships	02-02-2024	2:25.43				1:04.63			

2020-2021 2021-2022 2022-2023 2023-2024

