

Beth Douglas

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2020-2021 Best Times									
2021-2022 Best Times									
2022-2023 Best Times									
Salem Hills, Timpanogo	11-09-2023			31.38					
2023 Nebo Invitational	11-11-2023		3:14.34						1:35.92
Payson v Provo and SHH	11-14-2023	3:15.26				1:17.10			
South Summit, Provo @	11-21-2023			33.95	1:46.67			1:37.78	

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

