

Matthew Stromness

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2021-2022 Best Times									
2022-2023 Best Times									
2023-2024 Best Times									
Carbon & Delta @ RHS	11-21-2024			44.41					
Grand, Carbon @ Emery	11-26-2024			40.57					
CV Invite 2024	12-06-2024			37.05		1:29.41			
Emery @ Carbon	12-17-2024	3:14.09				1:26.68			
Cedar Jan Meet 2025	01-10-2025			36.07		1:25.57			
Carbon @ Uintah Januar	01-15-2025			39.54			8:41.45		
Last Chance Invite 202	01-18-2025	3:06.49				1:20.71			
Region 12 Championship	01-24-2025			32.60		1:20.28			

2021-2022 2022-2023 2023-2024 2024-2025

