

Josh Lamb

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2021-2022 Best Times		2:26.62	2:44.34	29.48	1:32.91	1:07.80	6:40.02	1:20.70	1:30.96
Thanksgiving Invitatio	11-18-2022		2:35.26					1:17.57	
Thanksgiving weigh in	11-22-2022	2:18.48					6:32.48		
Woods Cross, Bountiful	12-09-2022		2:39.73				6:20.60		
Region Invite Dec 16	12-16-2022		2:43.65						1:33.54
Box Elder, Northridge,	01-06-2023			27.14			6:28.93		
Mayor's Cup 2023	01-20-2023						6:08.99		
2223 Bonneville, Bount	01-24-2023		2:47.48				6:10.48		
Region 5 Championship	02-04-2023	2:32.61					6:09.58		

2019-2020 2020-2021 2021-2022 2022-2023

