

Lucy Howes

| 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 | | 3:19.25 | | 36.01 | | 1:24.74 | | 1:37.52 | |
| 2022-2023 Best Times | | 2:53.39 | 3:26.57 | 35.13 | 1:41.49 | 1:20.74 | 8:31.63 | 1:32.69 | 1:53.04 |
| Region 13 Invitational | 11-03-2023 | | | | | | | 1:32.33 | |
| Juan Diego and Union @ | 11-17-2023 | | | 35.96 | | 1:19.59 | | 1:30.36 | |
| Morgan & Emery @ Union | 11-29-2023 | | | 35.87 | 1:37.78 | | | | |
| Union@EHS | 12-12-2023 | | | 38.21 | 1:34.73 | | | 1:32.13 | |
| MelRobertsInvitational | 12-15-2023 | | 3:10.43 | | | | | 1:27.76 | |
| Ben Lomond & St. Josep | 01-03-2024 | 3:09.68 | | | | 1:25.19 | | | |
| Union @ Carbon | 01-09-2024 | | | | 1:32.09 | | | 1:30.97 | |
| SSHS @ UNIO | 01-17-2024 | | | 34.87 | 1:30.39 | | | | |
| Union @ SS | 01-23-2024 | 3:06.46 | | | 1:34.82 | | | | |
| NSHS @ UNIO | 01-24-2024 | | | | 1:36.54 | | | 1:29.62 | |
| Last Chance Invite 202 | 01-27-2024 | | | 36.08 | 1:35.62 | | | | |
| Region 13 Swim Meet | 02-01-2024 | | | | 1:33.88 | | | 1:28.73 | |

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

