

# Individual Best Times (All Time)

Ava Black - (1277946) - City of St Albans SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:11.12	1:09.90	384	19/03/22	Team Luton March Long Course Meet 2022	Luton	ER220159	1
200 Freestyle	2:28.02	2:25.70	443	20/03/22	Team Luton March Long Course Meet 2022	Luton	ER220159	1
400 Freestyle	4:52.50	4:47.70	521	20/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1
800 Freestyle	10:05.70	9:56.10	512	16/03/24	Team Luton March Long Course Meet 2024	Luton	ER240270	1
1500 Freestyle	19:21.97	19:04.10	497	05/05/24	Swim England East Region LC Championships 2024	Norwich	ER240237	1
50 Breaststroke	40.78	40.00	365	17/03/24	Team Luton March Long Course Meet 2024	Luton	ER240270	1
100 Breaststroke	1:28.30	1:26.90	383	18/03/23	Team Luton March LC Meet 2023	Luton	ER230045	1
100 Butterfly	1:24.76	1:23.90	280	20/03/22	Team Luton March Long Course Meet 2022	Luton	ER220159	1
50 Backstroke	35.78	35.20	423	18/03/23	Team Luton March LC Meet 2023	Luton	ER230045	1
100 Backstroke	1:19.33	1:18.30	377	17/03/24	Team Luton March Long Course Meet 2024	Luton	ER240270	1
200 Backstroke	2:48.18	2:46.20	392	16/03/24	Team Luton March Long Course Meet 2024	Luton	ER240270	1
400 Individual Medley	5:50.24	5:45.20	437	16/03/24	Team Luton March Long Course Meet 2024	Luton	ER240270	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.56	30.30	466	23/09/23	Co St Albans SC Sprint & Skins Competition 2023	St Albans	ER230400	3
100 Freestyle	1:04.64	1:05.90	469	24/06/23	City of St Albans SC End of Season Meet 2023	St Albans	ER230216	3
200 Freestyle	2:15.44	2:18.00	540	24/06/23	City of St Albans SC End of Season Meet 2023	St Albans	ER230216	3
400 Freestyle	4:43.16	4:48.10	545	25/06/23	City of St Albans SC End of Season Meet 2023	St Albans	ER230216	3
800 Freestyle	9:58.36	10:07.90	507	01/11/23	Co St Albans & Watford SCs Joint Club Champs 2023	Watford	ER231154	3
1500 Freestyle	18:36.31	18:54.60	538	03/02/24	SE Hertfordshire County Championships 2024	St Albans	ER240102	2
50 Breaststroke	38.66	39.50	395	24/06/23	City of St Albans SC End of Season Meet 2023	St Albans	ER230216	3
100 Breaststroke	1:23.73	1:25.20	413	01/07/23	Putteridge SC End of Season Summer SC Open 2023	Luton	ER230160	2
200 Breaststroke	2:57.39	3:00.30	436	25/06/23	City of St Albans SC End of Season Meet 2023	St Albans	ER230216	3
50 Butterfly	33.24	33.80	394	03/03/24	Watford SC Regional Qualifier 2024	Watford	ER240120	3
100 Butterfly	1:17.55	1:18.50	338	09/03/24	City of St Albans Spring Meet 2024	St Albans	ER240103	3
200 Butterfly	3:03.87	3:05.60	275	12/03/22	City of St Albans SC Spring Meet 2022	St Albans	ER220341	3
50 Backstroke	34.24	34.80	401	12/03/23	City of St Albans Spring Meet 2023	St Albans	ER230008	3
100 Backstroke	1:12.42	1:13.50	435	19/11/23	Watford SC County Qualifier 2023	Watford	ER231284	3
200 Backstroke	2:35.69	2:37.80	445	24/06/23	City of St Albans SC End of Season Meet 2023	St Albans	ER230216	3
200 Individual Medley	2:38.31	2:40.80	456	02/12/23	City of St Albans Winter Meet 2023	St Albans	ER231556	3
400 Individual Medley	5:40.85	5:46.00	438	26/11/23	Co St Albans & Watford SCs Joint Club Champs 2023	St Albans	ER231156	3
100 Individual Medley	1:14.77	1:14.80	431	21/01/24	SE Hertfordshire County Championships 2024	Borehamwood	ER240100	2