

Individual Best Times (All Time)

Ava Mccarthy - (1427863) - Harlow Penguin SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.27	35.90	274	20/05/23	Cheshunt SC Anniversary Open Meet 2023	Harlow	ER230463	3
100 Freestyle	1:17.87	1:18.90	268	24/09/23	Epping Forest DSC Early County Qualifier 2023	Loughton	ER231402	4
200 Freestyle	2:44.96	2:47.10	299	15/06/24	Harlow Penguins 11th Eric Shepherd Meet 2024	Harlow	ER240914	3
400 Freestyle	5:56.89	6:00.80	272	06/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
50 Breaststroke	48.90	49.50	195	18/03/22	Harlow Penguins SC Regional Qualifying Meet	Harlow	ER220249	3
100 Breaststroke	1:46.47	1:47.70	200	22/10/22	Cheshunt SC 17th Annual Autumn Open Meet	Harlow	ER220028	3
200 Breaststroke	3:50.36	3:52.70	199	02/07/22	Putteridge End of Season Summer Short Course Open	Luton	ER220680	3
50 Butterfly	43.79	44.20	172	03/12/22	Colchester Last Chance County Qualifier	Braintree	ER221322	3
50 Backstroke	40.97	41.50	234	24/09/23	Epping Forest DSC Early County Qualifier 2023	Loughton	ER231402	4
100 Backstroke	1:29.33	1:30.20	231	24/09/23	Epping Forest DSC Early County Qualifier 2023	Loughton	ER231402	4
200 Individual Medley	3:16.67	3:18.70	237	06/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
100 Individual Medley	1:32.09	1:32.10	231	20/05/23	Cheshunt SC Anniversary Open Meet 2023	Harlow	ER230463	3