

Individual Best Times (All Time)

Ava Carter - (1438033) - Penyrheol ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.56	28.80	509	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
100 Freestyle	1:05.69	1:04.40	487	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
200 Freestyle	2:24.40	2:22.00	477	10/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
50 Breaststroke	53.24	52.60	164	20/10/19	Neath ASC Open Meet	Swansea	WL191710	3
50 Butterfly	35.70	35.20	320	15/10/22	Neath ASC Open Meet	Swansea	WL221006	3
50 Backstroke	35.32	34.70	439	09/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
100 Backstroke	1:15.05	1:14.00	445	03/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
200 Backstroke	2:44.87	2:42.80	416	12/03/23	Swansea Aquatic Spring LC Meet 2023	Swansea	WL230125	1
200 Individual Medley	2:57.54	2:55.30	358	15/10/22	Neath ASC Open Meet	Swansea	WL221006	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.37	30.10	475	28/10/23	Neath ASC Open Meet	Swansea	WL231884	2
100 Freestyle	1:04.91	1:06.20	463	26/02/23	Llanelli ASC Open Meet 2023	Llanelli	WL230124	2
200 Freestyle	2:21.36	2:23.80	475	26/02/23	Llanelli ASC Open Meet 2023	Llanelli	WL230124	2
400 Freestyle	5:08.27	5:12.80	422	28/10/23	Neath ASC Open Meet	Swansea	WL231884	2
50 Breaststroke	42.14	42.90	305	26/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
100 Breaststroke	1:57.56	1:58.60	149	05/10/19	Llanelli Autumn Meet 2019	Llanelli	WL192608	3
50 Butterfly	33.86	34.40	373	13/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
100 Butterfly	1:17.80	1:18.80	335	07/04/24	Amman Valley No Time Gala 2024	Carmarthen	WL240500	3
50 Backstroke	34.25	34.80	400	08/10/23	Llanelli ASC Autumn Meet 2023	Llanelli	WL230637	3
100 Backstroke	1:12.90	1:14.00	426	26/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
200 Backstroke	2:38.25	2:40.30	424	25/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
200 Individual Medley	2:46.40	2:48.80	392	08/10/23	Llanelli ASC Autumn Meet 2023	Llanelli	WL230637	3
100 Individual Medley	1:19.11	1:19.10	364	18/09/22	Gloucester City SC Autumn Level 3 Sprint Meet	Gloucester	SW221389	3