

# Individual Best Times (All Time)

Solomon Bartram - (1517595) - City of Cardiff

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.37	28.70	360	24/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
100 Freestyle	1:04.54	1:03.20	382	08/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1
200 Freestyle	2:21.68	2:19.20	373	08/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1
50 Breaststroke	35.96	35.10	375	11/02/24	Swim Wales Regional Racing Series - SE 2024	Cardiff	WL240021	1
100 Breaststroke	1:22.08	1:20.50	332	24/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
200 Breaststroke	2:58.92	2:55.90	344	09/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1
50 Butterfly	32.55	32.00	320	09/02/24	Swim Wales Regional Racing Series - SE 2024	Cardiff	WL240021	1
50 Backstroke	34.53	33.90	317	08/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1
100 Backstroke	1:16.83	1:15.80	302	18/05/24	Tiger Bay Open Meet 2024	Cardiff	WL240162	3
200 Individual Medley	2:38.06	2:35.50	375	25/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.10	30.80	300	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Freestyle	1:07.43	1:08.70	294	22/10/23	Greater Gwent Fast Water Open Meet 2023	Newport	WL232006	2
200 Freestyle	2:30.44	2:32.70	288	26/11/23	Swim Wales Regional SC Championships - SE 2023	Newport	WL232011	2
50 Breaststroke	35.25	36.10	354	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Breaststroke	1:19.62	1:21.20	334	14/10/23	National Arena Swimming League Western 2023 Gala 1	Millfield	SW232336	4
200 Breaststroke	2:56.77	2:59.70	314	17/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
50 Butterfly	34.07	34.60	260	24/11/23	Swim Wales Regional SC Championships - SE 2023	Newport	WL232011	2
50 Backstroke	34.65	35.20	259	22/10/23	Greater Gwent Fast Water Open Meet 2023	Newport	WL232006	2
200 Individual Medley	2:37.99	2:40.50	334	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2