

Individual Best Times (All Time)

Sally Carter - (384592) - Nottingham Leander SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.01	28.30	539	05/05/13	ASA South West Regional Championships	Millfield	SWR321	1
100 Freestyle	1:02.00	1:00.60	580	16/12/12	Plymouth L1 Long Course Open Meet	Plymouth	SW2791	1
200 Freestyle	2:13.67	2:11.00	601	15/12/12	Plymouth L1 Long Course Open Meet	Plymouth	SW2791	1
400 Freestyle	4:42.70	4:37.70	577	15/12/12	Plymouth L1 Long Course Open Meet	Plymouth	SW2791	1
800 Freestyle	9:46.21	9:36.30	565	13/07/12	Plymouth Leander Non National Qualifier	Plymouth	SW2385	3
1500 Freestyle	21:15.62	20:59.30	375	24/01/09	South West Region 1500m	Millfield	SW9108	2
200 Breaststroke	3:32.32	3:29.80	271	05/12/08	Team Bath Grand Prix	Bath	SW8553	1
50 Butterfly	32.03	31.40	443	15/12/12	Plymouth L1 Long Course Open Meet	Plymouth	SW2791	1
100 Butterfly	1:12.94	1:11.90	440	23/01/11	Exeter City New Year Long Course Meet	Cardiff	SW1049	1
50 Backstroke	34.55	34.00	469	15/11/14	Welsh Capital Open Meet	Cardiff	WAL608	1
100 Backstroke	1:17.32	1:16.30	407	23/01/10	Exeter City New Year Meet	Millfield	SW0079	1
200 Backstroke	2:40.44	2:38.30	452	06/04/12	Portsmouth Northsea Easter Festival	Portsmouth	SE2161	1
200 Individual Medley	2:39.16	2:36.70	497	17/11/12	Welsh Capital Open Meet 2012	Cardiff	WAL462	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.28	29.00	533	09/03/13	Cornwall County Championships	Penzance	CC3105	2
100 Freestyle	1:00.14	1:01.50	583	03/03/13	Cornwall County Championships	Bodmin	CC3106	2
200 Freestyle	2:09.45	2:12.10	618	02/03/13	Cornwall County Championships	Penzance	CC3105	2
400 Freestyle	4:33.90	4:39.00	602	07/10/12	City of Plymouth Annual Swim Meet 2012	Plymouth	SW2499	3
800 Freestyle	9:41.87	9:51.70	552	03/12/11	BG SWR Short Course Championships	Millfield	SWR126	2
50 Breaststroke	38.50	39.30	400	03/03/13	Cornwall County Championships	Bodmin	CC3106	2
100 Breaststroke	1:21.30	1:22.80	451	10/03/13	Cornwall County Championships	Bodmin	CC3106	2
50 Butterfly	31.06	31.70	483	25/07/10	Plymouth Leander Open	Plymouth	SW0397	3
100 Butterfly	1:10.04	1:11.10	459	24/07/10	Plymouth Leander Open	Plymouth	SW0397	3
200 Butterfly	3:22.10	3:23.70	207	21/06/08	Devon County Develop Gala	Tiverton	SW8109	3
50 Backstroke	32.74	33.30	458	10/03/13	Cornwall County Championships	Bodmin	CC3106	2
100 Backstroke	1:10.87	1:12.00	464	02/10/11	City of Plymouth Annual Meet	Plymouth	SW1409	3
200 Backstroke	2:31.73	2:33.90	481	19/02/12	Devon County Championships	Tiverton	CC2027	2
200 Individual Medley	2:32.27	2:34.80	512	02/03/13	Cornwall County Championships	Penzance	CC3105	2
400 Individual Medley	7:03.93	7:08.10	227	06/04/07	Weston-Super-Mare Easter	Weston-Super-Mare	SW7069	2
100 Individual Medley	1:11.48	1:11.50	494	06/10/12	City of Plymouth Annual Swim Meet 2012	Plymouth	SW2499	3