

Individual Best Times (All Time)

Kieran George - (97001719) - Milford Haven

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.52	35.90	187	10/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
400 Freestyle	6:20.40	6:16.70	193	10/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
50 Backstroke	42.51	42.00	170	09/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
100 Backstroke	1:30.57	1:29.70	184	10/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
200 Individual Medley	3:18.48	3:16.50	189	10/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.56	38.10	154	14/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
100 Freestyle	1:25.87	1:26.80	142	10/12/23	Carmarthen & District Christmas Open Meet 2023	Carmarthen	WL232014	2
200 Freestyle	2:54.37	2:56.40	185	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
400 Freestyle	6:17.51	6:21.20	177	13/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
50 Breaststroke	51.82	52.40	111	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
100 Breaststroke	1:50.71	1:51.80	124	14/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
200 Breaststroke	4:07.06	4:09.20	115	12/11/23	Amman Valley SC Mid-distance Development Meet 2023	Carmarthen	WL232007	3
50 Butterfly	48.38	48.80	90	13/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
100 Butterfly	1:46.35	1:47.10	90	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
50 Backstroke	43.08	43.50	135	14/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
100 Backstroke	1:30.09	1:31.00	154	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
200 Backstroke	3:13.11	3:14.80	163	26/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
200 Individual Medley	3:25.98	3:27.90	150	13/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
100 Individual Medley	1:40.47	1:40.50	118	10/12/23	Carmarthen & District Christmas Open Meet 2023	Carmarthen	WL232015	3