

# Individual Best Times (All Time)

Sam Evans - (97004854) - Pembroke & District ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.63	35.00	202	10/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
50 Backstroke	42.39	41.90	171	09/02/24	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	36.32	36.90	171	07/04/24	Amman Valley No Time Gala 2024	Carmarthen	WL240500	3
100 Freestyle	1:18.02	1:19.10	189	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
200 Freestyle	2:54.89	2:56.90	183	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
400 Freestyle	7:43.07	7:46.10	96	12/11/23	Amman Valley SC Mid-distance Development Meet 2023	Carmarthen	WL232007	3
50 Breaststroke	51.39	52.00	114	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
100 Breaststroke	1:52.12	1:53.20	119	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
200 Breaststroke	3:54.98	3:57.20	133	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
50 Butterfly	51.18	51.60	76	13/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
50 Backstroke	43.73	44.20	129	07/04/24	Amman Valley No Time Gala 2024	Carmarthen	WL240500	3
100 Backstroke	1:35.03	1:35.90	131	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
200 Individual Medley	3:27.03	3:28.90	148	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3