

Armadale Masters Swimming**Individual Records Report for Armadale-L****Armadale Masters Swimming [WAM]****Female 40-44 400 Free**

6:28.02	Gillian Caruso at Masters Swimming Australia National Champions	26/04/2011	WAM
6:17.02 **	Sarah Carr at Armadale Endurance LC April 2023	1/04/2023	WAM

Female 40-44 400 Back

7:13.53	Sarah Carr at Armadale Endurance LC March 2023	1/03/2023	WAM
6:45.46 **	Sarah Carr at Armadale Endurance LC April 2023	1/04/2023	WAM

Female 40-44 400 Breast

7:42.68	Sarah Carr at Armadale Endurance LC March 2023	1/03/2023	WAM
7:25.87 **	Sarah Carr at Armadale Endurance LC April 2023	1/04/2023	WAM

Female 40-44 400 Fly

8:26.81	Sarah Carr at Armadale Endurance LC March 2023	1/03/2023	WAM
8:11.16 **	Sarah Carr at Armadale Endurance LC April 2023	1/04/2023	WAM