

**Armadale Masters Swimming**

---

**Individual Records Report for Armadale-L****Armadale Masters Swimming [WAM]**

---

**Female 30-34 100 Breast**

1:28.55	Natalie Upson at Masters Swimming WA State Championships	20/04/2024	WAM
1:28.34 **	Natalie Upson at 2024 ABCCC River Armadale Masters	14/07/2024	WAM

**Female 30-34 200 Breast**

3:09.94	Natalie Upson at Masters Swimming WA State Championships	20/04/2024	WAM
3:08.49 **	Natalie Upson at 2024 ABCCC River Armadale Masters	14/07/2024	WAM

**Female 40-44 200 Free**

3:05.46	Gillian Caruso at Newman Churchlands BACC 2011	20/02/2011	WAM
2:43.50 **	Sarah Carr at 2024 ABCCC River Armadale Masters	14/07/2024	WAM

**Female 40-44 200 IM**

3:32.81	Gillian Caruso at Somerset BACC 2008	16/11/2008	WAM
2:56.57 **	Sarah Carr at 2024 ABCCC River Armadale Masters	14/07/2024	WAM

**Female 45-49 200 Fly**

4:30.00	Vacant	1/07/2024	WAM
4:15.65 **	Megan Webster at 2024 ABCCC River Armadale Masters	14/07/2024	WAM