

Armadale Masters Swimming**Individual Meet Results****2015 MSNT Long Course Championships 03-Oct-15 to 04-Oct-15 [Ageup: 31/12/2015] LC Meters****Location: Parap Pool****Armadale Masters Swimming [WAM] Coach: Heather Croft**

Time	F/P/S	Event	Place	Points	Improv
Burch, Rowena (31) F					
3:19.09L	F # 1	Mixed 30-34 200 Back	1	20	---
1:39.24L	F # 3	Mixed 30-34 100 Breast	1	20	0.72
3:15.70L	F # 6	Mixed 30-34 200 Fly	1	20	---
3:32.11L	F # 9	Mixed 30-34 200 Breast	1	20	4.24
3:13.87L	F # 14	Mixed 30-34 200 IM	1	20	4.12