

# Individual Best Times (All Time)

## Grace Riley - (1107415) - Dover Lifeguard Swimming Club

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	40.42	39.60	375	12/02/17	Kent Swimming Championships	London Aquatics	SE170174	1

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.95	30.60	448	19/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
100 Freestyle	1:08.02	1:09.20	403	20/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
200 Freestyle	2:46.01	2:48.10	293	19/07/15	Dover Life Guard Club Championships	Dover	SE151531	4
50 Breaststroke	39.89	40.70	359	07/05/16	East Invicta eXcel Drvelopment Meet	Margate	SE160878	3
100 Breaststroke	1:28.37	1:29.80	351	08/05/16	East Invicta eXcel Drvelopment Meet	Margate	SE160878	3
200 Breaststroke	3:17.94	3:20.60	314	09/07/16	Dover Lifeguard Club Championships	Dover	SE161492	4
50 Butterfly	34.65	35.20	348	17/09/16	Whitecliffes Gala 2016	Dover	SE161493	3
50 Backstroke	34.18	34.80	403	03/07/22	Dover Lifeguard SC Club Champs 2022	Dover	SE221038	4
100 Backstroke	1:14.89	1:16.00	393	10/07/22	Dover Lifeguard SC Club Champs 2022	Dover	SE221039	4
200 Individual Medley	3:03.83	3:06.00	291	07/05/17	East Invicta ASA 2017 Development Meet	Margate	SE170962	3
100 Individual Medley	1:19.44	1:19.40	359	16/10/16	East Invicta Championships	Canterbury	SE161625	3