

Individual Best Times (All Time)

Spencer Daniel - (1113135) - Bournemouth SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|------------------|---------|-----------------|-----------|----------|--|------------|---------|-------|
| 200 Breaststroke | 3:46.05 | 3:43.70 | 171 | 20/04/14 | Portsmouth Northsea Easter Swim Festival | Portsmouth | SE4255 | 1 |
| 50 Backstroke | 45.03 | 44.60 | 143 | 20/04/14 | Portsmouth Northsea Easter Swim Festival | Portsmouth | SE4255 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|-------------------------------------|------------|----------|-------|
| 50 Freestyle | 31.42 | 32.10 | 264 | 01/10/16 | Poole Season Starter 2016 | Poole | SW161097 | 3 |
| 100 Freestyle | 1:11.29 | 1:12.50 | 248 | 02/10/16 | Poole Season Starter 2016 | Poole | SW161097 | 3 |
| 200 Freestyle | 2:34.05 | 2:36.30 | 268 | 03/07/16 | 2016 Dorset Development Competition | Littledown | SW160051 | 3 |
| 400 Freestyle | 5:19.08 | 5:23.50 | 294 | 02/07/16 | 2016 Dorset Development Competition | Littledown | SW160051 | 3 |
| 50 Breaststroke | 39.55 | 40.30 | 251 | 02/07/16 | 2016 Dorset Development Competition | Littledown | SW160051 | 3 |
| 200 Breaststroke | 3:22.61 | 3:25.20 | 208 | 03/07/16 | 2016 Dorset Development Competition | Littledown | SW160051 | 3 |
| 50 Butterfly | 37.44 | 37.90 | 196 | 03/07/16 | 2016 Dorset Development Competition | Littledown | SW160051 | 3 |
| 50 Backstroke | 40.29 | 40.80 | 165 | 24/10/15 | Poole Super Sprints | Poole | SW151850 | 4 |
| 200 Backstroke | 2:54.50 | 2:56.40 | 221 | 03/07/16 | 2016 Dorset Development Competition | Littledown | SW160051 | 3 |
| 200 Individual Medley | 3:02.78 | 3:04.90 | 215 | 02/07/16 | 2016 Dorset Development Competition | Littledown | SW160051 | 3 |
| 100 Individual Medley | 1:23.32 | 1:23.30 | 206 | 02/10/16 | Poole Season Starter 2016 | Poole | SW161097 | 3 |