

# Individual Best Times (All Time)

Macy Willis - (1114345) - Hillingdon Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.51	27.80	567	25/05/19	City of Cardiff International Open Meet	Cardiff	WL190057	1
100 Freestyle	1:01.95	1:00.60	581	24/05/19	City of Cardiff International Open Meet	Cardiff	WL190057	1
200 Freestyle	2:15.52	2:12.90	577	21/04/19	Team Luton April Open Meet	Luton	ER190182	1
400 Freestyle	4:52.92	4:48.10	518	19/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180783	1
50 Breaststroke	40.24	39.40	380	21/05/16	London Region Summer Age Grp Championships	Crystal Palace	LR160416	1
100 Breaststroke	1:28.39	1:27.00	381	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
200 Breaststroke	3:04.00	3:01.10	417	28/05/16	City of Cardiff Open Meet	Cardiff	WL160446	1
50 Butterfly	30.13	29.50	533	15/03/20	2020 London Region Spring Open Meet	London	LR200423	1
100 Butterfly	1:08.30	1:07.20	535	21/04/19	Team Luton April Open Meet	Luton	ER190182	1
200 Butterfly	3:23.48	3:21.90	214	12/03/16	City of Cardiff Tiger Bay Meet	Cardiff	WL160202	3
50 Backstroke	32.10	31.50	585	25/05/19	City of Cardiff International Open Meet	Cardiff	WL190057	1
100 Backstroke	1:08.47	1:07.30	587	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
200 Backstroke	2:41.19	2:39.10	445	04/11/17	2017 London Swimming Regional Winter Champs	London	LR172075	1
200 Individual Medley	2:32.22	2:29.60	568	05/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
400 Individual Medley	5:32.49	5:27.20	511	27/01/19	2019 Middlesex County Championships	London	LR190268	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.22	28.90	536	18/11/18	Guildford City L2 Winter Open	Surrey SP	SE180713	2
100 Freestyle	1:01.60	1:02.90	542	14/12/19	NASL London Round 3	Inspire, Luton	ER192873	2
200 Freestyle	2:15.83	2:18.40	535	21/07/18	BPSC End Of Season Meet 2018	Basildon	ER180215	3
400 Freestyle	4:45.71	4:50.60	530	03/11/18	2018 London Swimming Regional Winter Champs	London	LR182146	2
800 Freestyle	10:40.12	10:49.10	414	12/11/17	Witney & District Swimming Club	Witney	SE172140	4
50 Breaststroke	38.93	39.70	387	19/11/16	Guildford L2 Winter Qualifier Champs	Guildford	SE161280	2
100 Breaststroke	1:22.67	1:24.20	429	14/10/18	Hillingdon SC Main Club Champs 2018	Uxbridge	LR180405	4
200 Breaststroke	3:01.91	3:04.80	404	17/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
50 Butterfly	30.09	30.70	531	07/03/20	Hillingdon 4th Maurice and Daphne Short Memorial	Hillingdon	LR200173	3
100 Butterfly	1:07.62	1:08.70	510	08/12/18	The NASL - London - Rounds 2018 - Premier Division	Luton	ER182090	2
200 Butterfly	2:46.03	2:47.90	373	17/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
50 Backstroke	32.01	32.60	490	04/11/18	2018 London Swimming Regional Winter Champs	London	LR182146	2
100 Backstroke	1:08.97	1:10.10	504	16/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
200 Backstroke	2:25.58	2:27.90	545	16/06/19	Hillingdon 3rd Maurice & Daphne Memorial Meet	Hillingdon	LR191733	2
200 Individual Medley	2:27.72	2:30.40	561	16/06/19	Hillingdon 3rd Maurice & Daphne Memorial Meet	Hillingdon	LR191733	2
400 Individual Medley	5:18.00	5:23.50	539	03/11/18	2018 London Swimming Regional Winter Champs	London	LR182146	2
100 Individual Medley	1:21.64	1:21.60	331	21/11/15	Watford November County Qualifier Open Meet	Watford	ER150604	3