

# Individual Best Times (All Time)

Joseph Ford - (1121359) - Locks Heath Swim Squad

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.23	37.80	158	21/03/15	Hants & S Coast Invitational Meet 2015	Woking	SE150692	4
100 Freestyle	1:23.73	1:24.70	153	13/12/15	City of Southampton 6th Christmas Open Meet	Southampton	SE150635	3
200 Freestyle	3:05.44	3:07.30	153	25/01/15	Fareham Nomads Winter Open Meet	Waterlooville	SE150254	3
50 Breaststroke	48.23	48.90	138	13/12/15	City of Southampton 6th Christmas Open Meet	Southampton	SE150635	3
100 Breaststroke	1:54.17	1:55.30	113	22/06/14	Havant & Waterlooville Midsummer Open 2014	Waterlooville	SE4631	3
50 Butterfly	46.15	46.60	104	21/03/15	Hants & S Coast Invitational Meet 2015	Woking	SE150692	4
50 Backstroke	42.46	42.90	141	21/03/15	Hants & S Coast Invitational Meet 2015	Woking	SE150692	4
100 Backstroke	1:40.23	1:41.00	112	22/06/14	Havant & Waterlooville Midsummer Open 2014	Waterlooville	SE4631	3
200 Backstroke	3:21.82	3:23.50	143	23/11/14	Peter Bull Open Meet	Waterlooville	SE14580	3
200 Individual Medley	4:01.09	4:02.70	94	10/11/13	Hamble Aquatics Open Meet	Waterlooville	SE3953	3
100 Individual Medley	1:31.47	1:31.50	156	21/03/15	Hants & S Coast Invitational Meet 2015	Woking	SE150692	4