

Individual Best Times (All Time)

Vincent Wong - (1129791) - Hillingdon Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.00	30.30	306	25/03/17	MCASA Open Meet	London	LR170009	1
100 Freestyle	1:12.06	1:10.90	274	13/03/16	City of Cardiff Tiger Bay Meet	Cardiff	WL160202	3
200 Freestyle	2:37.11	2:34.90	273	17/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
50 Breaststroke	35.79	34.90	381	25/03/17	MCASA Open Meet	London	LR170009	1
100 Breaststroke	1:20.94	1:19.40	347	25/03/17	MCASA Open Meet	London	LR170009	1
200 Breaststroke	2:56.51	2:53.50	359	27/05/16	City of Cardiff Open Meet	Cardiff	WL160446	1
50 Butterfly	34.19	33.60	276	26/03/17	MCASA Open Meet	London	LR170009	1
100 Butterfly	1:34.32	1:33.50	144	12/03/16	City of Cardiff Tiger Bay Meet	Cardiff	WL160202	3
50 Backstroke	37.42	36.90	249	26/03/17	MCASA Open Meet	London	LR170009	1
100 Backstroke	1:19.24	1:18.20	276	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
200 Backstroke	2:56.21	2:54.30	256	12/03/16	City of Cardiff Tiger Bay Meet	Cardiff	WL160202	3
200 Individual Medley	2:47.81	2:45.40	313	26/03/17	MCASA Open Meet	London	LR170009	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.93	30.60	305	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
100 Freestyle	1:13.37	1:14.50	228	01/11/15	Hillingdon RNSS House Club Champs	Uxbridge	LR150687	4
200 Freestyle	2:43.51	2:45.60	224	11/10/15	Hillingdon Autumn Short Course Meet 2015	Hillingdon	LR151546	3
400 Freestyle	5:28.07	5:32.30	270	12/06/16	RNSS House Club Champs	Northwood	LR161295	4
50 Breaststroke	35.88	36.70	336	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
100 Breaststroke	1:17.61	1:19.20	361	17/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
200 Breaststroke	2:48.54	2:51.60	362	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
50 Butterfly	34.67	35.20	246	27/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
100 Butterfly	1:29.26	1:30.10	153	01/11/15	Hillingdon RNSS House Club Champs	Uxbridge	LR150687	4
200 Butterfly	3:15.69	3:17.30	162	10/07/16	RNSS House Club Champs	Northwood	LR161296	4
50 Backstroke	36.77	37.30	217	26/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
100 Backstroke	1:15.22	1:16.30	265	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
200 Backstroke	2:47.75	2:49.70	249	27/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
200 Individual Medley	2:41.36	2:43.80	313	17/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
400 Individual Medley	6:01.24	6:06.10	274	27/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
100 Individual Medley	1:17.22	1:17.20	259	30/01/16	MCASA County Championships 2016	Barnet	LR160280	2