

# Individual Best Times (All Time)

Tom Gray - (1149804) - City of Linc Pentaqua SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.40	31.70	268	17/04/16	Lincoln Vulcans Long Course L1 Open Meet	Sheffield	EM160422	1
100 Freestyle	1:22.08	1:21.10	186	26/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	NE4592	3
200 Freestyle	2:18.61	2:16.10	398	29/06/19	City of Leeds Summer Meet 2019	Leeds	NE190131	3
50 Butterfly	29.48	28.80	431	06/05/19	SE East Midlands Region Champs 2019 Gala 2	Sheffield	EM191624	1
100 Butterfly	1:04.66	1:03.50	447	07/04/19	Derwentio Excel 13th Long Course Open Meet	Sheffield	EM190236	1
200 Butterfly	2:26.20	2:24.00	429	06/04/19	Derwentio Excel 13th Long Course Open Meet	Sheffield	EM190236	1
50 Backstroke	35.53	35.00	291	29/06/19	City of Leeds Summer Meet 2019	Leeds	NE190131	3
100 Backstroke	1:12.18	1:11.10	365	29/06/19	City of Leeds Summer Meet 2019	Leeds	NE190131	3
200 Backstroke	2:53.08	2:51.10	270	17/04/16	Lincoln Vulcans Long Course L1 Open Meet	Sheffield	EM160422	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.74	29.50	345	09/03/19	Central Beds Swim Squad Level 2 Open Meet 2019	Biggleswade	ER190277	2
100 Freestyle	1:02.11	1:03.40	376	25/11/18	Boston ASC 14th Open Meet	Grantham	EM181611	3
200 Freestyle	2:17.42	2:19.90	378	28/10/18	Retford 9th Level 3 Peter Jervis Memorial Meet	Retford	EM181998	3
400 Freestyle	4:49.55	4:54.40	393	11/11/18	City of Lincoln Pentaqua Distance	Lincoln	EM181424	4
1500 Freestyle	22:05.53	22:21.00	260	15/10/16	Lincoln Vulcans 800 1500 Time Trials	North Kesteven	EM161879	4
50 Breaststroke	39.18	40.00	258	14/12/21	City of Lincoln Pentaqua SC Winter Sprints	North Hykeham	EM211463	4
100 Breaststroke	1:28.26	1:29.70	245	29/06/22	City of Lincoln Pentaqua SC Club Champs 2022	Lincoln	EM221295	4
50 Butterfly	29.58	30.20	397	24/11/18	Boston ASC 14th Open Meet	Grantham	EM181611	3
100 Butterfly	1:03.38	1:04.60	428	20/01/19	Lincolnshire County Championships 2019	Grantham	EM190237	2
200 Butterfly	2:20.82	2:23.00	436	09/03/19	Central Beds Swim Squad Level 2 Open Meet 2019	Biggleswade	ER190277	2
50 Backstroke	34.65	35.20	259	17/06/18	Retford 25th Annual Open Meet	Sheffield	EM180867	3
100 Backstroke	1:12.56	1:13.70	295	17/06/18	Retford 25th Annual Open Meet	Sheffield	EM180867	3
200 Backstroke	2:35.57	2:37.70	313	10/03/18	Central Beds Swim Squad L2 Open Meet 2018	Biggleswade	ER180359	2
200 Individual Medley	2:31.62	2:34.20	378	27/01/19	Lincolnshire County Championships 2019	Grantham	EM190238	2
100 Individual Medley	1:13.74	1:13.70	298	25/11/17	Louth Meridan Meet	Louth	EM171923	3