

# Individual Best Times (All Time)

## Dalis Fox - (1161011) - Caerphilly County Swim Squad

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	45.85	45.40	94	26/10/14	Frome Autumn Open Meet	Millfield	SW4288	3
100 Freestyle	2:00.54	1:59.80	58	23/02/14	City of Cardiff Closed Invitational Meet	Cardiff	WAL551	4
50 Breaststroke	1:01.95	1:01.40	73	26/10/14	Frome Autumn Open Meet	Millfield	SW4288	3
50 Butterfly	1:02.51	1:02.20	45	23/02/14	City of Cardiff Closed Invitational Meet	Cardiff	WAL551	4
50 Backstroke	1:02.90	1:02.60	52	25/10/14	Frome Autumn Open Meet	Millfield	SW4288	3

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	43.87	44.30	97	11/09/15	Caerphilly County Squad Club Championships	Caerphilly	WL151589	3
100 Freestyle	1:37.68	1:38.50	96	12/09/15	Caerphilly County Squad Club Championships	Caerphilly	WL151589	3
200 Freestyle	4:12.31	4:13.70	61	30/11/13	South East Wales Sub Regional Gala	Newport	WAL534	4
50 Breaststroke	59.21	59.70	74	28/02/15	Llanelli Open Meet 2015	Llanelli	WL150527	2
100 Breaststroke	2:28.27	2:29.10	51	05/04/14	South East Wales No Time Gala	Newport	WAL557	4
50 Butterfly	57.47	57.80	54	13/09/14	Caerphilly Club Championships	Caerphilly	WAL588	4
100 Butterfly	2:07.27	2:07.90	52	13/09/15	Caerphilly County Squad Club Championships	Caerphilly	WL151589	3
50 Backstroke	59.74	1:00.10	50	02/03/14	Llanelli Open Meet 2014	Llanelli	WAL552	2
100 Backstroke	2:01.50	2:02.20	62	13/09/15	Caerphilly County Squad Club Championships	Caerphilly	WL151589	3
200 Individual Medley	4:04.90	4:06.50	89	13/09/15	Caerphilly County Squad Club Championships	Caerphilly	WL151589	3
100 Individual Medley	1:52.25	1:52.30	84	28/02/15	Llanelli Open Meet 2015	Llanelli	WL150527	2