

# Individual Best Times (All Time)

Lisa Du Toit - (1183271) - Swim Bournemouth

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.27	28.50	524	09/01/16	United Bristol New Year Open Meet	Bristol	SW160136	1
100 Freestyle	1:02.96	1:01.60	554	09/01/16	United Bristol New Year Open Meet	Bristol	SW160136	1
200 Freestyle	2:21.86	2:19.40	503	17/05/14	Millfield Last Chance Swim Meet	Millfield	SW4457	1
50 Butterfly	32.25	31.70	434	03/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	SE150138	1
100 Butterfly	1:12.31	1:11.30	451	10/01/16	United Bristol New Year Open Meet	Bristol	SW160136	1
50 Backstroke	32.38	31.80	570	30/04/16	ASA SWR Summer Championships	Plymouth	SW160535	1
100 Backstroke	1:09.66	1:08.50	557	03/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	SE150138	1
200 Backstroke	2:32.97	2:30.80	521	03/05/15	ASA South West Summer Championships	Plymouth	SW150229	1
200 Individual Medley	2:40.98	2:38.50	480	18/05/14	Millfield Last Chance Swim Meet	Millfield	SW4457	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.43	29.20	524	25/10/15	Swim Bournemouth 2015 Level 4 Introductory Meet	Littledown	SW151968	4
100 Freestyle	1:02.57	1:03.90	517	04/10/15	City of Southampton SC 15th James Moreno Open Meet	Southampton	SE150634	2
200 Freestyle	2:13.72	2:16.30	561	01/03/15	Dorset County ASA 2015 Interated BAGCATs	Littledown	CC150143	2
800 Freestyle	9:51.80	10:01.50	525	14/03/15	Dorset County ASA 2015 Interated BAGCATs	Dorchester	CC150144	2
50 Butterfly	31.72	32.30	454	24/10/15	Swim Bournemouth 2015 Level 4 Introductory Meet	Littledown	SW151968	4
100 Butterfly	1:09.92	1:11.00	461	28/11/15	Swim Bournemouth Winter Short Course L2 Meet	Littledown	SW152066	2
50 Backstroke	31.34	32.00	522	25/10/15	Swim Bournemouth 2015 Level 4 Introductory Meet	Littledown	SW151968	4
100 Backstroke	1:06.62	1:07.80	559	08/11/15	ASA South West Short Course Championships	Millfield	SW151638	2
200 Backstroke	2:24.92	2:27.20	552	28/11/15	Swim Bournemouth Winter Short Course L2 Meet	Littledown	SW152066	2
200 Individual Medley	2:35.13	2:37.70	484	07/12/14	ASA South West Region Short Course Champs	Millfield	SWR427	2