

# Individual Best Times (All Time)

Lucas Waligora - (1231101) - York City Baths Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.60	28.90	352	22/09/19	City of Sheffield Swim Squad Teaspoon Gala	Sheffield	NE190405	3
100 Freestyle	1:03.62	1:02.30	399	11/01/20	City of Sunderland New Year Meet 2020	Sunderland	NE200306	1
200 Freestyle	2:07.52	2:04.80	511	23/01/22	City of Sunderland ASC New Year Meet 2022	Sunderland	NE220080	1
400 Freestyle	4:27.25	4:22.00	558	22/01/22	City of Sunderland ASC New Year Meet 2022	Sunderland	NE220080	1
800 Freestyle	9:14.07	9:03.60	543	21/01/22	City of Sunderland ASC New Year Meet 2022	Sunderland	NE220080	1
1500 Freestyle	18:04.98	17:45.80	517	10/01/20	City of Sunderland New Year Meet 2020	Sunderland	NE200306	1
50 Breaststroke	37.36	36.50	335	22/09/19	City of Sheffield Swim Squad Teaspoon Gala	Sheffield	NE190405	3
100 Breaststroke	1:24.61	1:23.10	303	02/02/19	Yorkshire County Championships	Leeds	NE190127	1
200 Breaststroke	2:48.02	2:44.80	416	09/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200184	1
50 Butterfly	28.67	28.00	468	11/09/21	City of Leeds Sprints Meet 2021	John Charles Centre	NE210001	3
100 Butterfly	1:02.03	1:00.80	506	31/07/21	NER & Yorkshire Festival of Swimming	Sheffield	NE210264	1
200 Butterfly	2:21.64	2:19.40	472	12/03/22	Stockport Metro Spring Long Course Open Meet 2022	Stockport	NW220367	1
50 Backstroke	34.20	33.60	326	22/09/19	City of Sheffield Swim Squad Teaspoon Gala	Sheffield	NE190405	3
100 Backstroke	1:09.30	1:08.10	412	09/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200184	1
200 Backstroke	2:32.88	2:30.70	392	08/07/18	Northampton Swimming Club 2018 LC Summer Festival	Corby	EM180704	3
200 Individual Medley	2:19.84	2:17.00	541	01/05/22	SE North East Region Open/Youth Championships 2022	Sheffield	NE220860	1
400 Individual Medley	4:55.55	4:49.60	552	02/04/22	City of Sunderland ASC National Qualifier 2022	Sunderland	NE220261	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.80	27.60	425	29/05/21	York City	St Peter's School	LEX1441	0
100 Freestyle	56.39	57.90	502	10/10/21	Yorkshire Winter Champs	Leeds	NE210309	2
200 Freestyle	2:02.65	2:05.40	531	11/12/21	Winter Swim Extravaganza 2021	Leeds	NE210580	3
400 Freestyle	4:23.11	4:28.40	524	03/10/21	City of Leeds October Meet 2021	John Charles	NE210473	3
800 Freestyle	8:57.80	9:08.40	560	17/11/21	York City Baths Distance Time Trials Autumn 2021	York	NE211281	4
1500 Freestyle	17:39.71	17:59.00	510	03/11/19	North East Region Open Championships (25m)	Sheffield	NE192157	2
50 Breaststroke	33.79	34.70	402	31/10/20	York City	York	LEX110	0
100 Breaststroke	1:10.94	1:12.70	473	09/10/21	Yorkshire Winter Champs	Leeds	NE210309	2
200 Breaststroke	2:30.14	2:33.60	512	11/12/21	Winter Swim Extravaganza 2021	Leeds	NE210580	3
50 Butterfly	28.23	28.90	457	10/10/21	Yorkshire Winter Champs	Leeds	NE210309	2
100 Butterfly	1:01.83	1:03.00	461	10/10/21	Yorkshire Winter Champs	Leeds	NE210309	2
200 Butterfly	2:16.02	2:18.30	484	03/10/21	City of Leeds October Meet 2021	John Charles	NE210473	3
50 Backstroke	29.83	30.50	407	11/12/21	Winter Swim Extravaganza 2021	Leeds	NE210580	3
100 Backstroke	1:04.18	1:05.40	427	09/10/21	Yorkshire Winter Champs	Leeds	NE210309	2
200 Backstroke	2:19.85	2:22.20	430	10/07/21	York City	St Peters School	LEX3170	0
200 Individual Medley	2:15.43	2:18.30	530	10/10/21	Yorkshire Winter Champs	Leeds	NE210309	2
400 Individual Medley	4:44.88	4:51.00	559	09/10/21	Yorkshire Winter Champs	Leeds	NE210309	2
100 Individual Medley	1:02.38	1:02.40	493	11/12/21	Winter Swim Extravaganza 2021	Leeds	NE210580	3