

Individual Best Times (All Time)

Lucy Barnard - (1240920) - Watford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:11.40	1:10.20	379	22/06/24	Team Luton Summer Long Course Meet 2024	Luton	ER240777	3
100 Breaststroke	1:37.47	1:36.20	284	22/06/24	Team Luton Summer Long Course Meet 2024	Luton	ER240777	3
200 Breaststroke	3:57.78	3:55.50	193	14/03/20	Putteridge Spring Long Course National Qualifier	Inspire Luton	ER200097	1
100 Butterfly	1:35.79	1:35.00	194	31/07/21	British Swimming Festival of Swimming East Region	UEA Norwich	ER210170	1
200 Butterfly	3:16.27	3:14.60	239	22/06/24	Team Luton Summer Long Course Meet 2024	Luton	ER240777	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.58	32.20	382	09/03/24	City of St Albans Spring Meet 2024	St Albans	ER240103	3
100 Freestyle	1:07.67	1:08.90	409	16/06/24	Watford Terry Davies Legacy Meet 2024	Watford	ER240608	3
200 Freestyle	2:27.72	2:30.10	416	03/03/24	Watford SC Regional Qualifier 2024	Watford	ER240120	3
400 Freestyle	5:19.49	5:23.90	379	03/03/24	Watford SC Regional Qualifier 2024	Watford	ER240120	3
800 Freestyle	10:37.72	10:46.70	419	13/01/24	SE Hertfordshire County Championships 2024	St Albans	ER240099	2
1500 Freestyle	20:41.03	20:57.60	391	15/11/23	Co St Albans & Watford SCs Joint Club Champs 2023	Watford	ER231155	3
50 Breaststroke	40.93	41.70	333	03/12/23	City of St Albans Winter Meet 2023	St Albans	ER231556	3
100 Breaststroke	1:30.12	1:31.50	331	21/01/24	SE Hertfordshire County Championships 2024	Borehamwood	ER240100	2
200 Breaststroke	3:09.19	3:12.00	359	02/12/23	City of St Albans Winter Meet 2023	St Albans	ER231556	3
50 Butterfly	36.24	36.80	304	15/06/24	Watford Terry Davies Legacy Meet 2024	Watford	ER240608	3
100 Butterfly	1:22.17	1:23.10	284	15/06/24	Watford Terry Davies Legacy Meet 2024	Watford	ER240608	3
200 Butterfly	3:00.69	3:02.40	290	16/06/24	Watford Terry Davies Legacy Meet 2024	Watford	ER240608	3
50 Backstroke	39.50	40.00	261	19/05/24	Watford Swimming Club Development Meet 2024	Watford	ER240110	3
100 Backstroke	1:22.57	1:23.50	293	18/05/24	Watford Swimming Club Development Meet 2024	Watford	ER240110	3
200 Backstroke	2:57.16	2:59.00	302	19/05/24	Watford Swimming Club Development Meet 2024	Watford	ER240110	3
200 Individual Medley	2:49.84	2:52.10	369	09/03/24	City of St Albans Spring Meet 2024	St Albans	ER240103	3
400 Individual Medley	5:57.92	6:02.80	378	19/11/23	Watford SC County Qualifier 2023	Watford	ER231284	3
100 Individual Medley	1:22.60	1:22.60	320	30/09/23	Watford Swimming Club 2023 Club Championships	Watford	ER231084	4