

Individual Best Times (All Time)

Isla Black - (1293130) - City of St Albans SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.35	29.70	470	16/03/24	Team Luton March Long Course Meet 2024	Luton	ER240270	1
100 Freestyle	1:13.59	1:12.40	346	19/03/22	Team Luton March Long Course Meet 2022	Luton	ER220159	1
200 Freestyle	2:25.18	2:22.80	469	23/04/23	Swim England East Region LC Championships 2023	Norwich	ER230333	1
400 Freestyle	5:38.63	5:34.50	335	03/04/22	SE East Region Development Competition 2022	Norwich	ER220676	1
50 Breaststroke	39.81	39.00	392	19/03/23	Team Luton March LC Meet 2023	Luton	ER230045	1
100 Breaststroke	1:29.23	1:27.80	371	18/03/23	Team Luton March LC Meet 2023	Luton	ER230045	1
200 Breaststroke	3:06.08	3:03.20	403	20/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1
100 Butterfly	1:43.23	1:42.50	155	07/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
50 Backstroke	36.45	35.90	400	18/03/23	Team Luton March LC Meet 2023		ER230045	1
100 Backstroke	1:16.61	1:15.60	419	19/03/23	Team Luton March LC Meet 2023	Luton	ER230045	1
200 Backstroke	2:49.81	2:47.80	381	16/03/24	Team Luton March Long Course Meet 2024	Luton	ER240270	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.32	30.00	478	25/06/23	City of St Albans SC End of Season Meet 2023	St Albans	ER230216	3
100 Freestyle	1:05.12	1:06.40	459	02/03/24	Watford SC Regional Qualifier 2024	Watford	ER240120	3
200 Freestyle	2:19.12	2:21.60	498	09/03/24	City of St Albans Spring Meet 2024	St Albans	ER240103	3
400 Freestyle	4:58.35	5:03.00	465	25/06/23	City of St Albans SC End of Season Meet 2023	St Albans	ER230216	3
800 Freestyle	10:20.57	10:29.80	455	01/11/23	Co St Albans & Watford SCs Joint Club Champs 2023	Watford	ER231154	3
50 Breaststroke	38.41	39.20	402	28/01/24	SE Hertfordshire County Championships 2024	Borehamwood	ER240101	2
100 Breaststroke	1:23.89	1:25.40	410	25/06/23	City of St Albans SC End of Season Meet 2023	St Albans	ER230216	3
200 Breaststroke	2:57.60	3:00.60	435	25/06/23	City of St Albans SC End of Season Meet 2023	St Albans	ER230216	3
50 Butterfly	35.60	36.10	321	18/11/23	Watford SC County Qualifier 2023	Watford	ER231284	3
100 Butterfly	1:21.26	1:22.20	294	09/03/24	City of St Albans Spring Meet 2024	St Albans	ER240103	3
50 Backstroke	33.87	34.50	414	23/09/23	Co St Albans SC Sprint & Skins Competition 2023	St Albans	ER230400	3
100 Backstroke	1:13.08	1:14.20	423	01/07/23	Putteridge SC End of Season Summer SC Open 2023	Luton	ER230160	2
200 Backstroke	2:38.13	2:40.20	425	02/07/23	Putteridge SC End of Season Summer SC Open 2023	Luton	ER230160	2
200 Individual Medley	2:42.07	2:44.50	425	02/03/24	Watford SC Regional Qualifier 2024	Watford	ER240120	3
100 Individual Medley	1:15.21	1:15.20	424	18/11/23	Watford SC County Qualifier 2023	Watford	ER231284	3