

Individual Best Times (All Time)

Rosie Hollands - (1335890) - Dover Lifeguard Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.10	32.50	362	25/11/23	Rushmoor Royals Winter L3 LC Open Meet 2023	Aldershot	SE231747	3
100 Freestyle	1:08.83	1:07.60	424	07/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1
200 Freestyle	2:30.15	2:27.80	424	10/03/24	Kent County Championships 2024	Stratford	LR240211	1
400 Freestyle	5:17.15	5:12.70	408	10/02/24	Kent County Championships 2024	Stratford	LR240210	1
800 Freestyle	11:41.95	11:33.60	329	05/02/23	Kent Swimming Championships 2023	Crawley	LR230202	1
50 Breaststroke	39.46	38.70	403	11/05/24	Romford Last Chance L1 National Qualifier Meet 24	Crawley	LR240632	1
100 Breaststroke	1:34.07	1:32.70	316	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
200 Breaststroke	3:15.73	3:13.00	347	09/03/24	Kent County Championships 2024	Stratford	LR240211	1
50 Butterfly	32.53	31.90	423	11/05/24	Romford Last Chance L1 National Qualifier Meet 24	Crawley	LR240632	1
100 Butterfly	1:17.22	1:16.20	370	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
200 Butterfly	2:48.97	2:47.10	374	12/05/24	Romford Last Chance L1 National Qualifier Meet 24	Crawley	LR240632	1
50 Backstroke	41.44	41.00	272	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
100 Backstroke	1:32.76	1:31.90	236	06/02/22	Kent County Championships 2022	London Aqu Cen	SE220057	1
200 Individual Medley	2:46.93	2:44.50	431	11/05/24	Romford Last Chance L1 National Qualifier Meet 24	Crawley	LR240632	1
400 Individual Medley	5:55.21	5:50.20	419	28/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.03	30.70	445	19/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
100 Freestyle	1:05.48	1:06.70	451	19/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
200 Freestyle	2:31.65	2:33.90	384	06/01/24	Dover Lifeguard Club & Herne Bay SC Icebreaker 24	Dover	SE240082	3
400 Freestyle	4:57.40	5:02.10	470	09/06/24	Dover Lifeguard Club Championships 2024	Dover	SE241320	4
800 Freestyle	10:58.03	11:06.80	381	09/06/23	Dover Lifeguard Club Club Championships 2023	Dover	SE231196	4
1500 Freestyle	19:57.42	20:14.50	436	08/06/24	Dover Lifeguard Club Championships 2024	Dover	SE241320	4
50 Breaststroke	37.10	37.90	447	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Breaststroke	1:25.07	1:26.50	393	09/06/24	Dover Lifeguard Club Championships 2024	Dover	SE241320	4
200 Breaststroke	3:07.39	3:10.20	370	09/06/24	Dover Lifeguard Club Championships 2024	Dover	SE241320	4
50 Butterfly	32.79	33.40	411	09/06/24	Dover Lifeguard Club Championships 2024	Dover	SE241320	4
100 Butterfly	1:12.91	1:13.90	407	09/06/24	Dover Lifeguard Club Championships 2024	Dover	SE241320	4
200 Butterfly	2:46.37	2:48.30	371	20/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
50 Backstroke	37.57	38.10	303	09/06/24	Dover Lifeguard Club Championships 2024	Dover	SE241320	4
100 Backstroke	1:26.44	1:27.40	256	18/06/22	Hatfield SC Summer Meet	Hatfield	ER220255	2
200 Backstroke	2:47.97	2:49.90	355	09/06/24	Dover Lifeguard Club Championships 2024	Dover	SE241320	4
200 Individual Medley	2:39.11	2:41.60	449	22/06/24	Kent Junior League 2024 Round 2	Dover	SE240924	4
400 Individual Medley	5:41.05	5:46.20	437	30/03/24	2nd Kent Weald Last Chance Regional Qualifier 2024	Gillingham	SE240644	3
100 Individual Medley	1:13.56	1:13.60	453	08/06/24	Dover Lifeguard Club Championships 2024	Dover	SE241320	4