

Individual Best Times (All Time)

Grace Plant - (1378081) - Cinderford & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:16.78	1:15.70	305	16/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230117	1
50 Backstroke	38.67	38.10	335	16/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
100 Backstroke	1:23.84	1:22.90	319	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
200 Backstroke	2:57.91	2:56.00	331	18/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230118	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.80	33.40	341	24/09/23	Gloucester City SC Autumn Level 3 Sprint Meet 2023	Gloucester	SW231616	3
100 Freestyle	1:13.21	1:14.30	323	02/07/23	Gloucester City SC Summer L3 Open Meet	Gloucester	SW230999	3
200 Freestyle	2:48.59	2:50.60	280	13/11/22	Cinderford & District SC Low Level 4 Club Champs	Monmouth School	SW221891	4
50 Breaststroke	47.13	47.80	218	18/09/22	Gloucester City SC Autumn Level 3 Sprint Meet	Gloucester	SW221389	3
100 Breaststroke	2:14.69	2:15.60	99	01/12/18	Soundwell County Qualifier Open Meet 2018	Gloucester	SW181828	3
50 Butterfly	38.91	39.40	245	01/07/23	Gloucester City SC Summer L3 Open Meet	Gloucester	SW230999	3
50 Backstroke	36.97	37.50	318	22/10/23	Gloucester City SC Autumn L2 Open Meet 2023	Gloucester	SW231829	2
100 Backstroke	1:19.96	1:21.00	323	22/10/23	Gloucester City SC Autumn L2 Open Meet 2023	Gloucester	SW231829	2
200 Backstroke	2:52.91	2:54.80	325	13/11/23	Cinderford & District LL4 Club Championships 2023	Monmouth	SW231943	4
200 Individual Medley	3:02.44	3:04.60	298	01/07/23	Gloucester City SC Summer L3 Open Meet	Gloucester	SW230999	3
400 Individual Medley	6:36.57	6:41.00	278	02/12/23	Soundwell SC County Qualifier 2023	Hutton Moor LC	SW231617	3
100 Individual Medley	1:24.13	1:24.10	303	27/05/23	Southwold ASC May L3 Meet 2023	Gloucester	SW230625	3