

# Individual Best Times (All Time)

Verity Nicholas - (1381006) - Dover Lifeguard Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.68	31.00	413	12/05/24	Romford Last Chance L1 National Qualifier Meet 24	Crawley	LR240632	1
100 Freestyle	1:08.88	1:07.70	423	10/03/24	Kent County Championships 2024	Stratford	LR240211	1
200 Freestyle	2:29.70	2:27.40	428	10/03/24	Kent County Championships 2024	Stratford	LR240211	1
800 Freestyle	11:23.73	11:15.20	356	25/11/23	Rushmoor Royals Winter L3 LC Open Meet 2023	Aldershot	SE231747	3
50 Breaststroke	45.32	44.60	266	27/08/23	Sprint With The Stars 2023	London	LR231459	3
50 Butterfly	37.03	36.50	287	06/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1
100 Butterfly	1:30.84	1:30.00	227	01/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford	LR230468	1
50 Backstroke	34.93	34.40	454	11/02/24	Kent County Championships 2024	Stratford	LR240210	1
100 Backstroke	1:14.85	1:13.80	449	11/02/24	Kent County Championships 2024	Stratford	LR240210	1
200 Backstroke	2:40.44	2:38.30	452	18/05/24	SE SE Region 2024 LC No-frill Re-swim Gala	Crawley	SE241269	1
200 Individual Medley	2:52.59	2:50.30	390	10/02/24	Kent County Championships 2024	Stratford	LR240210	1
400 Individual Medley	6:26.98	6:22.40	324	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.20	31.90	396	28/10/23	East Invicta ASA 2023 Championships	Dover	SE231503	2
100 Freestyle	1:08.45	1:09.70	395	23/03/24	Kent Junior League 2024 Round 1	Dover	SE240760	4
200 Freestyle	2:28.38	2:30.70	410	03/12/23	Thanet SC Speedo Festive Meet 2023	Margate	SE232532	3
400 Freestyle	5:07.47	5:12.00	425	09/06/24	Dover Lifeguard Club Championships 2024	Dover	SE241320	4
800 Freestyle	11:09.32	11:17.90	362	09/06/23	Dover Lifeguard Club Club Championships 2023	Dover	SE231196	4
1500 Freestyle	20:55.44	21:11.80	378	08/06/24	Dover Lifeguard Club Championships 2024	Dover	SE241320	4
50 Breaststroke	41.21	42.00	326	25/02/24	Bromley SC Winter Gold Meet	Dover	LR240358	3
100 Breaststroke	1:32.19	1:33.60	309	09/06/24	Dover Lifeguard Club Championships 2024	Dover	SE241320	4
200 Breaststroke	3:16.33	3:19.00	322	09/06/24	Dover Lifeguard Club Championships 2024	Dover	SE241320	4
50 Butterfly	35.69	36.20	318	30/09/23	Dover Life Guard Club White Cliffs Gala 2023	Dover	SE231548	3
100 Butterfly	1:23.11	1:24.00	275	09/06/24	Dover Lifeguard Club Championships 2024	Dover	SE241320	4
200 Butterfly	3:25.66	3:27.20	196	09/07/23	Dover Lifeguard Club Club Championships 2023	Dover	SE231197	4
50 Backstroke	34.38	35.00	396	07/01/24	Dover Lifeguard Club & Herne Bay SC Icebreaker 24	Dover	SE240082	3
100 Backstroke	1:13.16	1:14.30	422	20/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
200 Backstroke	2:37.62	2:39.70	429	21/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
200 Individual Medley	2:47.81	2:50.10	382	25/02/24	Bromley SC Winter Gold Meet	Dover	LR240358	3
400 Individual Medley	6:09.11	6:13.80	345	04/06/23	Dover Lifeguard Club Club Championships 2023	Dover	SE231195	4
100 Individual Medley	1:16.81	1:16.80	398	08/06/24	Dover Lifeguard Club Championships 2024	Dover	SE241320	4