

# Individual Best Times (All Time)

Joshua Crosland - (1389205) - Beau Sejour Barracuda SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.14	29.40	333	23/03/24	Rushmoor Royals Spring L3 LC Open Meet 2024	Aldershot	SE240166	3
100 Freestyle	1:06.23	1:05.00	354	24/03/24	Rushmoor Royals Spring L3 LC Open Meet 2024	Aldershot	SE240166	3
50 Butterfly	34.72	34.20	263	24/03/24	Rushmoor Royals Spring L3 LC Open Meet 2024	Aldershot	SE240166	3
50 Backstroke	34.60	34.00	315	23/03/24	Rushmoor Royals Spring L3 LC Open Meet 2024	Aldershot	SE240166	3
100 Backstroke	1:14.92	1:13.80	326	24/03/24	Rushmoor Royals Spring L3 LC Open Meet 2024	Aldershot	SE240166	3
200 Backstroke	2:41.60	2:39.50	332	23/03/24	Rushmoor Royals Spring L3 LC Open Meet 2024	Aldershot	SE240166	3
200 Individual Medley	2:51.66	2:49.30	292	23/03/24	Rushmoor Royals Spring L3 LC Open Meet 2024	Aldershot	SE240166	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.95	29.70	337	22/06/24	Rushmoor Royals Summer L2 Short Course Open Meet	Aldershot	SE240423	2
100 Freestyle	1:05.26	1:06.50	324	01/10/23	Guernsey ASA Channel Island Championships 2023	Beau Sejour LC	SE231822	2
200 Freestyle	2:24.48	2:26.90	325	13/04/24	Beau Sejour The Oak Series 2024	Guernsey	SE240450	4
400 Freestyle	5:46.87	5:50.90	229	07/11/22	Beau Sejour Barracudas The Oak Series 2022	Beau Sejour	SE220353	4
50 Breaststroke	41.43	42.20	218	24/11/23	Guernsey SC Island Swimming Championships 2023	St Sampsons HS	SE232131	3
100 Breaststroke	1:31.98	1:33.30	217	25/11/23	Guernsey SC Island Swimming Championships 2023	St Sampsons HS	SE232131	3
200 Breaststroke	3:52.10	3:54.40	138	07/03/20	Beau Sejour Barracudas LBG The Oak Series	Guernsey	SE200648	4
50 Butterfly	34.22	34.80	256	02/03/24	Guernsey ASA 50 Sprint Gala 2024	Guernsey	SE240569	3
100 Butterfly	1:17.34	1:18.30	235	13/04/24	Beau Sejour The Oak Series 2024	Guernsey	SE240450	4
50 Backstroke	33.01	33.60	300	22/06/24	Rushmoor Royals Summer L2 Short Course Open Meet	Aldershot	SE240423	2
100 Backstroke	1:12.65	1:13.70	294	23/06/24	Rushmoor Royals Summer L2 Short Course Open Meet	Aldershot	SE240423	2
200 Backstroke	2:37.13	2:39.20	303	22/06/24	Rushmoor Royals Summer L2 Short Course Open Meet	Aldershot	SE240423	2
200 Individual Medley	2:47.34	2:49.70	281	21/10/23	Calligo Tigers Jersey 42nd October Open Meet 2023	Les Quennevais	SE230731	3
100 Individual Medley	1:17.24	1:17.20	259	27/01/24	Beau Sejour The Oak Series 2024	Guernsey	SE240449	4