

Individual Best Times (All Time)

Grace Prowse - (1390868) - West Dorset SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.56	32.90	348	16/12/23	Winchester Winter Sparkler 2023	Winchester	SE232492	3
100 Breaststroke	1:35.12	1:33.80	306	16/12/23	Winchester Winter Sparkler 2023	Winchester	SE232492	3
50 Backstroke	40.86	40.40	284	16/12/23	Winchester Winter Sparkler 2023	Winchester	SE232492	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.16	33.80	330	03/12/23	West Dorset Yuletide Opener 2023	Dorchester	SW232235	3
100 Freestyle	1:13.21	1:14.30	323	03/12/23	West Dorset Yuletide Opener 2023	Dorchester	SW232235	3
200 Freestyle	2:39.62	2:41.80	330	02/12/23	West Dorset Yuletide Opener 2023	Dorchester	SW232235	3
400 Freestyle	5:44.93	5:49.00	301	01/06/24	West Dorset Whitsun Wave L3 2024	Dorchester	SW240672	3
800 Freestyle	11:24.04	11:32.50	339	28/01/24	Dorset County 2024 Championships & AG Competition	Dorchester	SW240065	2
50 Breaststroke	40.63	41.40	340	03/02/24	Dorset County 2024 Championships & AG Competition	Littledown	SW240066	2
100 Breaststroke	1:31.64	1:33.00	315	04/02/24	Dorset County 2024 Championships & AG Competition	Littledown	SW240066	2
200 Breaststroke	3:10.88	3:13.60	350	03/02/24	Dorset County 2024 Championships & AG Competition	Littledown	SW240066	2
50 Butterfly	37.32	37.80	278	23/03/24	Seagulls Spring L3 Open Meet 2024	Dorchester	SW240317	3
100 Butterfly	1:28.73	1:29.60	226	01/06/24	West Dorset Whitsun Wave L3 2024	Dorchester	SW240672	3
50 Backstroke	37.27	37.80	310	23/03/24	Seagulls Spring L3 Open Meet 2024	Dorchester	SW240317	3
100 Backstroke	1:20.07	1:21.10	322	24/03/24	Seagulls Spring L3 Open Meet 2024	Dorchester	SW240317	3
200 Backstroke	2:53.15	2:55.10	324	22/10/23	Poole SC Season Starter Meet 2023	1610 Dorchester	SW231689	3
200 Individual Medley	2:59.10	3:01.30	314	03/12/23	West Dorset Yuletide Opener 2023	Dorchester	SW232235	3
100 Individual Medley	1:22.04	1:22.00	326	21/01/24	Dorset County 2024 Championships & AG Competition	Littledown	SW240064	2