

Individual Best Times (All Time)

Erin Large - (1420826) - Poole SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.65	34.00	316	16/12/23	Winchester Winter Sparkler 2023	Winchester	SE232492	3
100 Freestyle	1:22.66	1:21.60	244	30/07/22	Winchester City Penguins Summer Scorchers 2022	Winchester	SE221270	3
200 Freestyle	2:50.75	2:48.70	288	31/07/22	Winchester City Penguins Summer Scorchers 2022	Winchester	SE221270	3
50 Breaststroke	46.68	46.00	243	17/12/23	Winchester Winter Sparkler 2023	Winchester	SE232492	3
100 Breaststroke	1:42.55	1:41.30	244	31/07/22	Winchester City Penguins Summer Scorchers 2022	Winchester	SE221270	3
200 Breaststroke	3:57.56	3:55.30	194	03/04/22	City of Wells Open Meet	Millfield	SW220211	3
50 Butterfly	45.10	44.70	158	17/12/23	Winchester Winter Sparkler 2023	Winchester	SE232492	3
50 Backstroke	41.60	41.10	269	16/12/23	Winchester Winter Sparkler 2023	Winchester	SE232492	3
100 Backstroke	1:33.81	1:32.90	228	30/07/22	Winchester City Penguins Summer Scorchers 2022	Winchester	SE221270	3
200 Backstroke	3:21.43	3:19.80	228	03/04/22	City of Wells Open Meet	Millfield	SW220211	3
200 Individual Medley	3:12.87	3:10.80	279	17/12/23	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	34.50	35.10	293	03/12/23	West Dorset Yuletide Opener 2023	Dorchester	SW232235	3
100 Freestyle	1:15.02	1:16.10	300	21/10/23	Poole SC Season Starter Meet 2023	1610 Dorchester	SW231689	3
200 Freestyle	2:44.24	2:46.30	302	02/12/23	West Dorset Yuletide Opener 2023	Dorchester	SW232235	3
400 Freestyle	5:53.00	5:57.00	281	01/04/23	Seagulls Spring Level 3 Meet 2023	Dorchester	SW230383	3
800 Freestyle	12:04.60	12:12.60	286	15/10/23	Poole SC Club Champs 800m & 1500m 2023	Dolphin LC	SW232103	4
50 Breaststroke	45.49	46.20	242	21/10/23	Poole SC Season Starter Meet 2023	1610 Dorchester	SW231689	3
100 Breaststroke	1:36.37	1:37.70	270	21/10/23	Poole SC Season Starter Meet 2023	1610 Dorchester	SW231689	3
200 Breaststroke	3:23.45	3:26.00	289	03/12/23	West Dorset Yuletide Opener 2023	Dorchester	SW232235	3
50 Butterfly	43.91	44.30	171	04/03/23	Poole SC Regional Qualifier Meet 2023	Dorchester	SW230301	3
100 Butterfly	1:40.76	1:41.50	154	23/06/24	Poole Swimming Club Champs 2024	Poole	SW240908	4
200 Butterfly	4:21.13	4:22.30	96	20/05/21	Poole	Rossmore	LEX2680	0
50 Backstroke	41.38	41.90	227	05/03/23	Poole SC Regional Qualifier Meet 2023	Dorchester	SW230301	3
100 Backstroke	1:25.40	1:26.30	265	03/03/24	Poole SC Regional Qualifier 2024 Level 3	Dorchester	SW240265	3
200 Backstroke	3:04.20	3:06.00	269	03/03/24	Poole SC Regional Qualifier 2024 Level 3	Dorchester	SW240265	3
200 Individual Medley	3:01.77	3:03.90	301	03/12/23	West Dorset Yuletide Opener 2023	Dorchester	SW232235	3
100 Individual Medley	1:24.64	1:24.60	297	21/01/24	Dorset County 2024 Championships & AG Competition	Littledown	SW240064	2