

Individual Best Times (All Time)

Theo Black - (1445337) - Leicester Sharks Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.78	29.10	346	09/06/24	NOVA Centurion June Sprint Meet 2024	Nottingham	EM240724	3
100 Freestyle	1:07.70	1:06.50	331	24/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
200 Freestyle	2:28.68	2:26.30	322	06/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
400 Freestyle	5:04.28	4:59.60	378	07/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
50 Breaststroke	47.38	46.70	164	27/11/22	City of Sheffield Swim Squad Snow Frills 2022	Ponds Forge	NE221740	3
100 Breaststroke	1:45.58	1:44.40	156	14/05/22	Rotherham Metro Springtime Long Course Meet	Sheffield	NE220075	3
200 Breaststroke	3:36.72	3:34.30	194	15/05/22	Rotherham Metro Springtime Long Course Meet	Sheffield	NE220075	3
50 Butterfly	34.70	34.10	264	09/06/24	NOVA Centurion June Sprint Meet 2024	Nottingham	EM240724	3
100 Butterfly	1:26.24	1:25.40	188	25/11/23	City of Sheffield SS Snow Frills Meet 2023	Sheffield	NE231713	3
50 Backstroke	34.17	33.60	327	06/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
100 Backstroke	1:12.88	1:11.80	354	24/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
200 Backstroke	2:35.52	2:33.40	372	06/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
200 Individual Medley	2:38.90	2:36.40	369	09/06/24	NOVA Centurion June Sprint Meet 2024	Nottingham	EM240724	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.63	30.30	314	18/05/24	Hinckley SC Open Meet 2024	Hinckley	EM240488	3
100 Freestyle	1:06.46	1:07.70	307	10/02/24	Leicestershire County Age Groups & Champs 2024	Hinckley LC	EM240052	2
200 Freestyle	2:19.76	2:22.20	359	29/06/24	Leicester Sharks CSC Summer Splash 2024	Nuneaton	EM240659	3
400 Freestyle	5:06.62	5:11.20	331	28/01/24	Leicestershire County Age Groups & Champs 2024	Hinckley LC	EM240050	2
50 Breaststroke	39.61	40.40	249	29/06/24	Leicester Sharks CSC Summer Splash 2024	Nuneaton	EM240659	3
100 Breaststroke	1:27.03	1:28.50	256	10/02/24	Leicestershire County Age Groups & Champs 2024	Hinckley LC	EM240052	2
200 Breaststroke	3:08.87	3:11.60	257	10/02/24	Leicestershire County Age Groups & Champs 2024	Hinckley LC	EM240052	2
50 Butterfly	34.64	35.20	247	27/01/24	Leicestershire County Age Groups & Champs 2024	Hinckley LC	EM240050	2
100 Butterfly	1:19.89	1:20.80	213	10/02/24	Leicestershire County Age Groups & Champs 2024	Hinckley LC	EM240052	2
50 Backstroke	33.44	34.00	289	11/02/24	Leicestershire County Age Groups & Champs 2024	Hinckley LC	EM240052	2
100 Backstroke	1:10.97	1:12.10	315	19/05/24	Hinckley SC Open Meet 2024	Hinckley	EM240488	3
200 Backstroke	2:31.00	2:33.20	342	18/05/24	Hinckley SC Open Meet 2024	Hinckley	EM240488	3
200 Individual Medley	2:39.56	2:42.00	324	30/06/24	Leicester Sharks CSC Summer Splash 2024	Nuneaton	EM240659	3
400 Individual Medley	6:00.74	6:05.60	275	24/09/23	Leicester Sharks CSC Club Championships 2023	Nuneaton	EM231749	4
100 Individual Medley	1:13.24	1:13.20	304	11/02/24	Leicestershire County Age Groups & Champs 2024	Hinckley LC	EM240052	2