

# Individual Best Times (All Time)

Lucas Douglas - (1449070) - Neath ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.86	26.10	471	04/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
100 Freestyle	58.86	57.40	504	02/06/24	Swansea University Swim Team 2024 LC Sprint Meet	Swansea	WL240502	1
200 Freestyle	2:13.05	2:10.40	450	02/06/24	Swansea University Swim Team 2024 LC Sprint Meet	Swansea	WL240502	1
400 Freestyle	4:51.04	4:46.20	432	07/01/24	RCT Performance Swim Squad - New Year LC 2024	Cardiff	WL240122	3
50 Breaststroke	38.72	37.90	301	03/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
100 Breaststroke	1:23.49	1:22.00	316	24/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
200 Breaststroke	3:07.65	3:04.80	299	11/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
50 Butterfly	28.94	28.30	455	09/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
100 Butterfly	1:04.94	1:03.80	441	22/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
200 Butterfly	2:49.53	2:47.70	275	10/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
50 Backstroke	31.53	30.90	416	23/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
100 Backstroke	1:13.00	1:11.90	353	02/06/24	Swansea University Swim Team 2024 LC Sprint Meet	Swansea	WL240502	1
200 Individual Medley	2:34.29	2:31.70	403	25/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
400 Individual Medley	5:48.70	5:43.60	336	11/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.50	27.30	440	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Freestyle	57.78	59.20	467	16/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
200 Freestyle	2:10.54	2:13.20	441	17/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
400 Freestyle	4:45.47	4:50.30	411	25/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
800 Freestyle	9:53.63	10:03.30	416	24/09/23	Neath ASC Club Championships 2023	Neath	WL231997	3
50 Breaststroke	36.38	37.20	322	18/12/23	Neath ASC Sprint Club Championships 2023	Neath	WL232617	3
100 Breaststroke	1:24.18	1:25.70	283	19/12/23	Neath ASC Sprint Club Championships 2023	Neath	WL232617	3
200 Breaststroke	3:18.18	3:20.80	222	05/11/22	Bridgend County SS Distance and Sprint Meet Nov 22	Aberavon	WL221499	3
50 Butterfly	28.39	29.00	449	16/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Butterfly	1:05.44	1:06.60	389	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
200 Butterfly	2:42.87	2:44.80	282	28/10/23	Neath ASC Open Meet	Swansea	WL231884	2
50 Backstroke	31.22	31.90	355	24/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
100 Backstroke	1:08.49	1:09.70	351	18/12/23	Neath ASC Sprint Club Championships 2023	Neath	WL232617	3
200 Individual Medley	2:30.85	2:33.40	383	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
400 Individual Medley	5:54.00	5:58.90	291	05/11/22	Bridgend County SS Distance and Sprint Meet Nov 22	Aberavon	WL221499	3
100 Individual Medley	1:19.20	1:19.20	240	15/10/22	Millfield & Team Bath AS Level 2 Short Course Meet	Millfield	SW221660	2