

# Individual Best Times (All Time)

Poppy Sargent - (1475462) - Guernsey Swimming Club

## Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                             | Venue    | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|----------------------------------|----------|----------|-------|
| 50 Freestyle          | 38.76   | 39.30           | 207       | 02/03/24 | Guernsey ASA 50 Sprint Gala 2024 | Guernsey | SE240570 | 4     |
| 100 Freestyle         | 1:26.42 | 1:27.40         | 196       | 14/04/24 | Guernsey SC Club Champs 2024     | Guernsey | SE240750 | 4     |
| 200 Freestyle         | 3:08.05 | 3:09.90         | 201       | 13/04/24 | Guernsey SC Club Champs 2024     | Guernsey | SE240749 | 4     |
| 50 Breaststroke       | 54.39   | 55.00           | 141       | 02/03/24 | Guernsey ASA 50 Sprint Gala 2024 | Guernsey | SE240570 | 4     |
| 100 Breaststroke      | 1:55.92 | 1:57.00         | 155       | 13/04/24 | Guernsey SC Club Champs 2024     | Guernsey | SE240749 | 4     |
| 200 Breaststroke      | 4:08.54 | 4:10.70         | 158       | 16/03/24 | Guernsey SC Club Champs 2024     | Guernsey | SE240747 | 4     |
| 50 Butterfly          | 46.12   | 46.50           | 147       | 02/03/24 | Guernsey ASA 50 Sprint Gala 2024 | Guernsey | SE240570 | 4     |
| 100 Butterfly         | 1:55.85 | 1:56.50         | 101       | 14/04/24 | Guernsey SC Club Champs 2024     | Guernsey | SE240750 | 4     |
| 50 Backstroke         | 44.14   | 44.60           | 187       | 13/04/24 | Guernsey SC Club Champs 2024     | Guernsey | SE240749 | 4     |
| 100 Backstroke        | 1:32.81 | 1:33.70         | 206       | 17/03/24 | Guernsey SC Club Champs 2024     | Guernsey | SE240748 | 4     |
| 200 Backstroke        | 3:20.48 | 3:22.10         | 208       | 14/04/24 | Guernsey SC Club Champs 2024     | Guernsey | SE240750 | 4     |
| 200 Individual Medley | 3:30.78 | 3:32.60         | 193       | 17/03/24 | Guernsey SC Club Champs 2024     | Guernsey | SE240748 | 4     |
| 100 Individual Medley | 1:36.58 | 1:36.60         | 200       | 16/03/24 | Guernsey SC Club Champs 2024     | Guernsey | SE240747 | 4     |