

# Individual Best Times (All Time)

Delina Silvera - (1494704) - South Croydon SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.43	29.70	467	01/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford	LR230468	1
50 Breaststroke	41.76	41.00	340	01/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford	LR230468	1
100 Breaststroke	1:33.91	1:32.60	318	17/06/23	Wandsworth SC Summer Open Meet 2023	Crawley	LR230513	3
50 Butterfly	34.96	34.40	341	29/06/24	London Youth Games 2024 Open Competitive Swimming	London	LR241601	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.09	30.80	442	12/03/23	Croydon Borough SA Annual Champs & AG Comp 2023	Whitgift School	LR230469	4
100 Freestyle	1:08.33	1:09.50	397	25/09/22	Sutton & Cheam Inter-Club Invitational Meet	Carshalton	LR220952	4
200 Freestyle	2:51.09	2:53.10	268	13/06/21	South Croydon SC	Caterham School	LEX1814	0
50 Breaststroke	41.10	41.90	328	17/12/23	Sutton & Cheam Stana's Splash & Dash 2023	Carshalton	LR232241	4
100 Breaststroke	1:28.08	1:29.50	354	11/03/23	Croydon Borough SA Annual Champs & AG Comp 2023	Whitgift School	LR230469	4
50 Butterfly	35.44	36.00	325	15/07/23	Sutton & Cheam Summertime Splash 2023	Westcroft LC	LR231192	3
100 Butterfly	1:25.13	1:26.00	255	11/11/23	National Arena Swimming League South R2 2023	Bexleyheath	SE232477	3
50 Backstroke	39.23	39.70	266	24/09/22	Sutton & Cheam Inter-Club Invitational Meet	Carshalton	LR220952	4
200 Individual Medley	2:58.16	3:00.40	320	25/09/22	Sutton & Cheam Inter-Club Invitational Meet	Carshalton	LR220952	4
100 Individual Medley	1:19.12	1:19.10	364	16/03/24	Croydon Borough SA Annual Champs & AG Comp 2024	Whitgift School	LR240053	4