

# Individual Best Times (All Time)

Sally Dolman - (1507944) - Swim Bournemouth

## Long Course

| Stroke        | LC Time | Converted to SC | LC WA Pts | Date     | Meet  | Venue      | Licence  | Level |
|---------------|---------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle  | 29.92   | 29.20           | 491       | 21/04/24 | SE SWR Summer Championships 2024                | Bristol    | SW240586 | 1     |
| 100 Freestyle | 1:06.52 | 1:05.20         | 469       | 06/04/24 | City of Bristol L1 International Open Meet 2024 | Bristol    | SW240226 | 1     |
| 50 Butterfly  | 32.80   | 32.20           | 413       | 09/06/24 | Winchester Super Summer Sprints 2024            | Winchester | SE241025 | 3     |
| 100 Butterfly | 1:20.69 | 1:19.70         | 325       | 09/06/24 | Winchester Super Summer Sprints 2024            | Winchester | SE241025 | 3     |
| 50 Backstroke | 38.99   | 38.50           | 326       | 09/06/24 | Winchester Super Summer Sprints 2024            | Winchester | SE241025 | 3     |

## Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet  | Venue           | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|---|-----------------|----------|-------|
| 50 Freestyle          | 29.35    | 30.10           | 476       | 17/03/24 | Swim Bournemouth Regional Prep' L2 Open Meet      | Bournemouth     | SW240250 | 2     |
| 100 Freestyle         | 1:04.60  | 1:05.90         | 470       | 16/03/24 | Swim Bournemouth Regional Prep' L2 Open Meet      | Bournemouth     | SW240250 | 2     |
| 200 Freestyle         | 2:21.64  | 2:24.10         | 472       | 16/03/24 | Swim Bournemouth Regional Prep' L2 Open Meet      | Bournemouth     | SW240250 | 2     |
| 800 Freestyle         | 11:11.10 | 11:19.70        | 360       | 15/10/23 | Seagulls SC LL4 Combined Club Championships 2023  | Two Roversmeet  | SW231647 | 4     |
| 50 Breaststroke       | 45.85    | 46.50           | 236       | 02/04/23 | Seagulls Spring Level 3 Meet 2023                 | Dorchester      | SW230383 | 3     |
| 100 Breaststroke      | 2:10.17  | 2:11.10         | 109       | 11/07/21 | Wareham & District                                | Purbeck         | LEX3357  | 0     |
| 50 Butterfly          | 32.04    | 32.60           | 440       | 21/01/24 | Dorset County 2024 Championships & AG Competition | Littledown      | SW240064 | 2     |
| 50 Backstroke         | 36.06    | 36.60           | 343       | 16/03/24 | Swim Bournemouth Regional Prep' L2 Open Meet      | Bournemouth     | SW240250 | 2     |
| 100 Backstroke        | 1:18.89  | 1:19.90         | 336       | 22/10/23 | Poole SC Season Starter Meet 2023                 | 1610 Dorchester | SW231689 | 3     |
| 100 Individual Medley | 1:18.26  | 1:18.30         | 376       | 16/03/24 | Swim Bournemouth Regional Prep' L2 Open Meet      | Bournemouth     | SW240250 | 2     |