

Individual Best Times (All Time)

Heidi Ross - (1518014) - Herne Bay L&SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	51.86	51.20	177	07/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.57	38.10	227	19/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
100 Freestyle	1:27.08	1:28.00	192	19/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
200 Freestyle	3:22.00	3:23.70	162	29/04/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240351	4
400 Freestyle	7:01.30	7:04.60	165	05/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Whitstable	SE240348	4
50 Breaststroke	49.70	50.30	185	25/02/24	Bromley SC Winter Gold Meet	Dover	LR240358	3
100 Breaststroke	1:49.75	1:50.90	183	19/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
50 Butterfly	49.04	49.40	122	24/06/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240355	4
50 Backstroke	46.28	46.70	162	19/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
200 Individual Medley	3:45.25	3:47.00	158	23/04/24	Herne Bay Lifeguard & SC - Club Championships 2024	Whitstable	SE240350	4