

# Individual Best Times (All Time)

Nicholas Grant - (1629902) - Salisbury Stingrays SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.91	31.20	281	24/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
100 Freestyle	1:12.12	1:10.90	274	23/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
200 Freestyle	2:39.08	2:36.90	263	24/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
400 Freestyle	5:35.90	5:31.70	281	02/03/24	Team Bath AS & Millfield L3 Regional Qualifier 24	Millfield	SW240179	3
50 Breaststroke	40.90	40.10	255	27/04/24	SE SWR Summer Championships 2024	Millfield	SW240587	1
100 Breaststroke	1:40.42	1:39.20	181	24/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
200 Breaststroke	3:32.00	3:29.50	207	02/03/24	Team Bath AS & Millfield L3 Regional Qualifier 24	Millfield	SW240179	3
50 Butterfly	35.77	35.20	241	20/04/24	SE SWR Summer Championships 2024	Bristol	SW240586	1
100 Butterfly	1:27.30	1:26.40	181	02/03/24	Team Bath AS & Millfield L3 Regional Qualifier 24	Millfield	SW240179	3
200 Butterfly	3:16.37	3:14.80	177	27/04/24	SE SWR Summer Championships 2024	Millfield	SW240587	1
50 Backstroke	39.06	38.50	219	02/03/24	Team Bath AS & Millfield L3 Regional Qualifier 24	Millfield	SW240179	3
100 Backstroke	1:32.69	1:31.80	172	16/07/23	City Of Bristol Summer Festival 2023	Hengrove Park	SW230895	3
200 Backstroke	2:50.09	2:48.10	284	28/04/24	SE SWR Summer Championships 2024	Millfield	SW240587	1
200 Individual Medley	2:57.10	2:54.90	266	24/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
400 Individual Medley	6:57.59	6:53.30	195	16/07/23	City Of Bristol Summer Festival 2023	Hengrove Park	SW230895	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.56	32.20	260	09/06/24	Salisbury Stingrays Summer Open Meet 2024	Salisbury	SW240520	3
100 Freestyle	1:08.72	1:09.90	277	09/06/24	Salisbury Stingrays Summer Open Meet 2024	Salisbury	SW240520	3
200 Freestyle	2:34.13	2:36.40	267	08/06/24	Salisbury Stingrays Summer Open Meet 2024	Salisbury	SW240520	3
400 Freestyle	5:32.29	5:36.50	260	29/10/23	City of Bristol L3 Halloween Spooktacular 2023	Bristol	SW231727	3
50 Breaststroke	41.05	41.80	224	08/06/24	Salisbury Stingrays Summer Open Meet 2024	Salisbury	SW240520	3
100 Breaststroke	1:31.61	1:33.00	219	08/06/24	Salisbury Stingrays Summer Open Meet 2024	Salisbury	SW240520	3
200 Breaststroke	3:15.14	3:17.80	233	09/06/24	Salisbury Stingrays Summer Open Meet 2024	Salisbury	SW240520	3
50 Butterfly	35.52	36.10	229	09/06/24	Salisbury Stingrays Summer Open Meet 2024	Salisbury	SW240520	3
100 Butterfly	1:26.48	1:27.40	168	18/01/24	Wiltshire County Age Group & Championships 2024	Link Cen	SW240071	2
200 Butterfly	3:18.81	3:20.40	155	18/11/23	Calne Alpha L3 Open Meet November 2023	Calne	SW230795	3
50 Backstroke	36.80	37.30	216	08/06/24	Salisbury Stingrays Summer Open Meet 2024	Salisbury	SW240520	3
100 Backstroke	1:18.83	1:19.80	230	08/06/24	Salisbury Stingrays Summer Open Meet 2024	Salisbury	SW240520	3
200 Backstroke	2:46.15	2:48.10	256	09/06/24	Salisbury Stingrays Summer Open Meet 2024	Salisbury	SW240520	3
200 Individual Medley	2:59.48	3:01.70	227	25/11/23	Trowbridge ASC L3 Autumn Open Meet 2023	Trownridge	SW231448	3
400 Individual Medley	6:28.45	6:33.00	220	18/01/24	Wiltshire County Age Group & Championships 2024	Link Cen	SW240071	2
100 Individual Medley	1:23.58	1:23.60	204	18/11/23	Calne Alpha L3 Open Meet November 2023	Calne	SW230795	3