

Individual Best Times (All Time)

Leo De Trafford - (1653403) - Lancing College Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.58	35.00	202	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
100 Freestyle	1:18.50	1:17.40	212	24/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
200 Freestyle	2:47.61	2:45.50	225	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
400 Freestyle	6:01.08	5:57.20	226	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
50 Breaststroke	46.19	45.50	177	11/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
100 Breaststroke	1:43.97	1:42.70	163	11/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
200 Breaststroke	3:43.24	3:40.90	177	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
50 Butterfly	43.83	43.40	131	03/12/23	Portsmouth NSC Christmas LC Last Chance Qualifier	Mountbatten Centre	SE232219	3
50 Backstroke	55.48	55.10	76	04/12/22	Portsmouth Northsea SC Christmas Meet 2022	Mountbatten Centre	SE222226	3
200 Individual Medley	3:16.56	3:14.50	195	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.59	37.20	167	14/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
100 Freestyle	1:21.71	1:22.70	165	08/10/23	Cranleigh SC Autumn Open Meet 2023	Cranleigh	SE231880	3
200 Freestyle	2:47.39	2:49.50	209	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
50 Breaststroke	46.37	47.00	155	16/09/23	Brighton SC Ken Deeley Open Meet 2023	Brighton	SE230801	3
100 Breaststroke	1:43.00	1:44.20	154	16/07/23	Hailsham SC Mike Pashler Invitational Open	Bede's Senior School	SE231019	4
200 Breaststroke	3:45.51	3:47.80	151	16/07/23	Hailsham SC Mike Pashler Invitational Open	Bede's Senior School	SE231019	4
50 Butterfly	45.22	45.60	111	16/07/23	Hailsham SC Mike Pashler Invitational Open	Bede's Senior School	SE231019	4
50 Backstroke	49.21	49.60	90	16/09/23	Brighton SC Ken Deeley Open Meet 2023	Brighton	SE230801	3
200 Individual Medley	3:24.67	3:26.60	153	14/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
100 Individual Medley	1:30.54	1:30.50	161	16/09/23	Brighton SC Ken Deeley Open Meet 2023	Brighton	SE230801	3