

# Individual Best Times (All Time)

Rocco Whitehouse - (1653953) - Farnham SC

## Long Course

| Stroke                | LC Time  | Converted to SC | LC WA Pts | Date     | Meet  | Venue      | Licence  | Level |
|-----------------------|----------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle          | 28.95    | 28.20           | 376       | 04/02/24 | Surrey Age Group Championships 2024         | Guildford  | SE240477 | 1     |
| 100 Freestyle         | 1:03.92  | 1:02.60         | 394       | 24/03/24 | Rushmoor Royals Spring L3 LC Open Meet 2024 | Aldershot  | SE240166 | 3     |
| 200 Freestyle         | 2:20.10  | 2:17.60         | 385       | 23/03/24 | Rushmoor Royals Spring L3 LC Open Meet 2024 | Aldershot  | SE240166 | 3     |
| 400 Freestyle         | 5:06.45  | 5:01.80         | 370       | 16/12/23 | Winchester Winter Sparkler 2023             | Winchester | SE232492 | 3     |
| 1500 Freestyle        | 21:03.00 | 20:46.50        | 328       | 26/11/23 | Rushmoor Royals Winter L3 LC Open Meet 2023 | Aldershot  | SE231747 | 3     |
| 50 Breaststroke       | 35.83    | 34.90           | 379       | 16/12/23 | Winchester Winter Sparkler 2023             | Winchester | SE232492 | 3     |
| 100 Breaststroke      | 1:25.22  | 1:23.70         | 297       | 21/01/24 | Surrey Age Group Championships 2024         | Guildford  | SE240476 | 1     |
| 200 Breaststroke      | 3:04.66  | 3:01.80         | 313       | 20/01/24 | Surrey Age Group Championships 2024         | Guildford  | SE240476 | 1     |
| 50 Butterfly          | 32.24    | 31.60           | 329       | 21/01/24 | Surrey Age Group Championships 2024         | Guildford  | SE240476 | 1     |
| 200 Individual Medley | 2:50.63  | 2:48.30         | 298       | 26/03/23 | The Winchester Spring Qualifier 2023        | Winchester | SE230179 | 1     |

## Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet   | Venue         | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|--|---------------|----------|-------|
| 50 Freestyle          | 28.50    | 29.20           | 353       | 07/01/24 | Last Chance County Qualifier 2024                | Haslemere     | SE240165 | 3     |
| 100 Freestyle         | 1:02.41  | 1:03.70         | 370       | 22/06/24 | Farnham SC 2024 Club Champs                      | Farnham       | SE240928 | 4     |
| 200 Freestyle         | 2:13.10  | 2:15.70         | 416       | 23/06/24 | Farnham SC 2024 Club Champs                      | Farnham       | SE240928 | 4     |
| 400 Freestyle         | 5:13.23  | 5:17.70         | 311       | 17/06/23 | Farnham SC Club Champs 2023                      | Farnham       | SE231297 | 4     |
| 800 Freestyle         | 10:20.94 | 10:30.20        | 364       | 19/06/23 | Farnham SC Club Champs 2023                      | Farnham       | SE231299 | 4     |
| 1500 Freestyle        | 20:50.48 | 21:06.90        | 310       | 18/06/23 | Farnham SC Club Champs 2023                      | Farnham       | SE231298 | 4     |
| 50 Breaststroke       | 33.90    | 34.80           | 398       | 07/01/24 | Last Chance County Qualifier 2024                | Haslemere     | SE240165 | 3     |
| 100 Breaststroke      | 1:20.44  | 1:22.00         | 324       | 09/12/23 | National Arena Swimming League South R3 2023     | Waterlooville | SE232576 | 3     |
| 200 Breaststroke      | 3:00.33  | 3:03.20         | 295       | 18/06/23 | Farnham SC Club Champs 2023                      | Farnham       | SE231298 | 4     |
| 50 Butterfly          | 33.33    | 33.90           | 277       | 14/04/24 | Haslemere, Godalming & Farnham Mark Menzies Meet | Haslemere     | SE240424 | 3     |
| 100 Butterfly         | 1:18.34  | 1:19.30         | 226       | 19/06/23 | Farnham SC Club Champs 2023                      | Farnham       | SE231299 | 4     |
| 50 Backstroke         | 34.62    | 35.20           | 260       | 06/01/24 | Last Chance County Qualifier 2024                | Godalming     | SE240201 | 3     |
| 100 Backstroke        | 1:28.45  | 1:29.40         | 163       | 20/06/23 | Farnham SC Club Champs 2023                      | Farnham       | SE231299 | 4     |
| 200 Backstroke        | 2:44.77  | 2:46.80         | 263       | 22/06/24 | Farnham SC 2024 Club Champs                      | Farnham       | SE240928 | 4     |
| 200 Individual Medley | 2:33.92  | 2:36.50         | 361       | 03/03/24 | Hart SC Spring Level 3 Open Meet 2024            | Fleet         | SE240479 | 3     |
| 100 Individual Medley | 1:11.29  | 1:11.30         | 330       | 23/06/24 | Farnham SC 2024 Club Champs                      | Farnham       | SE240928 | 4     |