

Individual Best Times (All Time)

Theodore Malik - (1682074) - Lancing College Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.51	35.90	187	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
100 Freestyle	1:22.07	1:21.00	186	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
200 Freestyle	2:46.64	2:44.50	229	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
400 Freestyle	6:58.20	6:54.80	145	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
50 Breaststroke	48.38	47.70	154	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
100 Breaststroke	2:04.02	2:03.00	96	11/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
200 Breaststroke	4:16.49	4:14.40	117	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
50 Butterfly	43.04	42.60	138	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
100 Butterfly	1:54.44	1:53.80	80	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
50 Backstroke	50.19	49.80	103	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
100 Backstroke	1:49.59	1:48.90	104	24/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
200 Individual Medley	3:17.42	3:15.40	192	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	41.90	42.40	111	18/12/22	Hailsham SC Mike Pashler Invitational Meet 2022	Hailsham	SE222428	4
100 Freestyle	1:23.62	1:24.60	154	13/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
200 Freestyle	3:18.22	3:20.00	125	08/10/23	Cranleigh SC Autumn Open Meet 2023	Cranleigh	SE231880	3
400 Freestyle	6:56.17	6:59.50	132	16/07/23	Hailsham SC Mike Pashler Invitational Open	Bede's Senior School	SE231019	4
50 Breaststroke	49.44	50.10	128	30/09/23	Eastbourne SC County Qualifier L3 Open Meet 2023	Sovereign Centre	SE231584	3
100 Breaststroke	2:00.32	2:01.40	96	16/07/23	Hailsham SC Mike Pashler Invitational Open	Bede's Senior School	SE231019	4
200 Breaststroke	3:57.23	3:59.50	129	13/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
50 Butterfly	47.34	47.70	96	30/09/23	Eastbourne SC County Qualifier L3 Open Meet 2023	Sovereign Centre	SE231584	3
100 Butterfly	1:50.80	1:51.50	80	30/09/23	Eastbourne SC County Qualifier L3 Open Meet 2023	Sovereign Centre	SE231584	3
50 Backstroke	49.69	50.10	88	30/09/23	Eastbourne SC County Qualifier L3 Open Meet 2023	Sovereign Centre	SE231584	3
100 Backstroke	1:41.98	1:42.80	106	30/09/23	Eastbourne SC County Qualifier L3 Open Meet 2023	Sovereign Centre	SE231584	3
200 Individual Medley	3:40.95	3:42.70	122	08/10/23	Cranleigh SC Autumn Open Meet 2023	Cranleigh	SE231880	3
100 Individual Medley	1:47.68	1:47.70	95	18/06/23	Portsmouth Northsea Summer Novice Invitational 23	Mountbatten Centre	SE230617	4