

Individual Best Times (All Time)

Elizabeth Strong - (1686385) - Dover Lifeguard Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.26	36.70	254	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
50 Breaststroke	47.31	46.60	234	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
100 Breaststroke	1:46.94	1:45.80	215	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
200 Breaststroke	3:53.93	3:51.70	203	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
50 Backstroke	44.40	43.90	221	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.63	37.20	245	07/01/24	Dover Lifeguard Club & Herne Bay SC Icebreaker 24	Dover	SE240082	3
100 Freestyle	1:18.07	1:19.10	266	09/06/24	Dover Lifeguard Club Championships 2024	Dover	SE241320	4
200 Freestyle	2:59.63	3:01.60	231	18/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
400 Freestyle	6:29.14	6:32.70	209	02/12/23	Thanet SC Speedo Festive Meet 2023	Margate	SE232532	3
50 Breaststroke	47.19	47.90	217	30/09/23	Dover Life Guard Club White Cliffs Gala 2023	Dover	SE231548	3
100 Breaststroke	1:44.10	1:45.30	214	22/10/23	Kent County ASA Junior Meet 2023	Gillingham	SE231820	3
200 Breaststroke	3:43.14	3:45.50	219	01/10/23	Dover Life Guard Club White Cliffs Gala 2023	Dover	SE231548	3
50 Backstroke	41.19	41.70	230	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Backstroke	1:29.43	1:30.30	231	19/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
200 Backstroke	3:15.28	3:17.00	225	30/09/23	Dover Life Guard Club White Cliffs Gala 2023	Dover	SE231548	3