

Individual Best Times (All Time)

Lisa Waite - (307305) - Epping Forest Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.89	28.20	545	25/11/12	Essex Winter Long Course Championships	Basildon	ER2650	1
100 Freestyle	1:02.15	1:00.80	575	05/05/13	ASA East Region Youth Championships	Luton	ERX312	1
200 Freestyle	2:19.08	2:16.60	534	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
50 Breaststroke	38.70	37.90	427	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
100 Breaststroke	1:43.18	1:41.90	240	08/06/08	East Region Bagcat Champs	Norwich	ERX811	1
200 Breaststroke	3:45.48	3:43.10	227	07/06/08	East Region Bagcat Champs	Norwich	ERX811	1
50 Butterfly	31.47	30.90	467	04/05/13	ASA East Region Youth Championships	Luton	ERX312	1
100 Butterfly	1:10.27	1:09.20	492	04/05/13	ASA East Region Youth Championships	Luton	ERX312	1
200 Butterfly	2:40.61	2:38.60	436	04/05/14	ASA East Region Youth Championships	Luton	ERX406	1
50 Backstroke	37.78	37.20	359	04/04/10	City of Norwich Easter Meet	Norwich	ER0186	1
200 Individual Medley	2:51.20	2:48.90	399	03/04/10	City of Norwich Easter Meet	Norwich	ER0186	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.08	28.80	544	29/03/14	Essex County Age Groups Championships	Basildon	CC4042	2
100 Freestyle	1:01.33	1:02.70	550	19/02/12	Essex County Age Group Championships	Basildon	CC2058	2
200 Freestyle	2:15.05	2:17.60	544	16/11/14	Epping Forest District Club Championships	Loughton	ER4562	4
400 Freestyle	4:51.72	4:56.50	498	25/06/14	Epping Forest District Club Championships	Loughton	ER4562	4
800 Freestyle	10:17.16	10:26.50	462	09/07/14	Epping Forest District Club Championships	Loughton	ER4562	4
1500 Freestyle	21:29.99	21:45.90	349	26/11/09	Epping Forest Club Champs	Loughton	ER9283	4
50 Breaststroke	37.25	38.10	441	16/02/14	Essex County Age Groups Championships	Basildon	CC4039	2
100 Breaststroke	1:21.62	1:23.20	445	15/03/14	Essex County Championships	Basildon	CC4040	2
200 Breaststroke	3:00.38	3:03.30	415	22/09/13	Epping Forest District SC Club Championships	Loughton	ER3558	4
50 Butterfly	30.75	31.40	498	23/02/13	Essex County Championships	Basildon	CC3019	2
100 Butterfly	1:08.29	1:09.40	495	11/10/14	National Arena League London Div 1 & 2	Luton	ER14046	3
200 Butterfly	2:33.73	2:35.80	471	29/03/14	Essex County Age Groups Championships	Basildon	CC4042	2
50 Backstroke	35.50	36.10	359	22/09/13	Epping Forest District SC Club Championships	Loughton	ER3558	4
100 Backstroke	1:17.24	1:18.30	358	22/09/13	Epping Forest District SC Club Championships	Loughton	ER3558	4
200 Backstroke	2:46.78	2:48.80	362	22/09/13	Epping Forest District SC Club Championships	Loughton	ER3558	4
200 Individual Medley	2:37.98	2:40.50	458	22/09/13	Epping Forest District SC Club Championships	Loughton	ER3558	4
400 Individual Medley	5:37.39	5:42.60	452	19/12/13	Epping Forest District SC Club Championships	Loughton	ER3558	4
100 Individual Medley	1:11.14	1:11.10	501	30/03/14	Essex County Age Groups Championships	Basildon	CC4042	2