

# Individual Best Times (All Time)

Phoebe Wing - (388690) - Salisbury Stingrays SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.73	28.00	554	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
100 Freestyle	1:02.64	1:01.30	562	10/04/16	City of Bristol International Open Meet	Bristol	SW160503	1
200 Freestyle	2:16.00	2:13.40	571	19/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	SE160096	1
400 Freestyle	4:59.96	4:55.20	483	16/06/12	British Gas South West Region AG Champs	Millfield	SWR206	1
800 Freestyle	12:04.64	11:56.60	299	06/02/10	Wiltshire County Champs	Bath	CC0065	1
1500 Freestyle	23:33.40	23:18.70	276	21/02/10	Wiltshire County Champs	Bath	CC0066	1
50 Breaststroke	48.52	47.90	217	24/10/09	Avalon Autumn Open Meet	Millfield	SW9320	3
50 Butterfly	31.27	30.70	476	17/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
100 Butterfly	1:08.85	1:07.70	523	28/05/17	PNSC May Madness Meet	Portsmouth	SE170386	1
200 Butterfly	2:37.20	2:35.20	465	30/04/17	ASA SWR Summer Championships	Plymouth	SW170194	1
50 Backstroke	35.64	35.10	428	06/04/14	Frome & Wells 3 Towers Open Meet	Millfield	SW4310	3
100 Backstroke	1:15.90	1:14.80	430	14/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	SE3309	3
200 Individual Medley	2:53.18	2:50.90	386	19/11/11	Bath Grand Prix	Bath	SW1453	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.28	29.00	533	04/06/17	Salisbury Open Meet 2017	Salisbury	SW170999	3
100 Freestyle	1:01.13	1:02.50	555	25/10/15	Swim Bournemouth 2015 Level 4 Introductory Meet	Littledown	SW151968	4
200 Freestyle	2:14.07	2:16.60	556	25/10/15	Swim Bournemouth 2015 Level 4 Introductory Meet	Littledown	SW151968	4
400 Freestyle	4:51.16	4:55.90	501	18/03/12	Wiltshire County Championships	Swindon	CC2099	2
800 Freestyle	9:47.42	9:57.20	536	31/10/16	Salisbury Stingrays 2016 Club Championships	Salisbury	SW161880	4
1500 Freestyle	23:38.98	23:53.50	262	13/11/09	Salisbury Stingrays Club	Godolphin	SW9785	4
50 Breaststroke	42.72	43.50	292	17/10/10	Salisbury Stingrays Open	Salisbury	SW0541	2
100 Breaststroke	1:44.69	1:45.90	211	07/03/10	Wiltshire County Champs	Swindon	CC0068	2
200 Breaststroke	3:46.66	3:49.00	209	18/10/09	Salisbury Autumn Open	Salisbury	SW9488	3
50 Butterfly	30.84	31.40	494	04/06/17	Salisbury Open Meet 2017	Salisbury	SW170999	3
100 Butterfly	1:07.35	1:08.50	516	04/06/17	Salisbury Open Meet 2017	Salisbury	SW170999	3
200 Butterfly	2:33.69	2:35.70	471	05/02/17	Wiltshire Age Group Championships	Swindon	SW170236	2
50 Backstroke	33.45	34.00	430	22/01/17	Wiltshire Age Group Championships	Swindon	SW170234	2
100 Backstroke	1:14.96	1:16.00	392	16/12/12	Swim Bournemouth 4th Christmas Meet	Bournemouth	SW2649	2
200 Backstroke	2:51.03	2:53.00	336	13/03/11	Wiltshire County Championships	Swindon	CC1110	2
200 Individual Medley	2:34.25	2:36.80	493	25/10/15	Swim Bournemouth 2015 Level 4 Introductory Meet	Littledown	SW151968	4
100 Individual Medley	1:11.95	1:12.00	484	24/10/15	Swim Bournemouth 2015 Level 4 Introductory Meet	Littledown	SW151968	4