

Individual Best Times (All Time)

Dominic Williams - (420292) - Alton & District Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.37	25.60	498	11/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3
100 Freestyle	57.82	56.40	532	12/04/14	Crawley Spring Open Meet	Crawley	SE4285	1
200 Freestyle	2:09.55	2:06.80	488	16/03/14	Hampshire County Championships	Portsmouth	CC4116	1
400 Freestyle	4:36.75	4:31.60	502	15/03/14	Hampshire County Championships	Portsmouth	CC4116	1
50 Butterfly	29.50	28.90	430	11/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3
50 Backstroke	31.77	31.10	407	12/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3
100 Backstroke	1:09.50	1:08.30	409	15/03/14	Hampshire County Championships	Portsmouth	CC4116	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.77	27.50	427	27/09/14	Alton & District Club Championships	Alton	SE14156	4
100 Freestyle	56.51	58.00	499	08/11/14	NASL2014 Round 2	Crawley	LR14624	4
200 Freestyle	2:05.08	2:07.80	501	22/11/14	Alton & District Club Championships	Alton	SE14159	4
400 Freestyle	4:28.82	4:34.00	492	24/01/15	Alton & District Autumn Winter Club Champs	Alton	SE150081	4
800 Freestyle	11:49.92	11:58.00	243	13/07/09	Alton & District Champs	Alton	SE9350	4
1500 Freestyle	19:04.00	19:21.90	405	18/11/13	Alton & District Long Distance Championships	Petersfield	SE3533	4
50 Breaststroke	39.39	40.20	254	07/07/12	Hampshire County Development Meet	Waterlooville	SE2451	3
100 Breaststroke	1:26.86	1:28.30	257	08/07/12	Hampshire County Development Meet	Waterlooville	SE2451	3
200 Breaststroke	3:03.87	3:06.70	279	07/07/12	Hampshire County Development Meet	Waterlooville	SE2451	3
50 Butterfly	29.21	29.90	412	25/06/16	Alton District Club Championships	Alton	SE161429	4
100 Butterfly	1:05.05	1:06.20	396	11/10/14	National Swimming Arena South 2014 R1	Guildford	LR14178	3
50 Backstroke	31.22	31.90	355	18/10/14	Alton & District Autumn Winter Champs	Alton	SE14157	4
100 Backstroke	1:06.40	1:07.60	385	14/10/17	NASLS - South Round One	Aldershot	SE172144	3
200 Backstroke	2:23.63	2:25.90	397	06/12/14	The Bracknell Winter Level 3 Open Meet	Bracknell	SE4510	3
200 Individual Medley	2:24.14	2:26.80	439	25/06/16	Alton District Club Championships	Alton	SE161429	4
400 Individual Medley	5:10.25	5:15.90	433	29/11/14	Alton & District Autumn/Winter Club Champs	Petersfield	SE14160	4
100 Individual Medley	1:07.43	1:07.40	390	29/11/14	Alton & District Autumn/Winter Club Champs	Petersfield	SE14160	4