

# Individual Best Times (All Time)

Lucas Dyson-Diaz - (463899) - Hatfield SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.59	23.70	614	25/02/24	BUCS Long Course Swimming Championships 2023-24	Sheffield	NE240419	1
100 Freestyle	55.22	53.70	611	08/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
200 Freestyle	2:02.41	1:59.50	578	07/07/18	DX Summer Spectacular Sprint Meet	Sheffield	EM180318	3
400 Freestyle	4:28.09	4:22.80	553	13/02/16	International Swim Meet "Victoria" Rijeka	Croatia	GBR280	1
50 Breaststroke	36.16	35.30	369	30/05/15	London Regional Championships	London	LR150606	1
100 Breaststroke	1:19.96	1:18.40	359	22/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
200 Breaststroke	2:51.26	2:48.10	393	23/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
50 Butterfly	25.57	24.80	660	24/02/24	BUCS Long Course Swimming Championships 2023-24	Sheffield	NE240419	1
100 Butterfly	57.80	56.50	626	23/02/24	BUCS Long Course Swimming Championships 2023-24	Sheffield	NE240419	1
200 Butterfly	2:19.63	2:17.40	493	11/03/18	WDSC Long Course Premier Open Meet	Wycombe	SE180159	1
50 Backstroke	29.01	28.30	534	07/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
100 Backstroke	1:03.31	1:02.00	541	16/04/17	Team Luton April Long Course Meet 2017	Luton	ER170348	1
200 Backstroke	2:21.83	2:19.50	491	15/04/17	Team Luton April Long Course Meet 2017	Luton	ER170348	1
200 Individual Medley	2:19.45	2:16.60	546	26/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	NE230349	1
400 Individual Medley	5:05.92	5:00.10	498	01/08/14	BG ASA National Age Groups Champs 2014	Sheffield	ASA134	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.97	24.80	594	20/11/21	BUCS Short Course Swimming	Sheffield	NE210935	2
100 Freestyle	52.91	54.50	608	07/04/19	Hatfield Regional Qualifier 2019	Herts Sports Village	ER191307	3
200 Freestyle	1:58.48	2:01.40	589	11/11/18	Hatfield Club Championships 2018	Hertfordshire	ER182235	4
400 Freestyle	4:20.07	4:25.40	543	14/06/15	Borough of Harrow Club Championships	Northwood	LR151032	4
1500 Freestyle	18:04.61	18:23.50	476	13/06/15	Borough of Harrow Club Championships	Barnet	LR151031	4
50 Breaststroke	31.84	32.80	481	02/12/23	Derwentside ASC Christmas Cracker Meet 2023	Stanley	NE232206	3
100 Breaststroke	1:09.14	1:10.90	511	02/12/23	Derwentside ASC Christmas Cracker Meet 2023	Stanley	NE232206	3
200 Breaststroke	2:40.94	2:44.20	416	08/11/16	Hatfield Club Championships	Hatfield	ER162409	4
50 Butterfly	24.78	25.50	676	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
100 Butterfly	55.71	57.10	630	14/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Butterfly	2:10.75	2:13.10	545	28/01/18	Hertfordshire County Championships	Borehamwood	ER180357	2
50 Backstroke	26.54	27.30	578	18/11/23	BUCS Short Course Swimming Championships 2023	Sheffield	NE232392	2
100 Backstroke	56.82	58.20	615	10/12/22	National Arena Swimming League-London Rounds 2022	Inspire Luton	ER221795	2
200 Backstroke	2:11.75	2:14.30	515	08/11/16	Hatfield Club Championships	Hatfield	ER162409	4
200 Individual Medley	2:16.35	2:19.20	519	25/06/16	Hatfield Golden Jubilee Gala	Hatfield	ER161180	2
400 Individual Medley	4:53.50	4:59.40	512	06/02/16	Hertfordshire County Championships	Borehamwood	ER160309	2
100 Individual Medley	57.65	57.70	624	18/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2