

# Individual Best Times (All Time)

Harry Daly - (507526) - Diss Otters SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.14	28.40	369	13/07/19	DX Summer Spectacular Sprint Meet	Sheffield	EM190548	3
100 Freestyle	1:03.37	1:02.00	404	26/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
200 Freestyle	2:20.68	2:18.20	381	25/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
400 Freestyle	5:03.94	4:59.30	379	26/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
50 Breaststroke	43.67	42.90	209	02/03/19	CoNSC MARCH LONG COURSE OPEN MEET 2019	NORWICH	ER190092	3
50 Butterfly	32.52	31.90	321	10/02/19	Norfolk County Championships 2019	Norwich	ER191264	1
100 Butterfly	1:19.43	1:18.50	241	03/03/19	CoNSC MARCH LONG COURSE OPEN MEET 2019	NORWICH	ER190092	3
50 Backstroke	34.06	33.50	330	02/02/20	Norfolk County Championships 2019	Norwich	ER200474	1
100 Backstroke	1:11.47	1:10.30	376	25/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
200 Individual Medley	2:46.42	2:44.00	321	13/07/19	DX Summer Spectacular Sprint Meet	Sheffield	EM190548	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.12	28.90	368	02/11/20	Diss Otters Swimming Club	Diss Leisure Centre	LEX173	0
100 Freestyle	1:02.16	1:03.50	375	16/11/19	City of Norwich 2019 November L3 Short Course Open	Norwich	ER192685	3
200 Freestyle	2:14.46	2:17.00	403	08/12/19	Great Yarmouth Winter Wipeout 2019	Norwich	ER192703	3
400 Freestyle	4:51.09	4:55.90	387	08/12/19	Great Yarmouth Winter Wipeout 2019	Norwich	ER192703	3
800 Freestyle	10:37.28	10:46.30	336	27/09/19	Diss Otters Club Champs 2019	Diss	ER192636	4
1500 Freestyle	20:15.38	20:32.30	338	29/09/19	Diss Otters Club Champs 2019	Diss	ER192636	4
50 Breaststroke	42.87	43.60	197	28/09/19	Diss Otters Club Champs 2019	Diss	ER192636	4
100 Breaststroke	1:36.27	1:37.60	189	02/11/20	Diss Otters Swimming Club	Diss Leisure Centre	LEX173	0
200 Breaststroke	3:23.40	3:26.00	206	22/09/19	Diss Otters Club Champs 2019	Diss	ER192635	4
50 Butterfly	31.77	32.40	320	02/11/20	Diss Otters Swimming Club	Diss Leisure Centre	LEX173	0
100 Butterfly	1:20.57	1:21.50	208	13/10/19	22nd Diss Otters Sprint Open 2019	Norwich	ER191956	3
200 Butterfly	3:00.26	3:02.00	208	20/09/19	Diss Otters Club Champs 2019	Diss	ER192635	4
50 Backstroke	33.35	33.90	291	17/11/19	City of Norwich 2019 November L3 Short Course Open	Norwich	ER192685	3
100 Backstroke	1:09.99	1:11.10	329	13/10/19	22nd Diss Otters Sprint Open 2019	Norwich	ER191956	3
200 Backstroke	2:40.16	2:42.20	286	14/12/20	Diss Otters SC	Diss Leisure Centre	LEX924	0
200 Individual Medley	2:39.12	2:41.60	327	08/12/19	Great Yarmouth Winter Wipeout 2019	Norwich	ER192703	3
400 Individual Medley	5:46.47	5:51.50	311	21/09/19	Diss Otters Club Champs 2019	Diss	ER192635	4
100 Individual Medley	1:15.66	1:15.70	276	08/09/19	Thetford Dolphins Nifty 50s	Waterworld	ER192652	3