

# Individual Best Times (All Time)

Alan Wong - (510787) - Swim Bournemouth

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.52	29.80	321	19/04/09	Taunton Deane Easter Meet	Millfield	SW9159	2
100 Freestyle	57.21	55.70	549	30/11/13	Portsmouth Northsea Cracker Meet	Portsmouth	SE3784	1
200 Freestyle	2:04.16	2:01.30	554	31/03/13	Portsmouth Northsea Easter Festival 2013	Portsmouth	SE3342	1
100 Breaststroke	1:21.77	1:20.20	336	02/10/11	Portsmouth Northsea Open Meet	Portsmouth	SE1579	3
200 Breaststroke	2:58.46	2:55.50	347	02/10/11	Portsmouth Northsea Open Meet	Portsmouth	SE1579	3
50 Butterfly	33.85	33.30	284	19/04/09	Taunton Deane Easter Meet	Millfield	SW9159	2
100 Butterfly	1:03.91	1:02.70	463	05/05/13	ASA South West Regional Championships	Millfield	SWR321	1
200 Butterfly	2:25.27	2:23.10	438	29/07/10	British Gas Nat Age Grps	Sheffield	ASA101	1
50 Backstroke	29.08	28.40	531	03/05/14	BG ASA SWR Youth Championships 2014	Plymouth	SWR403	1
100 Backstroke	1:00.71	59.40	614	09/08/14	BG ASA Youth & MC Championships 2014	Sheffield	ASA135	1
200 Backstroke	2:13.20	2:10.70	593	31/07/13	BG ASA National Youth Championships	Sheffield	ASA128	1
200 Individual Medley	2:18.07	2:15.20	562	30/03/13	Portsmouth Northsea Easter Festival 2013	Portsmouth	SE3342	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.65	26.40	485	13/10/13	Swim Bournemouth 3rd Junior Open Meet	Bournemouth	SW3681	3
100 Freestyle	55.24	56.70	534	22/02/14	Dorset County Age Group Champs 2014	Littledown	CC4024	2
200 Freestyle	1:58.93	2:01.80	583	29/11/14	Swin Bournemouth 6th Christmas Open Meet	Bournemouth	SW14330	2
50 Breaststroke	32.92	33.90	435	02/03/14	Dorset County Age Group Champs 2014	Littledown	CC4025	2
100 Breaststroke	1:14.33	1:16.00	411	03/03/13	Dorset County Championships	Littledown	CC3048	2
50 Butterfly	27.44	28.10	497	28/02/15	Dorset County ASA 2015 Interated BAGCATs	Littledown	CC150143	2
100 Butterfly	1:01.33	1:02.60	472	30/11/14	Swin Bournemouth 6th Christmas Open Meet	Bournemouth	SW14330	2
200 Butterfly	2:26.26	2:28.40	389	26/02/11	Dorset County Championships	Bournemouth	CC1056	2
50 Backstroke	27.57	28.30	515	20/10/13	BG ASA National County Team Division 2	Sheffield	ASA131	2
100 Backstroke	58.16	59.50	573	20/10/13	BG ASA National County Team Division 2	Sheffield	ASA131	2
200 Backstroke	2:06.93	2:09.50	576	16/11/13	Swim Bournemouth 5th Christmas Open Meet	Bournemouth	SW3805	3
200 Individual Medley	2:10.65	2:13.60	590	07/12/13	ASA SWR Short Course Championships	Millfield	SWR325	2
100 Individual Medley	1:17.40	1:17.40	258	07/02/09	Dorset County Champs	Bournemouth	CC9084	2