

# Individual Best Times (All Time)

Nya Wilson - (514779) - Ealing SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.33	28.60	521	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1
100 Freestyle	1:03.83	1:02.50	531	22/02/15	The Hague Gold Grand Prix	Den Haag	GBR099	1
200 Freestyle	2:21.27	2:18.80	509	04/04/15	Beckenham Easter International Open 2015	Crystal Palace	LR150437	1
400 Freestyle	5:15.29	5:10.80	416	14/07/13	Wycombe District SC End of Season Meet	Wycombe	SE3552	3
50 Breaststroke	38.98	38.20	418	20/02/15	The Hague Gold Grand Prix	Den Haag	GBR099	1
100 Breaststroke	1:27.59	1:26.10	392	03/05/15	London Region Summer Championships	Crystal Palace	LR150561	1
50 Butterfly	33.15	32.60	400	20/02/15	The Hague Gold Grand Prix	Den Haag	GBR099	1
100 Butterfly	1:18.57	1:17.60	352	14/12/13	London National Arena Swimming League	Basildon	LR3739	1
50 Backstroke	35.41	34.80	436	21/12/13	Hillingdon Winter Open Meet	Hillingdon	LR3781	1
100 Backstroke	1:25.51	1:24.60	301	14/04/12	Bexley SC Open Long Course Meet	London	LR2208	1
200 Individual Medley	2:51.16	2:48.80	400	13/04/14	LSSA Championships	Crystal Palace	LR4027	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.95	29.70	496	07/12/14	London Region Winter Championships	London	LRX425	2
100 Freestyle	1:01.87	1:03.20	535	21/12/14	Hillingdon Winter Open Meet 2014	Hillingdon	LR14450	2
200 Freestyle	2:17.24	2:19.70	519	20/12/14	Hillingdon Winter Open Meet 2014	Hillingdon	LR14450	2
400 Freestyle	5:04.07	5:08.70	440	09/02/14	Ealing L3 February Open Meet 2014	Ealing	LR4240	3
50 Breaststroke	38.57	39.40	397	14/02/15	Middlesex County Championships 2015	Barnet	CC150223	2
100 Breaststroke	1:22.91	1:24.40	425	21/12/14	Hillingdon Winter Open Meet 2014	Hillingdon	LR14450	2
200 Breaststroke	3:05.12	3:08.00	384	18/04/15	Ealing L3 April Open Meet 2015	Northolt	ER150129	3
50 Butterfly	31.97	32.60	443	15/02/15	Middlesex County Championships 2015	Barnet	CC150223	2
100 Butterfly	1:15.72	1:16.70	363	12/10/13	The National Arena Swimming League London	Basildon	LR3741	2
50 Backstroke	33.43	34.00	430	21/12/14	Hillingdon Winter Open Meet 2014	Hillingdon	LR14450	2
100 Backstroke	1:33.52	1:34.40	202	23/01/11	Windsor Level 2 Open Meet	Maidenhead	SE1036	2
200 Individual Medley	2:41.35	2:43.80	430	17/01/15	Middlesex County Championships 2015	Hendon	CC150221	2
100 Individual Medley	1:13.38	1:13.40	456	29/06/14	WSC Terry Davies Alternative Nationals	Watford	ER4475	3