

# Individual Best Times (All Time)

Daisy Nolan-Day - (531267) - Killerwhales SC (Havering)

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.21	32.60	359	06/02/16	Essex Age Group Championships 2016	London	ER160003	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.52	33.20	350	28/06/14	Killerwhales SC Club Championships	Grays	LR4725	4
100 Freestyle	1:11.00	1:12.20	354	28/06/14	Killerwhales SC Club Championships	Grays	LR4725	4
200 Freestyle	2:46.51	2:48.60	290	21/04/12	Team Luton SC Short Course Open Meet	Watford	ER2091	3
400 Freestyle	5:44.53	5:48.60	302	01/12/12	Gravesend & Northfleet Autumn Open	Gravesend	SE2711	3
50 Breaststroke	44.94	45.60	251	06/04/14	BWFSC Secondary Age Group Meet 2014	Walthamstow	LR4342	3
100 Breaststroke	1:35.39	1:36.70	279	14/11/15	Killerwhales Club Championships 2015	Basildon	LR151153	4
200 Breaststroke	4:16.03	4:18.10	145	08/11/09	Romford Town 2nd SC Meet	Enfield	LR9487	3
50 Butterfly	37.14	37.60	282	27/09/14	Romford Town SC 4th David Jacobs Memorial Gala	Thurrock	LR4973	3
100 Butterfly	1:29.16	1:30.00	222	19/10/14	The Alan Mitchell Memorial County Qualifier	Grays	ER4860	3
200 Butterfly	3:09.87	3:11.50	249	06/04/13	BWFSC Secondary Age Group Meet 2013	Walthamstow	LR3255	3
50 Backstroke	40.59	41.10	240	23/09/12	Romford Town David Jacob Gala	Romford	LR2350	3
100 Backstroke	1:26.14	1:27.10	258	04/11/12	Dartford District SC L4 Open Meet	Gillingham	SE2418	4
200 Backstroke	3:34.62	3:36.20	170	08/11/09	Romford Town 2nd SC Meet	Enfield	LR9487	3
200 Individual Medley	3:01.87	3:04.00	300	14/07/12	Southend on Sea SC Mini Olympians Meet	Southend	ER2485	3
400 Individual Medley	6:48.47	6:52.80	254	16/10/11	Romford Town Open Meet	Enfield	LR1446	3
100 Individual Medley	1:22.00	1:22.00	327	11/07/15	Terry Fitzgerald Memorial Open Meet	Hastings	SE150257	3