

Individual Best Times (All Time)

Dominic Frost - (553680) - University of Nottingham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.18	24.30	572	03/02/19	Nottinghamshire ASA County Championships 2019	Harvey Hadden	EM190204	1
100 Freestyle	56.13	54.60	581	17/02/19	BUCS Long Course Swimming Championships 2019	Sheffield	NE190155	1
200 Freestyle	2:14.89	2:12.30	432	18/02/17	WDSC Long Course "No Frills" Invitation Meet	Wycombe	SE170569	1
50 Butterfly	27.81	27.10	513	02/02/19	Nottinghamshire ASA County Championships 2019	Harvey Hadden	EM190204	1
100 Butterfly	1:19.38	1:18.40	241	20/07/14	Wycombe District SC End of Season Meet	Wycombe	SE4742	3
50 Backstroke	32.08	31.40	395	02/07/16	Bishops Stortord End of Season LC Open Meet	Luton	ER160490	3
100 Backstroke	1:09.94	1:08.80	401	02/07/16	Bishops Stortord End of Season LC Open Meet	Luton	ER160490	3
200 Individual Medley	2:33.23	2:30.60	411	02/07/16	Bishops Stortord End of Season LC Open Meet	Luton	ER160490	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.89	25.70	531	01/07/18	NPSC Club Championships Progress Meet 2018	Bletchley	SE181201	4
100 Freestyle	54.94	56.40	543	11/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
200 Freestyle	2:02.91	2:05.70	528	04/02/17	Oxfordshire & North Bucks County Championships	Aylesbury	SE170305	2
400 Freestyle	4:41.88	4:46.80	426	21/06/15	City of Milton Keynes 13th Annual End of Season	Milton Keynes	SE150449	3
1500 Freestyle	19:48.30	20:05.60	361	09/02/14	Oxfordshire & N Bucks County Championships	Betchley	CC4017	2
50 Breaststroke	36.24	37.10	326	22/10/17	NPSC Club Championships Progress Meet	Bletchley	SE170969	4
100 Breaststroke	1:22.15	1:23.70	304	21/10/17	NPSC Club Championships Progress Meet	Bletchley	SE170969	4
50 Butterfly	27.24	27.90	509	11/02/17	Oxfordshire & North Bucks County Championships	Aylesbury	SE170306	2
100 Butterfly	1:06.19	1:07.30	376	20/11/16	CMK November Open Meet (Level 3)	Milton Keynes	SE162086	3
50 Backstroke	30.62	31.30	376	21/10/17	NPSC Club Championships Progress Meet	Bletchley	SE170969	4
100 Backstroke	1:05.36	1:06.60	404	21/10/17	NPSC Club Championships Progress Meet	Bletchley	SE170969	4
200 Backstroke	2:20.30	2:22.70	426	25/06/16	CMKSC Annual End of Season Open Meet	Milton Keynes	SE160696	3
200 Individual Medley	2:26.67	2:29.30	417	04/12/16	Maxwell Last Chance Counties December Meet	Aylesbury	SE162458	3
400 Individual Medley	5:24.14	5:29.50	380	20/06/15	City of Milton Keynes 13th Annual End of Season	Milton Keynes	SE150449	3
100 Individual Medley	1:05.62	1:05.60	423	21/10/17	NPSC Club Championships Progress Meet	Bletchley	SE170969	4