

# Individual Best Times (All Time)

Elizabeth Cusack - (733092) - Salisbury Stingrays SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.55	31.90	381	02/11/13	City of Bristol SC Level 3 LC Open Meet	Bristol	SW3622	3
100 Freestyle	1:10.38	1:09.20	396	03/11/13	City of Bristol SC Level 3 LC Open Meet	Bristol	SW3622	3
200 Freestyle	2:32.73	2:30.40	403	02/11/13	City of Bristol SC Level 3 LC Open Meet	Bristol	SW3622	3
400 Freestyle	5:12.84	5:08.30	425	02/11/13	City of Bristol SC Level 3 LC Open Meet	Bristol	SW3622	3
800 Freestyle	10:40.91	10:31.80	432	01/02/14	Wiltshire County Championships	Bath	CC4097	1
50 Breaststroke	46.09	45.40	253	03/11/12	City of Bristol Level 3 Open Meet	Bristol	SW2523	3
100 Breaststroke	1:46.51	1:45.30	218	01/10/11	Portsmouth Northsea Open Meet	Portsmouth	SE1579	3
200 Breaststroke	4:02.08	3:59.90	183	24/10/10	3 Towers Open Meet	Millfield	SW0586	3
50 Butterfly	1:00.87	1:00.60	64	24/10/10	3 Towers Open Meet	Millfield	SW0586	3
50 Backstroke	40.60	40.10	289	01/10/11	Portsmouth Northsea Open Meet	Portsmouth	SE1579	3
100 Backstroke	1:19.71	1:18.70	372	06/04/14	Frome & Wells 3 Towers Open Meet	Millfield	SW4310	3
200 Backstroke	2:45.94	2:43.90	408	05/04/14	Frome & Wells 3 Towers Open Meet	Millfield	SW4310	3
200 Individual Medley	3:01.46	2:59.30	335	03/11/12	City of Bristol Level 3 Open Meet	Bristol	SW2523	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.84	32.50	373	01/03/14	Wiltshire ASA Age Group Championships	Swindon	CC4098	2
100 Freestyle	1:07.59	1:08.80	410	13/04/14	Salisbury Stingrays Spring Open Meet 2014	Salisbury	SW4441	3
200 Freestyle	2:25.98	2:28.30	431	01/03/14	Wiltshire ASA Age Group Championships	Swindon	CC4098	2
400 Freestyle	5:04.78	5:09.40	437	26/01/14	Swindon Dolphin Last Chance Meet	Swindon	SW4080	3
800 Freestyle	16:00.29	16:06.30	122	20/11/09	Salisbury Stingrays Club	Godolphin	SW9786	4
50 Breaststroke	42.80	43.50	291	04/03/12	Wiltshire County Championships	Swindon	CC2098	2
100 Breaststroke	1:34.07	1:35.40	291	22/04/12	Salisbury Stingrays Spring Open Meet	Salisbury	SW2409	3
200 Breaststroke	3:18.49	3:21.10	311	02/03/13	Wiltshire County Championships	Swindon	CC3068	2
50 Butterfly	38.92	39.40	245	13/04/14	Salisbury Stingrays Spring Open Meet 2014	Salisbury	SW4441	3
100 Butterfly	1:25.58	1:26.50	251	13/04/14	Salisbury Stingrays Spring Open Meet 2014	Salisbury	SW4441	3
50 Backstroke	36.54	37.10	329	08/03/14	Wiltshire ASA Age Group Championships	Swindon	CC4099	2
100 Backstroke	1:16.23	1:17.30	373	25/01/14	Swindon Dolphin Last Chance Meet	Swindon	SW4080	3
200 Backstroke	2:41.79	2:43.80	397	02/03/14	Wiltshire ASA Age Group Championships	Swindon	CC4098	2
200 Individual Medley	2:54.58	2:56.80	340	02/03/13	Wiltshire County Championships	Swindon	CC3068	2
100 Individual Medley	1:20.81	1:20.80	341	13/04/14	Salisbury Stingrays Spring Open Meet 2014	Salisbury	SW4441	3