

# Individual Best Times (All Time)

Nick Glasson - (769796) - Plymouth Leander SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.14	26.40	457	04/05/14	BG ASA SWR Youth Championships 2014	Plymouth	SWR403	1
100 Freestyle	59.61	58.20	485	21/12/13	Plymouth Leander Level 1 LC Open 2013	Plymouth	SW3980	1
200 Freestyle	2:05.59	2:02.80	535	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1
50 Breaststroke	30.06	29.00	643	29/07/15	British Summer Championships	Sheffield	ASA141	1
100 Breaststroke	1:04.29	1:02.30	692	07/08/14	BG ASA Youth & MC Championships 2014	Sheffield	ASA135	1
200 Breaststroke	2:21.20	2:17.40	701	10/08/14	BG ASA Youth & MC Championships 2014	Sheffield	ASA135	1
50 Butterfly	28.14	27.50	495	03/05/14	BG ASA SWR Youth Championships 2014	Plymouth	SWR403	1
100 Butterfly	1:03.05	1:01.80	482	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1
200 Butterfly	2:33.73	2:31.70	369	12/06/11	BG South West Region Championships	Street	SWR102	1
100 Backstroke	1:13.60	1:12.50	344	17/12/11	Plymouth Leander Long Course Open	Millfield	SW1561	1
200 Backstroke	2:33.64	2:31.50	386	17/06/12	British Gas South West Region AG Champs	Millfield	SWR206	1
200 Individual Medley	2:17.60	2:14.70	568	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1
400 Individual Medley	5:08.35	5:02.60	486	07/05/12	BG SWR Youth Championships	Plymouth	SWR204	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.66	26.50	484	19/12/15	The Plymouth Leander Christmas Sprint Open 2015	Plymouth	SW151869	3
100 Freestyle	56.21	57.70	507	20/12/15	The Plymouth Leander Christmas Sprint Open 2015	Plymouth	SW151869	3
200 Freestyle	2:00.65	2:03.50	558	02/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
400 Freestyle	4:41.40	4:46.30	429	11/03/12	Devon County Championships	Plymouth	CC2028	2
50 Breaststroke	30.23	31.20	562	19/12/15	The Plymouth Leander Christmas Sprint Open 2015	Plymouth	SW151869	3
100 Breaststroke	1:04.39	1:06.30	632	20/12/15	The Plymouth Leander Christmas Sprint Open 2015	Plymouth	SW151869	3
200 Breaststroke	2:27.66	2:31.20	538	16/02/13	Devon County Championships	Plymouth	CC3014	2
50 Butterfly	26.97	27.70	524	20/12/15	The Plymouth Leander Christmas Sprint Open 2015	Plymouth	SW151869	3
100 Butterfly	1:00.85	1:02.10	484	13/04/14	Devon County ASA Inter Club 2014	Plymouth	SW4095	2
200 Butterfly	2:27.17	2:29.30	382	04/03/12	Devon County Championships	Plymouth	CC2030	2
50 Backstroke	37.10	37.60	211	24/07/10	Plymouth Leander Open	Plymouth	SW0397	3
100 Backstroke	1:11.05	1:12.20	314	23/03/12	Devon County Championships	Exeter	CC2029	2
200 Backstroke	2:31.95	2:34.10	335	18/02/12	Devon County Championships	Tiverton	CC2027	2
200 Individual Medley	2:15.89	2:18.80	525	07/12/13	ASA SWR Short Course Championships	Millfield	SWR325	2
400 Individual Medley	5:04.37	5:10.10	459	10/03/12	Devon County Championships	Plymouth	CC2028	2
100 Individual Medley	1:00.94	1:00.90	528	19/02/14	Devon County Championships	Plymouth	CC4030	2