

Individual Best Times (All Time)

Ross Hicban - (783416) - City of Brighton and Hove

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.71	29.00	348	25/02/18	Sussex County Championships & Age Group Comp	Crawley	SE180608	1
100 Freestyle	1:06.50	1:05.20	349	08/03/20	Atlantis Regional Chaser 2020 Level 3 Open Meet	Crawley	SE200111	3
200 Freestyle	2:49.26	2:47.20	218	29/04/17	Antwerp International Youth Swimming Cup 2017	Antwerp, Belgium	GBR510	1
50 Butterfly	30.04	29.40	407	08/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200449	1
100 Butterfly	1:11.83	1:10.80	326	09/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200449	1
50 Backstroke	36.39	35.80	271	28/09/19	Lis Hartley Long Course Open Meet	K2 LC	SE190314	3
100 Backstroke	1:20.01	1:19.00	268	05/05/18	Farum Cup 2018	Denmark	GBR732	1
200 Individual Medley	3:02.57	3:00.40	243	06/05/18	Farum Cup 2018	Denmark	GBR732	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.35	29.10	359	12/01/20	Tom Handley Open Meet	Prince Regent	SE200117	3
100 Freestyle	1:03.29	1:04.60	355	12/01/20	Tom Handley Open Meet	Prince Regent	SE200117	3
200 Freestyle	2:34.69	2:36.90	265	01/07/17	Atlantis Summer Splash	Horsham	SE170671	3
400 Freestyle	5:42.25	5:46.30	238	04/10/19	Brighton Club Championships	Roedean School	SE191676	4
50 Breaststroke	40.96	41.70	226	23/09/19	Brighton Club Championships	Prince Regent	SE191674	4
100 Breaststroke	1:34.03	1:35.40	203	03/11/17	Brighton Club Championships 2017	Brighton	SE171540	4
200 Breaststroke	3:33.73	3:36.20	177	30/09/19	Brighton Club Championships	Prince Regent	SE191675	4
50 Butterfly	30.23	30.90	372	19/10/19	Sussex County ASA Winter Short Course Competition	Crawley	SE192761	2
100 Butterfly	1:09.31	1:10.40	327	11/01/20	Tom Handley Open Meet	Prince Regent	SE200117	3
200 Butterfly	3:06.22	3:07.90	188	20/09/19	Brighton Club Championships	Roedean school	SE191673	4
50 Backstroke	33.59	34.20	285	30/09/19	Brighton Club Championships	Prince Regent	SE191675	4
100 Backstroke	1:18.81	1:19.80	230	23/09/19	Brighton Club Championships	Prince Regent	SE191674	4
200 Backstroke	2:54.59	2:56.50	221	06/12/19	Brighton Club Championships	Prince Regent	SE191680	4
200 Individual Medley	2:52.74	2:55.00	255	23/09/19	Brighton Club Championships	Prince Regent	SE191674	4
400 Individual Medley	6:19.98	6:24.60	235	12/11/19	Brighton Club Championships	Roedean School	SE191677	4
100 Individual Medley	1:13.74	1:13.70	298	30/09/19	Brighton Club Championships	Prince Regent	SE191675	4