

Individual Best Times (All Time)

Grace Vertigans - (809729) - Loughborough University Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.45	24.60	798	04/08/13	BG ASA National Youth Championships	Sheffield	ASA128	1
100 Freestyle	55.42	53.90	812	02/08/13	BG ASA National Youth Championships	Sheffield	ASA128	1
200 Freestyle	2:00.52	1:57.60	820	31/07/13	BG ASA National Youth Championships	Sheffield	ASA128	1
400 Freestyle	4:39.48	4:34.40	597	30/01/10	Burns Open Meet	Sheffield	NE0032	1
50 Butterfly	27.54	26.80	698	25/06/14	British Gas International Swimming Meet 2014	Manchester	ASA133	1
100 Butterfly	1:01.12	59.90	747	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1
50 Backstroke	29.54	28.90	751	15/12/12	Plymouth L1 Long Course Open Meet	Plymouth	SW2791	1
100 Backstroke	1:03.53	1:02.30	734	16/12/12	Plymouth L1 Long Course Open Meet	Plymouth	SW2791	1
200 Backstroke	2:19.05	2:16.60	694	20/07/12	BG ASA National Youth Championships 2012	Sheffield	ASA119	1
200 Individual Medley	2:23.08	2:20.30	684	27/07/11	British Gas ASA National Youth Champs	Sheffield	ASA112	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.48	26.30	728	02/12/12	ASA South West Regional Championships	Street	SWR230	2
100 Freestyle	54.71	56.20	774	07/12/13	ASA SWR Short Course Championships	Millfield	SWR325	2
200 Freestyle	2:04.72	2:07.50	691	02/12/12	ASA South West Regional Championships	Street	SWR230	2
400 Freestyle	4:28.48	4:33.70	639	16/05/10	Hatfield UK Challenge	Hatfield	ER0386	2
50 Butterfly	26.98	27.70	737	07/12/13	ASA SWR Short Course Championships	Millfield	SWR325	2
100 Butterfly	1:02.23	1:03.40	655	02/12/12	ASA South West Regional Championships	Street	SWR230	2
50 Backstroke	29.61	30.30	620	03/12/11	BG SWR Short Course Championships	Millfield	SWR126	2
100 Backstroke	1:02.80	1:04.10	667	04/12/11	BG SWR Short Course Championships	Millfield	SWR126	2
200 Backstroke	2:16.66	2:19.10	659	03/12/11	BG SWR Short Course Championships	Millfield	SWR126	2
200 Individual Medley	2:19.64	2:22.40	664	08/12/13	ASA SWR Short Course Championships	Millfield	SWR325	2