

Individual Best Times (All Time)

Louis Mcgrath - (810512) - City of Linc Pentaqua SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.20	26.40	454	08/04/17	Derventio Excel 11th LC Open Meet	Sheffield	EM170259	1
100 Freestyle	1:02.06	1:00.70	430	16/04/16	Lincoln Vulcans Long Course L1 Open Meet	Sheffield	EM160422	1
200 Freestyle	2:14.23	2:11.60	438	14/01/17	16th City of Derby Long Course Open Meet	Sheffield	EM170105	1
400 Freestyle	4:45.80	4:40.80	456	01/05/16	ASA East Midland Region Swimming Champs	Sheffield	EM160780	1
50 Breaststroke	34.67	33.80	419	13/05/17	City of Sheffield No Frills Meet	Sheffield	NE170249	1
100 Breaststroke	1:15.99	1:14.30	419	27/05/17	ASA EM Region Youth Champs 2017	Sheffield	EM170474	1
200 Breaststroke	2:43.88	2:40.60	448	28/05/17	ASA EM Region Youth Champs 2017	Sheffield	EM170474	1
50 Butterfly	31.33	30.70	359	02/05/16	ASA East Midland Region Swimming Champs	Sheffield	EM160780	1
100 Butterfly	1:12.55	1:11.50	316	17/04/16	Lincoln Vulcans Long Course L1 Open Meet	Sheffield	EM160422	1
50 Backstroke	33.55	32.90	345	02/05/16	ASA East Midland Region Swimming Champs	Sheffield	EM160780	1
100 Backstroke	1:13.72	1:12.60	342	16/04/16	Lincoln Vulcans Long Course L1 Open Meet	Sheffield	EM160422	1
200 Individual Medley	2:29.20	2:26.50	446	13/05/17	City of Sheffield No Frills Meet	Sheffield	NE170249	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.56	27.30	437	15/07/17	Lincoln Vulcans Club Championships	Grantham	EM170939	3
100 Freestyle	58.18	59.60	457	15/07/17	Lincoln Vulcans Club Championships	Grantham	EM170939	3
200 Freestyle	2:06.98	2:09.70	479	15/07/17	Lincoln Vulcans Club Championships	Grantham	EM170939	3
400 Freestyle	4:40.01	4:45.00	435	24/01/16	Lincolnshire County Championships 2016	Grantham	EM160114	2
1500 Freestyle	20:28.90	20:45.60	327	06/12/14	Lincoln Vulcans 800 1500 Time Trials	Lincoln	EM14448	4
50 Breaststroke	33.08	34.00	429	08/07/17	Lincoln Vulcans Club Championships	Grantham	EM170938	3
100 Breaststroke	1:12.72	1:14.40	439	15/07/17	Lincoln Vulcans Club Championships	Grantham	EM170939	3
200 Breaststroke	2:39.59	2:42.90	426	21/11/16	The Leicester Open	Braunstone	EM161964	2
50 Butterfly	29.93	30.60	383	15/07/17	Lincoln Vulcans Club Championships	Grantham	EM170939	3
100 Butterfly	1:12.14	1:13.20	290	04/10/15	Cambridge L2 Regional & National SC Qualifier	Cambridge	ER150482	2
200 Butterfly	3:43.41	3:44.80	109	05/01/14	Boston 9th Open Meet	Grantham	EM4026	3
50 Backstroke	30.59	31.20	377	01/04/17	Lincoln Vulcans Squad Sprints	Yarborough	EM170730	4
100 Backstroke	1:10.92	1:12.00	316	21/11/16	The Leicester Open	Braunstone	EM161964	2
200 Backstroke	2:42.23	2:44.30	276	08/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
200 Individual Medley	2:24.88	2:27.60	433	08/07/17	Lincoln Vulcans Club Championships	Grantham	EM170938	3
100 Individual Medley	1:05.19	1:05.20	431	08/07/17	Lincoln Vulcans Club Championships	Grantham	EM170938	3