

# Individual Best Times (All Time)

Sam Woodard - (81364) - Dover Lifeguard Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.18	25.40	509	26/03/11	City of Sheffield Premier Meet	Sheffield	NE1117	1
100 Freestyle	56.76	55.30	562	12/05/13	Beckenham SC International Open Meet	Crystal Palace	LR3301	1
200 Freestyle	2:06.38	2:03.60	525	25/01/20	2020 Kent ASA Swimming Championships	Crystal Palace	SE200206	1
400 Freestyle	4:50.24	4:45.40	435	31/05/09	South East Region Champs	Crawley	SER910	1
800 Freestyle	9:52.62	9:42.80	444	15/06/08	SE Region Bagcat Champs	Crawley	SER824	1
1500 Freestyle	19:29.37	19:11.60	413	14/06/08	SE Region Bagcat Champs	Crawley	SER824	1
50 Breaststroke	33.47	32.50	466	01/02/20	2020 Kent ASA Swimming Championships	Crystal Palace	SE200207	1
100 Breaststroke	1:18.16	1:16.50	385	11/05/13	Beckenham SC International Open Meet	Crystal Palace	LR3301	1
50 Butterfly	28.26	27.60	489	01/02/20	2020 Kent ASA Swimming Championships	Crystal Palace	SE200207	1
100 Butterfly	1:02.70	1:01.50	490	03/03/19	Rushmoor Royals Regional Qualifier Open Meet	Aldershot	SE190468	3
200 Butterfly	2:24.75	2:22.60	442	02/02/19	Kent Swimming Championships 2019	Crystal Palace	SE190349	1
50 Backstroke	29.85	29.20	491	04/12/11	South East Region Open & Junior Champs	Aldershot	SER127	1
100 Backstroke	1:04.27	1:03.00	517	30/04/11	BG South East Region Youth Championships	Crawley	SER111	1
200 Backstroke	2:21.28	2:18.90	497	29/01/11	London, South East and South West Zonal	London	ZM1093	1
200 Individual Medley	2:27.63	2:24.90	460	03/03/19	Rushmoor Royals Regional Qualifier Open Meet	Aldershot	SE190468	3
400 Individual Medley	5:36.88	5:31.60	373	31/05/08	South East Age Grp Champs	Crawley	SER823	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.55	26.40	491	07/12/19	East Invicta ASA Championships	Canterbury	SE191665	3
100 Freestyle	55.02	56.50	541	14/12/19	NASL South Round 3	Gillingham	SE193322	3
200 Freestyle	2:02.37	2:05.20	535	22/12/19	TYR Festive Qualifier	Hartsdown LC	SE193124	3
400 Freestyle	4:24.44	4:29.70	517	30/03/19	Dover and Canterbury Regional Chaser 2019	Dover	SE191386	3
800 Freestyle	9:40.73	9:50.60	445	09/02/08	Kent County Champs	Bexleyheath	CC8055	2
1500 Freestyle	19:02.26	19:20.20	407	04/01/08	Icebreaker	Canterbury	SE8029	1
50 Breaststroke	33.63	34.60	408	07/01/17	Icebreaker 2017	Canterbury	SE170257	3
100 Breaststroke	1:14.38	1:16.10	410	08/01/17	Icebreaker 2017	Canterbury	SE170257	3
200 Breaststroke	3:17.65	3:20.30	224	15/09/13	City of Canterbury Club Championships	Canterbury	SE3718	4
50 Butterfly	27.84	28.50	476	01/12/19	East Invicta ASA Championships	Canterbury	SE191664	3
100 Butterfly	1:00.23	1:01.50	499	14/12/19	NASL South Round 3	Gillingham	SE193322	3
200 Butterfly	2:20.02	2:22.30	444	01/12/19	East Invicta ASA Championships	Canterbury	SE191664	3
50 Backstroke	28.36	29.10	473	17/03/12	Kent County Championships	Gillingham	CC2071	2
100 Backstroke	1:01.17	1:02.50	493	15/10/11	East Invicta Championships 2011	Canterbury	SE1487	2
200 Backstroke	2:13.78	2:16.20	492	19/05/12	City Of Canterbury Open Gala	Kingsmead	SE2355	3
200 Individual Medley	2:23.85	2:26.60	442	14/02/10	Kent County Championship	Gillingham	CC0044	2
400 Individual Medley	5:13.54	5:19.10	420	09/03/08	Kent County Champs	Gillingham	CC8059	2
100 Individual Medley	1:05.02	1:05.00	435	02/03/14	BG Kent ASA Swimming Championships	Gillingham	CC4062	2