

# Individual Best Times (All Time)

Luke Gates - (826019) - Hillingdon Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.21	30.50	300	21/09/14	Hillingdon Autumn Open Meet	Hillingdon	LR4402	3
100 Freestyle	1:06.97	1:05.70	342	18/07/15	Wycombe District End of Season Meet	Wycombe	SE151150	3
50 Breaststroke	42.23	41.50	232	18/07/15	Wycombe District End of Season Meet	Wycombe	SE151150	3
100 Breaststroke	1:42.90	1:41.70	168	11/05/13	Wycombe District SC 7th Annual LC Sprint	Wycombe	SE3432	3
50 Butterfly	40.73	40.30	163	23/09/12	Hillingdon SC Autumn Sprints Meet 2012	Hillingdon	LR2129	4
100 Butterfly	1:32.19	1:31.40	154	21/09/14	Hillingdon Autumn Open Meet	Hillingdon	LR4402	3
50 Backstroke	40.70	40.20	193	11/05/13	Wycombe District SC 7th Annual LC Sprint	Wycombe	SE3432	3
200 Individual Medley	2:50.78	2:48.50	297	18/07/15	Wycombe District End of Season Meet	Wycombe	SE151150	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.13	30.80	299	28/06/14	Hoddesdon Summer Sprint 2014	Borehamwood	ER4350	3
100 Freestyle	1:04.16	1:05.50	341	11/10/15	Hillingdon Autumn Short Course Meet 2015	Hillingdon	LR151546	3
200 Freestyle	2:28.13	2:30.50	301	08/03/15	Hillingdon RNSS House Club Champs	Northwood	LR150683	4
400 Freestyle	5:08.37	5:12.90	326	14/06/15	Hillingdon RNSS House Club Champs	Northwood	LR150685	4
1500 Freestyle	23:27.45	23:42.10	217	17/05/12	Hillingdon SC Club Championships	Merchant Taylors	LR2471	4
50 Breaststroke	43.02	43.70	195	28/06/14	Hoddesdon Summer Sprint 2014	Borehamwood	ER4350	3
100 Breaststroke	1:30.11	1:31.50	230	09/11/14	Hillingdon RNSS Club Championships	Hillingdon	LR4590	4
200 Breaststroke	3:16.59	3:19.30	228	10/05/15	Hillingdon RNSS House Club Champs	Northwood	LR150684	4
50 Butterfly	33.25	33.80	279	11/10/15	Hillingdon Autumn Short Course Meet 2015	Hillingdon	LR151546	3
100 Butterfly	1:20.58	1:21.50	208	01/11/15	Hillingdon RNSS House Club Champs	Uxbridge	LR150687	4
200 Butterfly	3:17.52	3:19.10	158	08/03/15	Hillingdon RNSS House Club Champs	Northwood	LR150683	4
50 Backstroke	35.80	36.40	235	28/06/14	Hoddesdon Summer Sprint 2014	Borehamwood	ER4350	3
100 Backstroke	1:17.16	1:18.20	245	11/10/15	Hillingdon Autumn Short Course Meet 2015	Hillingdon	LR151546	3
200 Backstroke	2:45.75	2:47.80	258	08/03/15	Hillingdon RNSS House Club Champs	Northwood	LR150683	4
200 Individual Medley	2:43.79	2:46.20	299	10/05/15	Hillingdon RNSS House Club Champs	Northwood	LR150684	4
400 Individual Medley	5:48.43	5:53.40	306	14/10/15	Hillingdon RNSS House Club Champs	Northwood	LR150686	4
100 Individual Medley	1:25.78	1:25.80	189	23/01/13	Hillingdon SC RNSS Club Championships	Hillingdon	LR3224	4