

# Individual Best Times (All Time)

Sacha Rines - (831098) - Poole SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.49	31.80	383	16/11/14	Welsh Capital Open Meet	Cardiff	WAL608	1
200 Freestyle	2:32.94	2:30.60	401	16/11/14	Welsh Capital Open Meet	Cardiff	WAL608	1
50 Backstroke	36.94	36.40	384	18/05/14	COBEXE May Meet 2014	Hengrove	SW4432	1
100 Backstroke	1:17.92	1:16.90	398	18/05/14	COBEXE May Meet 2014	Hengrove	SW4432	1
200 Backstroke	2:49.40	2:47.40	384	16/11/14	Welsh Capital Open Meet	Cardiff	WAL608	1
200 Individual Medley	2:54.93	2:52.70	374	15/11/14	Welsh Capital Open Meet	Cardiff	WAL608	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.43	32.10	388	29/03/15	Swim Bournemouth 5th Annual Open Meet	Bournemouth	SW150150	2
100 Freestyle	1:09.26	1:10.50	381	27/07/14	Swindon Dolphin End of Season Meet	Swindon	SW4175	3
200 Freestyle	2:28.58	2:30.90	409	05/07/14	2014 Dorset Development Competition	Littledown	SW4094	3
100 Breaststroke	1:40.42	1:41.70	239	25/10/14	Portsmouth Northsea Halloween Meet	Portsmouth	SE14424	3
50 Butterfly	34.41	35.00	355	04/07/15	Dorset County 2015 Development Competition	Bournemouth	SW150145	3
50 Backstroke	34.42	35.00	394	29/03/15	Swim Bournemouth 5th Annual Open Meet	Bournemouth	SW150150	2
100 Backstroke	1:14.21	1:15.30	404	05/07/15	Dorset County 2015 Development Competition	Bournemouth	SW150145	3
200 Backstroke	2:40.58	2:42.60	406	06/07/14	2014 Dorset Development Competition	Littledown	SW4094	3
200 Individual Medley	2:54.00	2:56.30	343	04/10/14	Poole Club Championships	Poole	SW14327	4
100 Individual Medley	1:19.64	1:19.60	357	04/07/15	Dorset County 2015 Development Competition	Bournemouth	SW150145	3