

# Individual Best Times (All Time)

**Dominic Keast - (850371) - Bracknell & Wokingham SC**

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.48	33.90	223	05/01/13	Bracknell & Wokingham Presidents Cup	Aldershot	SE3069	4
200 Freestyle	2:51.85	2:49.80	209	25/11/12	Bracknell & Wokingham Club Championships	Aldershot	SE2685	4
1500 Freestyle	19:21.00	19:03.10	422	17/09/17	Bracknell & Woking Club Championships 2017	Aldershot	SE172077	4
50 Breaststroke	34.79	33.90	415	11/03/17	Wycombe Long Course Premier Open Meet	Wycombe	SE170384	1
100 Breaststroke	1:14.25	1:12.50	449	29/04/17	ASA South East Region Championships 2017	Wycombe	SE170865	1
200 Breaststroke	2:41.40	2:38.10	469	04/11/17	Swim England SE - 2017 Open & Junior Champs	Portsmouth	SE172007	1
50 Butterfly	39.96	39.50	173	05/01/13	Bracknell & Wokingham Presidents Cup	Aldershot	SE3069	4
100 Butterfly	1:37.62	1:36.80	129	31/03/12	Bracknell & Wokingham Level 3 Meet	Aldershot	SE2073	3
200 Butterfly	3:06.91	3:05.20	205	18/05/14	Bracknell & Wokingham SC L1 Open Meet	Aldershot	SE4049	1
50 Backstroke	30.61	29.90	455	26/03/17	Guildford City Springboard Level 1 Open Meet	Surrey	SE170124	1
100 Backstroke	1:09.79	1:08.60	404	13/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180129	1
200 Backstroke	2:33.79	2:31.60	385	08/02/15	Aquae Sulis Spring Grand Prix	Bristol	SW150009	1
200 Individual Medley	2:32.86	2:30.30	414	11/04/15	Guildford City Inaugural Level 1 Long Course Meet	Guildford	SE150155	1
400 Individual Medley	5:14.18	5:08.50	459	23/05/15	ASASER Swimming Championships	Portsmouth	SE150985	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.69	28.40	385	17/12/16	2016 President's Cup	Bracknell	SE161129	4
100 Freestyle	58.57	1:00.00	448	19/09/17	Bracknell & Wokingham 2017 Club Championships	Bracknell	SE171245	4
200 Freestyle	2:10.95	2:13.60	436	17/06/17	Bracknell & Wokingham 2017 Club Championships	Bracknell	SE171243	4
400 Freestyle	4:36.64	4:41.70	451	15/07/17	Bracknell & Wokingham 2017 Club Championships	Bracknell	SE171244	4
800 Freestyle	9:36.26	9:46.20	455	12/06/18	Bracknell & Wokingham Club Distance Championships	Bracknell	SE180766	4
1500 Freestyle	18:33.56	18:51.90	439	26/11/16	Bracknell & Wokingham 2016 Club Champs	Bracknell	SE160658	4
50 Breaststroke	33.75	34.70	404	17/12/16	2016 President's Cup	Bracknell	SE161129	4
100 Breaststroke	1:10.55	1:12.30	481	11/11/17	NASLS - ROUND TWO	GUILDFORD	SE172512	3
200 Breaststroke	2:31.85	2:35.30	495	08/10/17	Hemel Hempstead Birthday Open	Hemel Hempstead	ER170859	3
50 Butterfly	29.22	29.90	412	16/12/17	2017 President's Cup	Bracknell	SE172078	4
100 Butterfly	1:07.70	1:08.80	351	15/07/17	Bracknell & Wokingham 2017 Club Championships	Bracknell	SE171244	4
200 Butterfly	2:28.09	2:30.20	375	02/12/17	Bracknell Winter Level 3 Open Meet	Bracknell	SE171734	3
50 Backstroke	28.91	29.60	447	30/09/17	17th James Moreno Open Meet	Southampton	SE171157	2
100 Backstroke	1:04.47	1:05.70	421	08/10/17	Hemel Hempstead Birthday Open	Hemel Hempstead	ER170859	3
200 Backstroke	2:22.97	2:25.30	403	17/06/17	Bracknell & Wokingham 2017 Club Championships	Bracknell	SE171243	4
200 Individual Medley	2:22.07	2:24.80	459	23/09/17	Bracknell & Wokingham 2017 Club Championships	Bracknell	SE171245	4
400 Individual Medley	5:03.15	5:08.90	464	16/06/18	Bracknell & Wokingham Club Championships 2018	Bracknell	SE180769	4
100 Individual Medley	1:07.12	1:07.10	395	17/06/17	Bracknell & Wokingham 2017 Club Championships	Bracknell	SE171243	4