

Individual Best Times (All Time)

George Castle - (895403) - Watford SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.52	37.10	168	18/06/14	Watford SC Club Championships Sprints 2014	Watford	ER4865	4
100 Freestyle	1:18.45	1:19.50	186	18/06/14	Watford SC Club Championships Sprints 2014	Watford	ER4865	4
200 Freestyle	2:44.70	2:46.80	219	28/06/14	WSC Terry Davies Alternative Nationals	Watford	ER4475	3
400 Freestyle	6:27.80	6:31.40	163	03/10/13	Watford SC Club Champs Middle Distance	Watford	ER3900	4
50 Breaststroke	47.25	47.90	147	10/05/14	Hemel Hempstead 3rd Spring Development Meet	Hemel Hempstead	ER4168	3
100 Breaststroke	1:41.16	1:42.40	163	28/06/14	WSC Terry Davies Alternative Nationals	Watford	ER4475	3
200 Breaststroke	3:35.36	3:37.80	173	09/10/14	Watford Club Championships	Watford	ER14197	4
50 Butterfly	43.75	44.20	122	18/06/14	Watford SC Club Championships Sprints 2014	Watford	ER4865	4
50 Backstroke	45.42	45.90	115	10/05/14	Hemel Hempstead 3rd Spring Development Meet	Hemel Hempstead	ER4168	3
100 Backstroke	1:33.99	1:34.80	135	23/06/13	Watford SC Club Championships Sprints	Watford	ER3539	4
200 Backstroke	3:14.20	3:15.90	160	22/10/14	Watford Club Championships	Garston	ER14198	4
200 Individual Medley	3:10.59	3:12.70	190	28/06/14	WSC Terry Davies Alternative Nationals	Watford	ER4475	3
400 Individual Medley	7:11.45	7:15.50	161	01/10/14	Watford SC Club Championships Distance 2014	Watford	ER14196	4
100 Individual Medley	1:30.77	1:30.80	160	29/06/14	WSC Terry Davies Alternative Nationals	Watford	ER4475	3