

Individual Best Times (All Time)

Ross Sinclair - (971014) - Invicta WPC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.42	34.80	205	12/07/14	London ASA Region Sprint Meet	Crystal Palace	LR4443	3
100 Freestyle	1:14.71	1:13.60	246	07/02/16	Surrey County ASA Age Group Championships 2016	Guildford	LR160382	1
200 Freestyle	2:47.42	2:45.30	226	04/10/14	Lis Hartley Long Course Opportunity Meet	Crawley	SE4740	3
400 Freestyle	5:58.91	5:55.00	230	04/10/14	Lis Hartley Long Course Opportunity Meet	Crawley	SE4740	3
50 Butterfly	38.32	37.80	196	27/02/16	Surrey County ASA Age Group Championships 2016	Crystal Palace	LR160384	1
100 Butterfly	1:31.22	1:30.40	159	07/02/16	Surrey County ASA Age Group Championships 2016	Guildford	LR160382	1
50 Backstroke	40.95	40.50	190	28/02/15	Surrey Age Group Championships	Crystal Palace	CC150303	1
100 Backstroke	1:29.16	1:28.30	193	04/10/14	Lis Hartley Long Course Opportunity Meet	Crawley	SE4740	3
200 Backstroke	3:03.78	3:02.00	225	22/02/15	Surrey Age Group Championships	Guildford	CC150302	1
200 Individual Medley	3:12.16	3:10.10	208	22/02/15	Surrey Age Group Championships	Guildford	CC150302	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.30	33.90	221	19/11/16	Croydon Amphibians Club Championships	Croydon	LR161247	4
100 Freestyle	1:13.82	1:14.90	224	14/03/15	Croydon Borough SA Annual Champs & Age Group	South Croydon	LR150545	4
200 Freestyle	2:40.00	2:42.20	239	23/01/16	Croydon Amphibians Closed County Time Trials	Croydon	LR160259	4
400 Freestyle	5:40.23	5:44.30	242	24/10/15	Croydon Amphibians SC Club Championships 2015	Croydon	LR151478	4
1500 Freestyle	23:38.94	23:53.50	212	14/10/14	Croydon Amphibians Club Championships	Croydon	LR14263	4
50 Breaststroke	51.25	51.90	115	13/09/14	Ken Deeley 50m Sprint Meet	Brighton	SE4658	3
100 Breaststroke	1:53.27	1:54.40	116	30/11/14	Croydon Amphibians Club Championships	Croydon	LR14322	4
50 Butterfly	36.48	37.00	211	19/11/16	Croydon Amphibians Club Championships	Croydon	LR161247	4
100 Butterfly	1:26.94	1:27.80	165	14/03/15	Croydon Borough SA Annual Champs & Age Group	South Croydon	LR150545	4
200 Butterfly	3:23.23	3:24.80	145	18/04/15	Croydon Borough SA Annual Champs & Age Group	South Croydon	LR150548	4
50 Backstroke	39.02	39.50	181	19/11/16	Croydon Amphibians Club Championships	Croydon	LR161247	4
100 Backstroke	1:22.83	1:23.80	198	28/03/15	Croydon Borough SA Annual Champs & Age Group	South Croydon	LR150547	4
200 Backstroke	2:57.82	2:59.70	209	28/03/15	Croydon Borough SA Annual Champs & Age Group	South Croydon	LR150547	4
200 Individual Medley	3:11.45	3:13.50	187	15/11/14	Croydon Amphibians Club Championships	Croydon	LR14266	4
100 Individual Medley	1:23.67	1:23.70	204	19/11/16	Croydon Amphibians Club Championships	Croydon	LR161247	4