

Individual Best Times (All Time)

Dominic Lafferty - (996038) - Black Lion SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.97	26.20	466	20/01/19	Kent Swimming Championships 2019	London	SE190347	1
100 Freestyle	1:00.93	59.50	454	04/02/18	Kent Swimming Championships 2018	Crystal Palace	SE180334	1
200 Freestyle	2:48.84	2:46.80	220	20/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3
50 Breaststroke	33.89	33.00	448	19/01/19	Kent Swimming Championships 2019	London	SE190347	1
100 Breaststroke	1:19.13	1:17.50	371	03/02/19	Kent Swimming Championships 2019	Crystal Palace	SE190349	1
200 Breaststroke	3:03.39	3:00.50	320	28/01/18	Kent Swimming Championships 2018	Crystal Palace	SE180333	1
50 Backstroke	31.47	30.80	419	20/01/19	Kent Swimming Championships 2019	London	SE190347	1
100 Backstroke	1:15.92	1:14.90	313	03/02/18	Kent Swimming Championships 2018	Crystal Palace	SE180334	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.93	26.70	469	24/11/18	Black Lion Level 3 Winter Open Meet	Medway Park LC	SE180478	3
100 Freestyle	58.45	59.90	451	07/10/18	BLSC Club Championships 2018	Medway Park	SE181824	4
200 Freestyle	2:08.64	2:11.30	460	25/11/18	Black Lion Level 3 Winter Open Meet	Medway Park LC	SE180478	3
400 Freestyle	4:40.38	4:45.30	433	23/09/18	BLSC Club Championships 2018	Medway Park	SE181823	4
1500 Freestyle	20:07.81	20:24.80	344	20/11/17	BLSC Club Championships 2017	Strood	SE172223	4
50 Breaststroke	33.88	34.80	399	15/12/18	Bromley SC Christmas Gold Open Meet 2018	Gillingham	LR180784	3
100 Breaststroke	1:15.42	1:17.10	393	30/09/18	Orpington Ojays' Season Starter 2018 Open meet	MEDWAY PARK	LR180710	3
200 Breaststroke	2:44.36	2:47.50	390	09/09/18	BLSC Club Championships 2018	Medway Park	SE181821	4
50 Butterfly	30.54	31.20	361	25/11/18	Black Lion Level 3 Winter Open Meet	Medway Park LC	SE180478	3
100 Butterfly	1:10.71	1:11.80	308	17/03/18	Dartford Spring Meet	Medway	SE180241	3
50 Backstroke	30.59	31.20	377	05/05/18	Black Lion Level 3 Spring Open Meet	Medway Park LC	SE180477	3
100 Backstroke	1:07.21	1:08.40	371	09/09/18	BLSC Club Championships 2018	Medway Park	SE181821	4
200 Backstroke	2:29.86	2:32.10	350	16/09/18	BLSC Club Championships 2018	Medway Park	SE181822	4
200 Individual Medley	2:30.53	2:33.10	386	17/03/18	Dartford Spring Meet	Medway	SE180241	3
400 Individual Medley	5:29.22	5:34.50	362	16/11/17	BLSC Club Championships 2017	Strood	SE172224	4
100 Individual Medley	1:07.74	1:07.70	385	16/09/18	BLSC Club Championships 2018	Medway Park	SE181822	4