

Individual Best Times (All Time)

Verity Nicholas - (1381006) - Dover Lifeguard Swimming Club - 200 Freestyle - Short Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:28.38	410	H	03/12/23	Thanet SC Speedo Festive Meet 2023	Margate	Dover Life	3
2:32.34	379	H	04/06/23	Dover Lifeguard Club Club Championships 2023	Dover	Dover Life	4
2:32.84	375	H	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	Dover Life	3
2:33.91	368	H	28/10/23	East Invicta ASA 2023 Championships	Dover	Dover Life	2
2:36.65	349	H	06/01/24	Dover Lifeguard Club & Herne Bay SC Icebreaker 24	Dover	Dover Life	3
2:38.74	335	H	04/12/22	Thanet Swim Club Speedo Festive Meet	Dover	Dover Life	3
2:51.82	264	H	03/07/22	Dover Lifeguard SC Club Champs 2022	Dover	Dover Life	4
2:54.33	253	H	17/09/22	East Invicta Championships	Dover	Dover Life	3
2:54.64	252	H	29/10/22	East Invicta ASA Championships	Dover	Dover Life	2
2:58.11	237	H	02/04/22	Black Lion SC Regional Chaser 2022	Gillingham	Dover Life	3
3:00.41	228	F	19/06/22	Black Lion SC John Redding Gala 2022	Gillingham		3

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