Individual Best Times (All Time)

Aidan Lancaster - (973773) - Adwick (Doncaster) SC - 200 Backstroke - Short Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:09.26	173	H	19/07/14	Adwick Home Championships Santa Sprint Ladder	Adwick	Adwick	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:09.26	173	H	19/07/14	Adwick Home Championships Santa Sprint Ladder	Adwick	Adwick	4