

# Individual Best Times (All Time)

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

## Swims in Time Order

| Time    | WA Pts | Round | Date     | Meet  | Venue  | Club Swam Under | Level |
|---------|--------|-------|----------|---|--------|-----------------|-------|
| 3:36.57 | 170    | 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 |
|---------|--------|-------|----------|---|--------|-----------------|-------|
| 3:36.57 | 170    | H     | 19/07/14 | Adwick Home Championships Santa Sprint Ladder | Adwick | Adwick          | 4     |