

## Worthing Swimming Club

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### Individual Meet Results

Lis Hartley Long Course Opportunity Meet 04-Oct-14 to 05-Oct-14 [Ageup: 05/10/2014] LC Meters

Location: K2

Worthing SC [WORS]

Converted Times Used For Calculating Improvement

Time	F/P/S	Event	Place	Points	Improv
<b>Benjamin Bolton (10) B</b>					
44.39L	F # 23B	Boys 10-10 50 Back	9	---	0.49
3:33.34L	F # 25B	Boys 10-10 200 IM	7	---	-12.86
	50.77	1:43.42 2:47.71 3:33.34			
	(50.77)	(52.65) (1:04.29) (45.63)			
<b>Archy Burnell (14) B</b>					
1:08.83L	F # 27E	Boys 14-14 100 Fly	1	---	-1.57
	30.74	1:08.83			
	(30.74)	(38.09)			
29.71L	F # 29F	Boys 14-14 50 Free	10	---	1.01
<b>Grace Byford (10) G</b>					
3:39.23L	F # 4B	Girls 10-10 200 Breast	3	---	-12.47
	51.23	1:47.18 2:44.36 3:39.23			
	(51.23)	(55.95) (57.18) (54.87)			
1:47.85L	F # 6A	Girls 10-10 100 Breast	7	---	-16.25
	51.23	1:47.85			
	(51.23)	(56.62)			
2:58.20L	F # 24B	Girls 10-10 200 Free	7	---	---
	39.76	1:26.15 2:13.47 2:58.20			
	(39.76)	(46.39) (47.32) (44.73)			
1:24.23L	F # 26A	Girls 10-10 100 Free	4	---	-2.77
	39.88	1:24.23			
	(39.88)	(44.35)			
<b>Joshua Coulson (11) B</b>					
3:54.30L	F # 19C	Boys 11-11 200 Breast	6	---	9.40
	54.71	1:56.21 2:55.48 3:54.30			
	(54.71)	(1:01.50) (59.27) (58.82)			
<b>Thomas Day (10) B</b>					
41.25L	F # 23B	Boys 10-10 50 Back	1	---	-0.65
3:20.39L	F # 25B	Boys 10-10 200 IM	4	---	-7.21
	45.95	1:34.91 2:37.56 3:20.39			
	(45.95)	(48.96) (1:02.65) (42.83)			
<b>Hannah Dunn-Coleman (14) G</b>					
37.88L	F # 8F	Girls 14-14 50 Back	7	---	---
32.57L	F # 14F	Girls 14-14 50 Free	4	---	-0.13
<b>Rebecca Dunn-Coleman (14) G</b>					
37.44L	F # 8F	Girls 14-14 50 Back	4	---	-0.96
32.78L	F # 14F	Girls 14-14 50 Free	5	---	-0.02
1:20.33L	F # 20E	Girls 14-14 100 Back	4	---	-1.97
	39.06	1:20.33			
	(39.06)	(41.27)			
35.08L	F # 28F	Girls 14-14 50 Fly	4	---	-1.02

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<b>Michelle Hepworth (14) G</b>					
1:13.07L	F # 20E	Girls 14-14 100 Back	1	---	2.87
	35.03	1:13.07			
	(35.03)	(38.04)			
2:18.92L	F # 24F	Girls 14-14 200 Free	1	---	-0.28
	32.01	1:07.97 1:44.59 2:18.92			
	(32.01)	(35.96) (36.62) (34.33)			
1:03.65L	F # 26E	Girls 14-14 100 Free	1	---	0.85
	30.72	1:03.65			
	(30.72)	(32.93)			
32.91L	F # 28F	Girls 14-14 50 Fly	1	---	0.61
<b>Caitlin Silk (10) G</b>					
1:30.51L	F # 20A	Girls 10-10 100 Back	3	---	-1.69
	43.54	1:30.51			
	(43.54)	(46.97)			
50.75L	F # 22B	Girls 10-10 50 Breast	11	---	2.15
2:52.99L	F # 24B	Girls 10-10 200 Free	5	---	4.09
	39.29	1:25.06 2:11.15 2:52.99			
	(39.29)	(45.77) (46.09) (41.84)			
<b>Oscar Silk (12) B</b>					
1:29.74L	F # 21C	Boys 12-12 100 Breast	3	---	-2.96
	42.22	1:29.74			
	(42.22)	(47.52)			
38.90L	F # 23D	Boys 12-12 50 Back	3	---	1.10
2:51.98L	F # 25D	Boys 12-12 200 IM	3	---	2.58
	38.99	1:24.57 2:13.70 2:51.98			
	(38.99)	(45.58) (49.13) (38.28)			
<b>Maisie Standen (11) G</b>					
1:29.83L	F # 20B	Girls 11-11 100 Back	14	---	-22.97
	46.52	1:29.83			
	(46.52)	(43.31)			
2:57.43L	F # 24C	Girls 11-11 200 Free	17	---	---
	43.11	1:29.50 2:15.42 2:57.43			
	(43.11)	(46.39) (45.92) (42.01)			
1:19.65L	F # 26B	Girls 11-11 100 Free	18	---	-20.15
	39.18	1:19.65			
	(39.18)	(40.47)			