

Individual Best Times (All Time)

Dylan Alston - (926110) - Borough of Southend Swimming and

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|----------------|---------|-----------------|-----------|----------|--------------------------------------|----------|---------|-------|
| 50 Freestyle | 30.43 | 29.70 | 324 | 23/11/13 | Essex Winter Long Course Competition | Basildon | ER3696 | 1 |
| 50 Backstroke | 35.69 | 35.10 | 287 | 24/11/13 | Essex Winter Long Course Competition | Basildon | ER3696 | 1 |
| 200 Backstroke | 2:46.57 | 2:44.60 | 303 | 24/11/13 | Essex Winter Long Course Competition | Basildon | ER3696 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|---|-----------|---------|-------|
| 50 Freestyle | 28.57 | 29.30 | 351 | 29/11/14 | Essex Senior Junior Championships | Basildon | ER4970 | 2 |
| 100 Freestyle | 1:02.64 | 1:04.00 | 366 | 29/11/14 | Essex Senior Junior Championships | Basildon | ER4970 | 2 |
| 200 Freestyle | 2:22.13 | 2:24.60 | 341 | 29/11/14 | Essex Senior Junior Championships | Basildon | ER4970 | 2 |
| 400 Freestyle | 5:07.92 | 5:12.50 | 327 | 19/10/14 | The Alan Mitchell Memorial County Qualifier | Grays | ER4860 | 3 |
| 50 Breaststroke | 44.21 | 44.90 | 179 | 14/12/13 | Borough of Southend Club Championships | Southend | ER3993 | 4 |
| 50 Butterfly | 32.02 | 32.60 | 313 | 30/11/14 | Essex Senior Junior Championships | Basildon | ER4970 | 2 |
| 100 Butterfly | 1:20.39 | 1:21.30 | 209 | 09/12/13 | Borough of Southend Club Championships | Southend | ER3993 | 4 |
| 50 Backstroke | 33.35 | 33.90 | 291 | 11/05/14 | Braintree & Bocking Spring Festival | Braintree | ER4398 | 3 |
| 100 Backstroke | 1:11.95 | 1:13.10 | 303 | 10/05/14 | Braintree & Bocking Spring Festival | Braintree | ER4398 | 3 |
| 200 Backstroke | 2:30.97 | 2:33.20 | 342 | 30/11/14 | Essex Senior Junior Championships | Basildon | ER4970 | 2 |
| 200 Individual Medley | 2:40.65 | 2:43.10 | 317 | 11/05/14 | Braintree & Bocking Spring Festival | Braintree | ER4398 | 3 |
| 100 Individual Medley | 1:15.05 | 1:15.10 | 283 | 10/05/14 | Braintree & Bocking Spring Festival | Braintree | ER4398 | 3 |