

Individual Best Times (All Time)

Grace King - (1132304) -

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.98	27.20	600	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
200 Freestyle	2:40.99	2:38.80	344	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
800 Freestyle	9:21.54	9:11.20	643	18/01/20	Suffolk ASA County Championships 2020	Norwich	ER200343	1
1500 Freestyle	18:19.52	18:00.60	586	19/05/18	ASA East Region Long Course Championships	Basildon	ER180540	1
50 Breaststroke	33.70	32.80	647	31/03/19	Team Luton March Open Meet	Luton	ER190183	1
100 Breaststroke	1:13.41	1:11.70	666	28/07/19	British Summer Championships	Glasgow	BSW011	1
200 Breaststroke	2:39.39	2:36.00	642	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
50 Butterfly	30.65	30.00	506	07/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
100 Butterfly	1:06.86	1:05.70	571	08/03/20	Arena National League 51st Cup Final	Cardiff	WL200030	1
200 Butterfly	2:41.49	2:39.50	429	27/05/17	ASA East Region Long Course Championships	Norwich	ER170220	1
50 Backstroke	35.50	34.90	433	29/05/17	ASA East Region Long Course Championships	Norwich	ER170220	1
100 Backstroke	1:28.75	1:27.80	269	14/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	ERX413	1
200 Backstroke	2:38.92	2:36.80	465	27/05/17	ASA East Region Long Course Championships	Norwich	ER170220	1
200 Individual Medley	2:27.57	2:24.90	624	02/03/19	Arena National League 19th B Final	Cardiff	WL190017	1
400 Individual Medley	5:11.93	5:06.30	619	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.73	28.50	565	24/02/19	Suffolk County Championships 2019	Ipswich	ER190366	2
100 Freestyle	59.20	1:00.60	611	23/03/19	Teamipswich March Open 2019	Ipswich	ER190275	3
200 Freestyle	2:07.22	2:09.90	651	09/02/20	Suffolk ASA County Championships 2019	Ipswich	ER200346	2
400 Freestyle	4:23.95	4:29.20	672	09/02/20	Suffolk ASA County Championships 2019	Ipswich	ER200346	2
800 Freestyle	9:21.47	9:31.70	614	23/06/18	Teamipswich Long Distance Invitational Meet 2018	Ipswich	ER181222	4
50 Breaststroke	32.87	33.80	642	04/11/18	Swim England East Region Short Course Championship	Luton	ER180889	2
100 Breaststroke	1:11.14	1:12.90	673	14/07/19	Teamipswich July Surprise Meet 2019	Ipswich	ER190273	3
200 Breaststroke	2:35.59	2:38.90	646	01/02/20	Suffolk ASA County Championships 2019	Ipswich	ER200346	2
50 Butterfly	29.99	30.60	537	08/07/18	Teamipswich July Surprise Meet 2018	Ipswich	ER181095	3
100 Butterfly	1:05.22	1:06.40	569	09/11/19	NASL London Round 2	Becintree	ER192864	2
200 Butterfly	2:27.56	2:29.70	532	17/11/18	Teamipswich November Open 2018	Ipswich	ER181908	3
50 Backstroke	32.27	32.90	479	23/03/19	Teamipswich March Open 2019	Ipswich	ER190275	3
100 Backstroke	1:08.94	1:10.10	504	22/09/19	Teamipswich Club Championships 2019	Ipswich	ER192238	4
200 Backstroke	2:28.77	2:31.00	511	04/02/18	Suffolk County Championships 2018	Ipswich	ER180352	2
200 Individual Medley	2:22.05	2:24.80	631	26/01/20	Suffolk ASA County Championships 2020	Ipswich	ER200344	2
400 Individual Medley	5:02.22	5:08.00	628	03/11/18	Swim England East Region Short Course Championship	Luton	ER180889	2
100 Individual Medley	1:05.90	1:05.90	630	14/07/19	Teamipswich July Surprise Meet 2019	Ipswich	ER190273	3