

Individual Best Times (All Time)

Grace Simmonds - (1159349) - Black Lion SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	37.25	36.40	479	12/02/17	Kent Swimming Championships	London Aquatics	SE170174	1
100 Breaststroke	1:21.99	1:20.40	478	04/02/17	Kent Swimming Championships	Crystal Palace	SE170173	1
200 Breaststroke	3:04.01	3:01.10	417	04/02/17	Kent Swimming Championships	Crystal Palace	SE170173	1
50 Butterfly	32.53	31.90	423	11/02/18	Kent Swimming Championships 2018	London	SE180335	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.77	30.50	456	16/09/18	BLSC Club Championships 2018	Medway Park	SE181822	4
100 Freestyle	1:06.84	1:08.10	424	07/01/18	BLSC Winter Time Trials 2017	Medway Park	SE180595	4
200 Freestyle	2:57.79	2:59.70	238	14/09/14	Black Lion Club Championships 2014	Gillingham	SE4636	4
50 Breaststroke	35.65	36.50	503	07/12/19	Bromley SC Christmas Gold Open Meet 2019	Bromley	LR191593	3
100 Breaststroke	1:21.44	1:23.00	448	10/12/16	NASLS - Round 3	Gillingham	SE162560	3
200 Breaststroke	3:03.75	3:06.60	392	18/09/16	Black Lion Club Championships	Gillingham	SE161679	4
50 Butterfly	31.47	32.10	464	08/12/19	Bromley SC Christmas Gold Open Meet 2019	Bromley	LR191593	3
50 Backstroke	37.11	37.60	315	09/10/16	Black Lion Club Championships	Gillingham	SE161681	4
100 Backstroke	1:18.54	1:19.60	341	10/09/17	BLSC Club Championships 2017	Medway Park	SE172218	4
200 Backstroke	3:41.57	3:43.10	154	15/09/13	Black Lion Club Championships	Gillingham	SE3620	4
200 Individual Medley	3:02.87	3:05.00	295	16/12/15	Black Lion Club Time Trials (2)	Strood	SE152377	4
100 Individual Medley	1:17.53	1:17.50	387	17/09/17	BLSC Club Championships 2017	Medway Park	SE172219	4