

Individual Best Times (All Time)

Harriet Smith - (1211721) - Dunmow Atlantis SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.09	32.50	363	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Freestyle	1:20.00	1:18.90	270	23/07/16	BPSC End of Season Meet 2016	Basildon	ER160054	3
50 Butterfly	42.38	41.90	191	23/07/16	BPSC End of Season Meet 2016	Basildon	ER160054	3
50 Backstroke	38.34	37.80	343	01/02/20	Essex Age Group Championships 2020	London	ER200176	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.02	33.60	334	15/03/20	Dunmow Atlantis March Madness	Braintree	ER200221	3
100 Freestyle	1:16.38	1:17.50	284	18/06/16	Harlow Penguins 5th Eric Shepherd Open Meet	Harlow	ER160521	3
400 Freestyle	5:48.31	5:52.30	292	24/11/19	BBSC & DASC Christmas Cracker 2019	Braintree	ER192686	3
800 Freestyle	11:58.23	12:06.30	293	04/10/19	DASC Long Distance Event	Dunmow	ER192821	4
50 Breaststroke	50.11	50.70	181	28/11/15	Dunmow Atlantis Club Championships	Dunmow	ER151612	4
100 Breaststroke	1:49.68	1:50.80	183	05/12/15	Braintree & Bocking Spring Festival Open Meet	Braintree	ER151657	3
200 Breaststroke	4:03.72	4:05.90	168	08/10/15	Dunmow Atlantis Club Championships	Dunmow	ER151610	4
50 Butterfly	36.31	36.80	302	16/12/22	Dunmow Atlantis Last Chance Qualifier 2022	Dunmow	ER222338	4
100 Butterfly	1:24.30	1:25.20	263	16/12/22	Dunmow Atlantis Last Chance Qualifier 2022	Dunmow	ER222338	4
50 Backstroke	36.37	36.90	334	15/03/20	Dunmow Atlantis March Madness	Braintree	ER200221	3
100 Backstroke	1:29.88	1:30.80	227	13/03/16	Basildon & Phoenix SC Spring Time Trial Event 2016	Basildon	ER160007	3
100 Individual Medley	1:35.79	1:35.80	205	06/12/15	Braintree & Bocking Spring Festival Open Meet	Braintree	ER151657	3