

# Individual Best Times (All Time)

Alexander Francis - (1296233) - Doncaster Darts SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.24	33.60	227	22/07/17	City of Sheffield Summer Meet	Sheffield	NE170250	3
100 Freestyle	1:15.04	1:13.90	243	22/07/17	City of Sheffield Summer Meet	Sheffield	NE170250	3
200 Freestyle	2:47.19	2:45.10	227	23/07/17	City of Sheffield Summer Meet	Sheffield	NE170250	3
400 Freestyle	5:59.62	5:55.70	229	22/07/17	City of Sheffield Summer Meet	Sheffield	NE170250	3
50 Breaststroke	59.40	58.90	83	03/12/16	Bo Barnsley 21st Annual Christmas Sprint	Sheffield	NE160960	3
50 Butterfly	39.74	39.30	175	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Butterfly	1:38.84	1:38.10	125	25/02/17	Yorkshire SA County Championships	Leeds	NE170143	1
50 Backstroke	39.83	39.30	206	23/07/17	City of Sheffield Summer Meet	Sheffield	NE170250	3
100 Backstroke	1:24.38	1:23.40	228	26/02/17	Yorkshire SA County Championships	Leeds	NE170143	1
200 Backstroke	3:02.64	3:00.80	230	23/07/17	City of Sheffield Summer Meet	Sheffield	NE170250	3
200 Individual Medley	3:15.16	3:13.10	199	26/02/17	Yorkshire SA County Championships	Leeds	NE170143	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.07	32.70	248	12/11/17	Adwick Home Championships	Adwick	NE171578	4
100 Freestyle	1:11.18	1:12.30	249	28/10/17	ASA North East Region Age Group Championships	Sunderland	NE172046	2
200 Freestyle	2:36.63	2:38.80	255	16/09/17	York City Baths Autumn Swim Extravaganza 2017	Leeds	NE171822	3
400 Freestyle	5:37.86	5:42.00	247	10/06/17	Harrogate District SC Summer A Grade Meet	Harrogate	NE170165	3
50 Breaststroke	47.27	47.90	147	11/11/17	Adwick Home Championships	Adwick	NE171578	4
100 Breaststroke	1:42.84	1:44.10	155	07/10/17	Doncaster Mets Individual Championships	Doncaster	NE171805	3
200 Breaststroke	4:24.28	4:26.30	93	22/10/16	Adwick ASC Home Championships	Adwick	NE161757	4
50 Butterfly	35.54	36.10	229	12/11/17	Adwick Home Championships	Adwick	NE171578	4
100 Butterfly	1:34.75	1:35.60	128	01/07/17	End of Season Short Course Meet	Hull	NE171669	3
200 Butterfly	4:15.90	4:17.10	72	24/09/16	Adwick Home Championships	Adwick	NE161756	4
50 Backstroke	35.97	36.50	232	28/10/17	ASA North East Region Age Group Championships	Sunderland	NE172046	2
100 Backstroke	1:18.35	1:19.40	234	30/09/17	Yorkshire SA Winter Competition	Leeds	NE171862	2
200 Backstroke	2:46.45	2:48.40	255	29/10/17	ASA North East Region Age Group Championships	Sunderland	NE172046	2
200 Individual Medley	3:07.51	3:09.60	199	30/09/17	Yorkshire SA Winter Competition	Leeds	NE171862	2
400 Individual Medley	6:42.10	6:46.50	199	30/03/17	KUH SC A B Easter Short Course Meet	Kingston Upon Hull	NE170411	3
100 Individual Medley	1:23.76	1:23.80	203	11/11/17	Adwick Home Championships	Adwick	NE171578	4