

Individual Best Times (All Time)

Alexandra Hart - (1337765) - Millfield

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.58	28.90	508	12/05/24	Team Bath AS & Millfield L1 Last Chance Meet 2024	Millfield	SW240605	1
100 Freestyle	1:06.05	1:04.80	479	11/03/23	National Preparation Meet L1 2023	Millfield	SW230350	1
200 Freestyle	2:24.44	2:22.00	476	12/03/23	National Preparation Meet L1 2023	Millfield	SW230350	1
400 Freestyle	5:04.19	4:59.50	463	16/03/24	Somerset ASA County Championships 2024	Millfield	SW240543	1
800 Freestyle	10:18.38	10:09.00	481	10/03/24	Chelsea & Westminster & Millfield March Grand Prix	Millfield	SW240471	1
1500 Freestyle	20:06.41	19:49.20	444	12/02/23	Somerset ASA County Championships 2023	Millfield	SW230178	1
50 Breaststroke	44.37	43.70	283	23/01/22	Somerset ASA County Championships 2022	Millfield	SW220105	1
100 Breaststroke	1:52.60	1:51.50	184	08/07/18	BWFSC SUMMER MEET LEVEL 3	LONDON	LR181256	3
50 Butterfly	31.59	31.00	462	13/05/23	SE South West Summer Regional Championships 2023	Hengrove	SW230524	1
100 Butterfly	1:10.29	1:09.20	491	12/05/24	Team Bath AS & Millfield L1 Last Chance Meet 2024	Millfield	SW240605	1
200 Butterfly	2:54.65	2:52.80	339	24/04/22	Swim England South West Region Championships 2022	Millfield	SW220567	1
50 Backstroke	32.23	31.60	578	04/08/23	Swim England National Summer Meet 2023	Sheffield	ENG028	1
100 Backstroke	1:09.92	1:08.80	551	06/08/23	Swim England National Summer Meet 2023	Sheffield	ENG028	1
200 Backstroke	2:29.99	2:27.80	553	04/05/24	SE SWR Summer Championships 2024	Plymouth	SW240588	1
200 Individual Medley	2:45.77	2:43.40	440	11/03/23	National Preparation Meet L1 2023	Millfield	SW230350	1
400 Individual Medley	6:02.45	5:57.60	394	30/01/22	Somerset ASA County Championships 2022	Millfield	SW220106	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.80	29.50	504	02/12/23	Taunton Deane, Millfield & Street County Qualifier	Millfield School	SW232169	3
100 Freestyle	1:03.62	1:04.90	492	21/10/23	CW+Millfield Int'l Meet Part of 23/24 Arena Series	Millfied School	SW231690	2
200 Freestyle	2:19.90	2:22.40	490	15/10/22	Millfield & Team Bath AS Level 2 Short Course Meet	Millfield	SW221660	2
400 Freestyle	4:45.12	4:50.00	533	17/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
800 Freestyle	10:07.50	10:16.90	485	14/10/22	Millfield & Team Bath AS Level 2 Short Course Meet	Millfield	SW221660	2
1500 Freestyle	21:54.84	22:10.50	329	04/10/19	CASA Level 2 Swimming Championships	Mombasa	GBR1180	2
50 Breaststroke	41.02	41.80	330	27/11/22	Taunton Deane November County Qualifier Meet	Millfield	SW221996	3
100 Breaststroke	1:26.26	1:27.70	377	26/11/22	Taunton Deane November County Qualifier Meet	Millfield	SW221996	3
50 Butterfly	31.09	31.70	482	03/12/23	Taunton Deane, Millfield & Street County Qualifier	Millfield School	SW232169	3
100 Butterfly	1:11.98	1:13.00	423	15/10/22	Millfield & Team Bath AS Level 2 Short Course Meet	Millfield	SW221660	2
200 Butterfly	2:41.92	2:43.90	403	26/11/22	Taunton Deane November County Qualifier Meet	Millfield	SW221996	3
50 Backstroke	31.34	32.00	522	17/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Backstroke	1:07.35	1:08.50	541	03/12/23	Taunton Deane, Millfield & Street County Qualifier	Millfield School	SW232169	3
200 Backstroke	2:24.72	2:27.00	555	03/12/23	Taunton Deane, Millfield & Street County Qualifier	Millfield School	SW232169	3
200 Individual Medley	2:37.70	2:40.20	461	27/11/22	Taunton Deane November County Qualifier Meet	Millfield	SW221996	3
400 Individual Medley	5:32.80	5:38.00	471	27/11/22	Taunton Deane November County Qualifier Meet	Millfield	SW221996	3
100 Individual Medley	1:11.48	1:11.50	494	02/12/23	Taunton Deane, Millfield & Street County Qualifier	Millfield School	SW232169	3