

# Individual Best Times (All Time)

Elise Smith - (1410744) - Epsom District SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.03	32.40	365	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
100 Freestyle	1:14.19	1:13.10	338	08/07/23	ESSA Summer Open Championships 2023	Crawley	SE230715	3
200 Freestyle	2:35.43	2:33.20	382	17/06/23	Wandsworth SC Summer Open Meet 2023	Crawley	LR230513	3
400 Freestyle	5:17.07	5:12.60	409	06/01/24	Crawley Speedo New Year Gala L3 2024	Crawley	SE240145	3
800 Freestyle	10:53.13	10:44.20	408	25/11/23	Rushmoor Royals Winter L3 LC Open Meet 2023	Aldershot	SE231747	3
1500 Freestyle	20:34.84	20:18.00	414	05/01/24	Crawley Speedo New Year Gala L3 2024	Crawley	SE240145	3
50 Breaststroke	42.20	41.40	329	17/06/23	Wandsworth SC Summer Open Meet 2023	Crawley	LR230513	3
100 Breaststroke	1:31.36	1:30.00	345	17/06/23	Wandsworth SC Summer Open Meet 2023	Crawley	LR230513	3
200 Breaststroke	3:20.85	3:18.20	321	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
50 Butterfly	37.24	36.70	282	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
100 Butterfly	1:36.98	1:36.20	187	24/06/22	Stuttgart International Swim Meet 2022	Stuttgart	GBR1780	1
200 Butterfly	3:07.08	3:05.40	276	18/06/23	Wandsworth SC Summer Open Meet 2023	Crawley	LR230513	3
50 Backstroke	43.71	43.20	232	24/06/22	Stuttgart International Swim Meet 2022	Stuttgart	GBR1780	1
100 Backstroke	1:24.80	1:23.80	308	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
200 Backstroke	2:58.03	2:56.10	330	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
200 Individual Medley	2:50.17	2:47.80	407	06/01/24	Crawley Speedo New Year Gala L3 2024	Crawley	SE240145	3
400 Individual Medley	6:01.50	5:56.60	397	20/01/24	Surrey Age Group Championships 2024	Guildford	SE240476	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.26	32.90	359	17/03/24	Cranleigh ASC Mavis Godfrey Spring Open Meet 2024	Cranleigh	SE240282	3
100 Freestyle	1:09.41	1:10.60	379	17/03/24	Cranleigh ASC Mavis Godfrey Spring Open Meet 2024	Cranleigh	SE240282	3
200 Freestyle	2:29.26	2:31.60	403	17/03/24	Cranleigh ASC Mavis Godfrey Spring Open Meet 2024	Cranleigh	SE240282	3
400 Freestyle	5:17.46	5:21.90	386	12/03/23	Cranleigh SC Mavis Godfrey Spring Gala 2023	Cranleigh	SE230337	3
800 Freestyle	10:53.09	11:01.90	390	12/10/23	Epsom District SC Club Championships 2023	Downsend Sch	SE232261	4
1500 Freestyle	20:43.31	20:59.80	389	19/10/23	Epsom District SC Club Championships 2023	Downsend Sch	SE232262	4
50 Breaststroke	41.19	41.90	326	02/12/23	Teddington Winter County Qualifier Open Meet 2023	Xcel Leisure, Walton	LR231700	3
100 Breaststroke	1:29.73	1:31.10	335	19/11/23	Kingston Royal Autumn Open Meet 2023	Elmbridge Xcel	LR231514	3
200 Breaststroke	3:13.84	3:16.60	334	08/10/23	Epsom District Autumn Open Meet 2023	Epsom	SE231142	3
50 Butterfly	36.60	37.10	295	17/03/24	Cranleigh ASC Mavis Godfrey Spring Open Meet 2024	Cranleigh	SE240282	3
100 Butterfly	1:23.29	1:24.20	273	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
200 Butterfly	3:02.46	3:04.20	281	18/11/23	Kingston Royal Autumn Open Meet 2023	Elmbridge Xcel	LR231514	3
50 Backstroke	40.11	40.60	249	08/10/23	Epsom District Autumn Open Meet 2023	Epsom	SE231142	3
100 Backstroke	1:23.18	1:24.10	287	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
200 Backstroke	2:57.64	2:59.50	300	23/10/22	EDSC Autumn Club Championships 2022	Rainbow Centre, Epsom	SE221923	4
200 Individual Medley	2:47.61	2:49.90	384	13/01/24	Kingston Royals New Year County Qualifier Meet 202	Walton-on-Thames	LR240112	3
400 Individual Medley	5:56.59	6:01.50	382	12/11/23	Epsom District SC Club Championships 2023	Rainbow Centre	SE232264	4
100 Individual Medley	1:20.95	1:21.00	340	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3