

Individual Best Times (All Time)

Henry Mason-Smith - (1451855) - Louth Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.38	27.60	399	05/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
100 Freestyle	1:00.96	59.60	454	04/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
200 Freestyle	2:16.33	2:13.80	418	21/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
400 Freestyle	4:57.18	4:52.40	406	20/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
50 Breaststroke	36.33	35.50	364	04/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
100 Breaststroke	1:24.39	1:22.90	306	05/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
200 Breaststroke	3:04.86	3:02.00	312	20/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
50 Butterfly	31.87	31.30	341	06/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
100 Butterfly	1:19.17	1:18.20	243	17/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
50 Backstroke	34.20	33.60	326	06/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
100 Backstroke	1:15.87	1:14.80	314	21/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
200 Backstroke	2:45.84	2:43.80	307	04/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
200 Individual Medley	2:42.71	2:40.30	343	16/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.46	28.20	395	02/06/24	Louth SC Sportsmans Week 2024	Louth	EM241288	3
100 Freestyle	1:00.74	1:02.10	402	07/04/24	Rugby Open Meet 2024	Rugby	WM240202	3
200 Freestyle	2:14.86	2:17.40	400	07/04/24	Rugby Open Meet 2024	Rugby	WM240202	3
400 Freestyle	4:51.37	4:56.10	386	27/01/24	Lincolnshire County Championships 2024	Grantham	EM240005	2
1500 Freestyle	23:18.57	23:33.30	222	23/11/23	Louth SC L3 Club Champs 2023	Meridan	EM232181	3
50 Breaststroke	35.88	36.70	336	02/06/24	Louth SC Sportsmans Week 2024	Louth	EM241288	3
100 Breaststroke	1:21.64	1:23.20	310	06/04/24	Rugby Open Meet 2024	Rugby	WM240202	3
200 Breaststroke	3:00.54	3:03.40	294	28/01/24	Lincolnshire County Championships 2024	Grantham	EM240005	2
50 Butterfly	30.84	31.40	350	02/06/24	Louth SC Sportsmans Week 2024	Louth	EM241288	3
100 Butterfly	1:12.25	1:13.30	289	28/01/24	Lincolnshire County Championships 2024	Grantham	EM240005	2
50 Backstroke	33.77	34.40	280	06/04/24	Rugby Open Meet 2024	Rugby	WM240202	3
100 Backstroke	1:13.91	1:15.00	279	28/01/24	Lincolnshire County Championships 2024	Grantham	EM240005	2
200 Backstroke	2:38.39	2:40.50	296	03/02/24	Lincolnshire County Championships 2024	Louth	EM240006	2
200 Individual Medley	2:39.77	2:42.20	323	03/02/24	Lincolnshire County Championships 2024	Louth	EM240006	2
100 Individual Medley	1:09.98	1:10.00	349	02/06/24	Louth SC Sportsmans Week 2024	Louth	EM241288	3