

Individual Best Times (All Time)

Harry Nias - (1497962) - Backwell SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.94	29.20	340	16/03/24	Somerset ASA County Championships 2024	Millfield	SW240543	1
100 Freestyle	1:06.10	1:04.80	356	17/03/24	Somerset ASA County Championships 2024	Millfield	SW240543	1
50 Butterfly	32.78	32.20	313	20/04/24	SE SWR Summer Championships 2024	Bristol	SW240586	1
100 Butterfly	1:19.58	1:18.60	239	16/03/24	Somerset ASA County Championships 2024	Millfield	SW240543	1
50 Backstroke	33.95	33.40	333	25/02/24	Somerset ASA County Championships 2024	Millfield	SW240542	1
100 Backstroke	1:14.36	1:13.30	334	16/03/24	Somerset ASA County Championships 2024	Millfield	SW240543	1
200 Backstroke	2:43.34	2:41.30	321	25/02/24	Somerset ASA County Championships 2024	Millfield	SW240542	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.97	30.70	304	03/12/23	Soundwell SC County Qualifier 2023	Hutton Moor LC	SW231617	3
100 Freestyle	1:06.40	1:07.60	307	12/03/23	Keynsham & Bristol Penguins Spring Meet 2023	Weston-super-Mare	SW230246	3
200 Freestyle	2:39.66	2:41.80	241	26/11/23	Backwell SC Club Champs 2023	Backwell	SW232134	4
50 Breaststroke	42.93	43.70	196	11/03/23	Keynsham & Bristol Penguins Spring Meet 2023	Weston-super-Mare	SW230246	3
50 Butterfly	32.35	32.90	303	30/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
100 Butterfly	1:18.50	1:19.50	225	15/10/23	National Arena Swimming League Western 2023 Gala 2	Millfield	SW232337	4
50 Backstroke	33.48	34.10	288	30/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
100 Backstroke	1:13.18	1:14.30	288	17/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
200 Backstroke	2:52.32	2:54.20	230	17/07/22	Swindon Dolphin ASC End of Season Open Meet	Swindon	SW220945	3
200 Individual Medley	3:00.40	3:02.60	224	30/10/22	City Of Bristol Halloween Spooktacular 2022	Hengrove Park	SW221936	3
100 Individual Medley	1:15.95	1:16.00	273	17/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3