

# Individual Best Times (All Time)

Sian Smith - (152235) - Watford SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.06	27.30	595	09/02/14	Derventio Excel February Festival	Sheffield	EM4028	1
100 Freestyle	59.61	58.20	652	05/05/13	ASA East Region Youth Championships	Luton	ERX312	1
200 Freestyle	2:10.63	2:07.90	644	05/08/14	BG ASA Youth & MC Championships 2014	Sheffield	ASA135	1
400 Freestyle	4:54.51	4:49.70	510	14/06/08	East Region Bagcat Champs	Norwich	ERX812	1
800 Freestyle	10:09.99	10:00.40	501	19/04/08	Radford SC Open Meet	Sheffield	EM8009	1
50 Butterfly	31.03	30.40	488	07/10/12	32nd Robin Hood Open Meet	Sheffield	EM2256	1
100 Butterfly	1:08.53	1:07.40	530	04/05/13	ASA East Region Youth Championships	Luton	ERX312	1
50 Backstroke	32.02	31.40	590	08/12/13	ASA East Regionals Winter Championships	Norwich	ERX328	1
100 Backstroke	1:07.30	1:06.10	618	01/04/12	City of Sheffield Premier Meet	Sheffield	NE2143	1
200 Backstroke	2:23.33	2:21.00	634	31/03/12	City of Sheffield Premier Meet	Sheffield	NE2143	1
200 Individual Medley	2:45.70	2:43.30	440	14/06/09	East Region Age Groups	Norwich	ERX914	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.47	28.20	581	12/05/13	Hatfield SC UK Challenge 2013	Hatfield	ER3445	2
100 Freestyle	58.53	59.90	632	12/05/13	Hatfield SC UK Challenge 2013	Hatfield	ER3445	2
200 Freestyle	2:08.23	2:10.90	636	12/07/14	Hatfield Summer Spectacle at the Sports Village	Hatfield	ER4749	2
400 Freestyle	4:53.88	4:58.60	487	08/03/09	Hertfordshire Champs	Borehamwood	CC9004	2
1500 Freestyle	19:59.89	20:17.00	433	01/03/08	Hertfordshire C Champs	Borehamwood	CC8009	2
50 Breaststroke	39.51	40.30	370	28/09/14	Hatfield Club Championships	Hatfield	ER14124	4
100 Breaststroke	1:33.97	1:35.30	292	23/09/07	Hatfield Club Champs	Hatfield	ER7296	4
200 Breaststroke	3:18.05	3:20.70	313	01/03/08	Hertfordshire Champs	Borehamwood	CC8008	2
50 Butterfly	30.07	30.70	532	23/03/13	Hertfordshire County Championships	Borehamwood	CC3089	2
100 Butterfly	1:05.52	1:06.70	561	12/05/12	Hatfield SC UK Challenge	Hatfield	ER2331	2
200 Butterfly	2:52.52	2:54.30	333	17/11/07	Milton Keynes November	Milton Keynes	SE7158	2
50 Backstroke	30.15	30.80	587	24/03/12	Hertfordshire ASA County Championships	Borehamwood	CC2105	2
100 Backstroke	1:04.54	1:05.80	615	18/03/12	Hertfordshire County Championships	Borehamwood	CC2104	2
200 Backstroke	2:16.86	2:19.30	656	18/03/12	Hertfordshire County Championships	Borehamwood	CC2104	2
200 Individual Medley	2:37.71	2:40.20	461	29/11/08	Hatfield UK Challenge	Hatfield	ER8540	2
400 Individual Medley	5:38.75	5:43.90	446	26/01/08	Biggleswade Open Meet	Biggleswade	ER8048	2
100 Individual Medley	1:14.88	1:14.90	429	12/03/09	Hertfordshire Champs	Borehamwood	CC9005	2