

Individual Best Times (All Time)

Alex O'Neil - (1617186) - Verulam ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
200 Freestyle	3:10.10	3:08.30	154	15/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
800 Freestyle	12:43.44	12:35.80	207	22/06/24	Team Luton Summer Long Course Meet 2024	Luton	ER240777	3
100 Backstroke	1:32.49	1:31.60	173	15/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.47	35.10	200	10/03/24	City of St Albans Spring Meet 2024	St Albans	ER240103	3
100 Freestyle	1:17.25	1:18.30	195	09/03/24	City of St Albans Spring Meet 2024	St Albans	ER240103	3
200 Freestyle	2:51.41	2:53.40	194	10/03/24	City of St Albans Spring Meet 2024	St Albans	ER240103	3
800 Freestyle	13:07.96	13:15.30	178	21/10/23	Team Luton Autumn Short Course Meet 2023	Luton	ER231536	3
50 Breaststroke	49.69	50.30	126	09/06/24	Verulam SC Summer Club Championships 2024	St Albans	ER241129	4
100 Breaststroke	1:51.81	1:52.90	120	09/03/24	City of St Albans Spring Meet 2024	St Albans	ER240103	3
50 Butterfly	38.45	38.90	181	09/06/24	Verulam SC Summer Club Championships 2024	St Albans	ER241129	4
50 Backstroke	38.64	39.20	187	09/06/24	Verulam SC Summer Club Championships 2024	St Albans	ER241129	4
100 Backstroke	1:19.16	1:20.20	227	18/05/24	Cheshunt SC May Anniversary Meet 2024	Harlow	ER240235	3
200 Backstroke	3:14.78	3:16.50	159	25/06/23	City of St Albans SC End of Season Meet 2023	St Albans	ER230216	3
200 Individual Medley	3:26.59	3:28.50	149	25/11/23	Verulam SC Autumn Club Champs 2023	St Albans	ER232141	4
100 Individual Medley	1:27.46	1:27.50	178	09/06/24	Verulam SC Summer Club Championships 2024	St Albans	ER241129	4