

Individual Best Times (All Time)

Adam Smith - (353861) - City of Bristol SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.94	30.30	308	23/03/13	Surrey Age Group County Champs	Crystal Palace	CC3042	1
100 Freestyle	1:09.68	1:08.50	304	12/01/13	Rushmoor Royals 7th New Year Open Meet	Aldershot	SE3070	3
200 Freestyle	2:38.00	2:35.80	269	07/05/11	Beckenham International Open Meet	London	LR1175	1
400 Freestyle	5:06.64	5:02.00	369	03/03/13	Surrey County Championships	Guildford	CC3039	1
1500 Freestyle	21:08.62	20:52.20	323	04/02/12	Surrey County Age Group Championships	Surrey	CC2091	1
50 Breaststroke	41.40	40.60	246	13/01/13	Rushmoor Royals 7th New Year Open Meet	Aldershot	SE3070	3
200 Breaststroke	3:18.48	3:15.80	252	12/01/13	Rushmoor Royals 7th New Year Open Meet	Aldershot	SE3070	3
50 Butterfly	35.50	35.00	246	23/03/13	Surrey Age Group County Champs	Crystal Palace	CC3042	1
50 Backstroke	36.16	35.60	276	23/03/13	Surrey Age Group County Champs	Crystal Palace	CC3042	1
100 Backstroke	1:20.08	1:19.10	267	13/05/12	Beckenham International Open Meet	London	LR2276	1
200 Backstroke	2:44.72	2:42.70	313	11/05/13	Beckenham SC International Open Meet	Crystal Palace	LR3301	1
200 Individual Medley	2:51.14	2:48.80	295	13/05/12	Beckenham International Open Meet	London	LR2276	1
400 Individual Medley	5:52.21	5:47.20	326	03/03/13	Surrey County Championships	Guildford	CC3039	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.13	28.90	368	17/01/16	London Borough of Sutton Borough Championships	Carshalton	LR160341	4
100 Freestyle	1:01.40	1:02.70	389	07/01/17	London Boro Sutton Annual Swimming Champs	Carshalton	LR170313	4
200 Freestyle	2:18.30	2:20.80	370	20/09/14	Sutton & Cheam Club Championships	Carshalton	LR14039	4
400 Freestyle	5:06.30	5:10.90	332	18/10/14	Sutton & Cheam Club Championships	Carshalton	LR14040	4
1500 Freestyle	19:26.26	19:43.80	382	10/11/13	Sutton & Cheam Club Championships	Kingswood	LR3853	4
50 Breaststroke	35.90	36.80	335	17/01/16	London Borough of Sutton Borough Championships	Carshalton	LR160341	4
100 Breaststroke	1:27.05	1:28.50	256	20/09/14	Sutton & Cheam Club Championships	Carshalton	LR14039	4
200 Breaststroke	3:09.75	3:12.50	253	19/10/14	Sutton & Cheam Club Championships	Carshalton	LR14040	4
50 Butterfly	29.71	30.30	392	17/01/16	London Borough of Sutton Borough Championships	Carshalton	LR160341	4
100 Butterfly	1:20.82	1:21.80	206	11/11/12	Dorking SC Open Meet	Dorking	SE2765	3
200 Butterfly	3:11.50	3:13.10	173	21/10/12	Sutton & Cheam Club Championships	South Croydon	LR2758	4
50 Backstroke	31.90	32.50	332	18/10/15	Sutton & Cheam 2015 Club Championships	Carshalton	LR151794	4
100 Backstroke	1:12.62	1:13.70	294	01/12/13	Atlantis Christmas Cracker Open Meet	Horsham	SE3221	3
200 Backstroke	2:34.51	2:36.70	319	10/03/13	Surrey County Championships	Guildford	CC3040	2
200 Individual Medley	2:37.51	2:40.00	337	19/10/14	Sutton & Cheam Club Championships	Carshalton	LR14040	4
400 Individual Medley	5:38.21	5:43.40	334	20/09/14	Sutton & Cheam Club Championships	Carshalton	LR14039	4
100 Individual Medley	1:14.78	1:14.80	286	01/12/13	Atlantis Christmas Cracker Open Meet	Horsham	SE3221	3