

Individual Best Times (All Time)

George Simmons - (356216) - Dunmow Atlantis SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.38	26.60	445	20/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1
50 Butterfly	30.39	29.80	393	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1
50 Backstroke	33.13	32.50	359	24/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.15	27.90	409	11/01/14	Basildon & Phoenix Last Chance County	Basildon	ER4045	3
100 Freestyle	1:07.43	1:08.70	294	14/01/12	teampipswich Swimming New Year Opener	Ipswich	ER2111	4
50 Breaststroke	38.30	39.10	276	30/03/14	Essex County Age Groups Championships	Basildon	CC4042	2
100 Breaststroke	1:31.85	1:33.20	218	30/06/12	Eric Shepherd Invitation Meet	Harlow	ER2337	3
50 Butterfly	29.85	30.50	386	29/03/14	Essex County Age Groups Championships	Basildon	CC4042	2
50 Backstroke	32.05	32.70	328	21/06/14	Harlow Penguins 3rd Eric Shepherd Open Meet	Harlow	ER4420	3
100 Backstroke	1:12.94	1:14.00	290	07/11/13	Dunmow Atlantis Club Championships	Dunmow	ER3758	4
100 Individual Medley	1:09.62	1:09.60	354	12/01/14	Basildon & Phoenix Last Chance County	Basildon	ER4045	3