

# Individual Best Times (All Time)

James Smith - (538395) - Newham & University of East Lond

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.64	25.80	483	21/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
100 Freestyle	57.81	56.30	532	22/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
200 Freestyle	2:08.91	2:06.20	495	22/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
50 Butterfly	28.94	28.30	455	22/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
100 Butterfly	1:08.67	1:07.60	373	16/12/12	Basildon & Phoenix LC Winter Meet	Basildon	ER2624	1
50 Backstroke	30.97	30.30	439	04/05/13	BG South East Region Youth Champs	Crawley	SER301	1
100 Backstroke	1:06.13	1:04.90	475	21/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
200 Backstroke	2:25.74	2:23.40	452	05/05/13	BG South East Region Youth Champs	Crawley	SER301	1
200 Individual Medley	2:32.25	2:29.60	419	14/04/13	Crawley SC Spring Long Course Open Meet	Crawley	SE3140	1
400 Individual Medley	5:37.48	5:32.20	371	26/07/12	Welsh Summer National 2012	Swansea	WAL445	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.50	26.30	494	24/02/17	Newham & UEL Club Championships 2017	East Ham LC	LR170589	4
100 Freestyle	56.21	57.70	507	20/10/13	East Invicta ASA Annual Championships	Canterbury	SE3486	3
200 Freestyle	2:05.59	2:08.30	495	09/03/13	Kent County Championships	Gillingham	CC3052	2
400 Freestyle	4:33.14	4:38.20	469	14/09/13	Dover Lifeguard Club Championships	Dover	SE3500	4
800 Freestyle	9:37.90	9:47.80	451	15/07/13	Dover Lifeguard Club Championships	Dover	SE3500	4
1500 Freestyle	18:37.32	18:55.60	435	08/07/13	Dover Lifeguard Club Championships	Dover	SE3500	4
50 Breaststroke	36.19	37.00	327	12/09/13	Dover Lifeguard Club Championships	Dover	SE3500	4
100 Breaststroke	1:20.22	1:21.80	327	13/01/13	Dover LG & City of Canterbury Icebreaker	Canterbury	SE3027	2
200 Breaststroke	2:57.05	3:00.00	312	12/01/13	Dover LG & City of Canterbury Icebreaker	Canterbury	SE3027	2
50 Butterfly	27.52	28.20	493	28/12/13	Dover Lifeguard Time Trials	Dover	SE31023	4
100 Butterfly	1:05.07	1:06.20	395	05/10/13	East Invicta ASA Annual Championships	Canterbury	SE3485	3
200 Butterfly	2:27.55	2:29.70	379	16/03/13	Kent County Championships	Gillingham	CC3053	2
50 Backstroke	29.56	30.20	418	05/10/13	East Invicta ASA Annual Championships	Canterbury	SE3485	3
100 Backstroke	1:02.51	1:03.80	462	19/10/13	East Invicta ASA Annual Championships	Canterbury	SE3486	3
200 Backstroke	2:14.72	2:17.20	482	19/10/13	East Invicta ASA Annual Championships	Canterbury	SE3486	3
200 Individual Medley	2:26.07	2:28.70	422	24/02/13	Kent County Championships	Gillingham	CC3051	2
400 Individual Medley	5:03.31	5:09.00	463	11/01/14	Dover Lifeguard & Canterbury Icebreaker Meet	Canterbury	SE4133	3
100 Individual Medley	1:07.63	1:07.60	386	22/09/12	Dover Life Guard Club Championships 2012	Dover	SE2783	4