

Individual Best Times (All Time)

Alexander Harrison - (559964) - West Suffolk Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.84	25.00	529	04/11/17	East Region Winter Championships	Norwich	ER170911	1
100 Freestyle	58.41	57.00	516	17/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	EM160127	1
200 Freestyle	2:12.93	2:10.30	451	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	EM160127	1
50 Backstroke	31.33	30.70	424	05/11/17	East Region Winter Championships	Norwich	ER170911	1
100 Backstroke	1:08.62	1:07.40	425	04/11/17	East Region Winter Championships	Norwich	ER170911	1
200 Backstroke	2:36.02	2:33.90	369	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	EM160127	1
200 Individual Medley	2:28.56	2:25.90	451	05/11/17	East Region Winter Championships	Norwich	ER170911	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.11	25.90	517	10/02/18	Suffolk County Championships 2018	Ipswich	ER180353	2
100 Freestyle	55.70	57.20	521	11/02/18	Suffolk County Championships 2018	Ipswich	ER180353	2
200 Freestyle	2:04.10	2:06.90	513	12/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170395	2
400 Freestyle	4:26.65	4:31.90	504	26/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170396	2
50 Breaststroke	33.81	34.70	401	04/02/18	Suffolk County Championships 2018	Ipswich	ER180352	2
100 Breaststroke	1:17.20	1:18.80	367	15/12/18	STOWMARKET NO FRILLS OPEN MEET	STOWMARKET	ER182522	3
200 Breaststroke	2:47.88	2:51.00	366	07/05/17	The AMAY'zing Spring Development Meet	Bury St Edmunds	ER170752	3
50 Butterfly	28.64	29.30	437	06/10/18	The Neate Meet 2018	Bury St Edmunds	ER180724	3
100 Butterfly	1:04.18	1:05.40	412	07/05/17	The AMAY'zing Spring Development Meet	Bury St Edmunds	ER170752	3
200 Butterfly	2:50.31	2:52.20	246	22/11/14	Stowmarket Club Champs	Stowmarket	ER14652	4
50 Backstroke	30.19	30.80	392	05/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170394	2
100 Backstroke	1:05.58	1:06.80	400	04/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170394	2
200 Backstroke	2:20.89	2:23.20	421	12/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170395	2
200 Individual Medley	2:20.02	2:22.80	479	05/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170394	2
400 Individual Medley	5:14.53	5:20.10	416	30/11/15	West Suffolk Club Championships 2015	Bury St Edmunds	ER152167	4
100 Individual Medley	1:03.87	1:03.90	459	03/02/18	Suffolk County Championships 2018	Ipswich	ER180352	2