

Individual Best Times (All Time)

Louis Simmonds - (744388) - Shiverers SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.84	33.20	235	15/11/14	Crawley Not so Early Bird Gala	Crawley	SE4992	3
100 Freestyle	1:10.01	1:08.80	299	18/04/15	Crawley Spring LC Open Meet 2015	Crawley	SE150218	1
200 Freestyle	2:29.74	2:27.40	316	13/02/16	Sussex County Championships	Crawley	SE160360	1
400 Freestyle	5:41.48	5:37.30	267	15/06/14	ASA South East Region Age Group Championships	Crawley	SER419	1
1500 Freestyle	22:28.65	22:13.20	269	23/02/14	Sussex County Champs & Age Groups Comp	Crawley	CC4090	1
50 Breaststroke	43.97	43.20	205	15/11/14	Crawley Not so Early Bird Gala	Crawley	SE4992	3
100 Breaststroke	1:31.98	1:30.60	236	15/03/15	Sussex County Championships	Crawley	CC150379	1
200 Breaststroke	3:10.84	3:08.00	284	14/02/16	Sussex County Championships	Crawley	SE160360	1
50 Butterfly	35.22	34.70	252	28/02/15	Sussex County Championships	Crawley	CC150378	1
100 Butterfly	1:20.27	1:19.30	233	19/04/15	Crawley Spring LC Open Meet 2015	Crawley	SE150218	1
50 Backstroke	38.37	37.80	231	01/03/15	Sussex County Championships	Crawley	CC150378	1
100 Backstroke	1:19.43	1:18.40	274	18/04/15	Crawley Spring LC Open Meet 2015	Crawley	SE150218	1
200 Backstroke	2:51.92	2:50.00	275	14/03/15	Sussex County Championships	Crawley	CC150379	1
200 Individual Medley	2:47.30	2:44.90	316	15/03/15	Sussex County Championships	Crawley	CC150379	1
400 Individual Medley	5:54.30	5:49.30	320	28/02/15	Sussex County Championships	Crawley	CC150378	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.02	31.70	274	29/05/16	The Vanessa Knight Memorial Open Meet	Felpham	SE160876	3
100 Freestyle	1:07.23	1:08.50	296	15/01/16	Shiverers Development Meet	Hove	SE160243	4
200 Freestyle	2:24.35	2:26.70	326	29/05/16	The Vanessa Knight Memorial Open Meet	Felpham	SE160876	3
400 Freestyle	5:08.28	5:12.80	326	15/01/16	Shiverers Development Meet	Hove	SE160243	4
50 Breaststroke	41.31	42.10	220	16/01/16	Shiverers Development Meet	Hove	SE160243	4
100 Breaststroke	1:27.79	1:29.20	249	14/11/15	National Arena League-London Premier Div-Round123	Harlow	ER152125	2
200 Breaststroke	3:02.82	3:05.70	283	28/11/15	Atlantis Horsham Christmas Cracker Meet	Horsham	SE151241	3
50 Butterfly	34.17	34.70	257	15/01/16	Shiverers Development Meet	Hove	SE160243	4
100 Butterfly	1:19.12	1:20.10	220	10/10/15	National Arena League-London Premier Div-Round123	Harlow	ER152124	2
50 Backstroke	35.52	36.10	241	12/09/15	Brighton Ken Deeley Open	Brighton	SE150731	3
100 Backstroke	1:16.58	1:17.60	251	16/01/16	Shiverers Development Meet	Hove	SE160243	4
200 Backstroke	2:44.10	2:46.10	266	10/01/15	Brighton Tom Handley Open Meet	Brighton	SE150032	2
200 Individual Medley	2:43.24	2:45.60	302	28/11/15	Atlantis Horsham Christmas Cracker Meet	Horsham	SE151241	3
400 Individual Medley	5:49.76	5:54.80	302	29/11/15	Atlantis Horsham Christmas Cracker Meet	Horsham	SE151241	3
100 Individual Medley	1:18.41	1:18.40	248	01/11/15	Sussex County ASA Winter Competition 2015	Horsham	SE152095	2