

Individual Best Times (All Time)

Ben Smith - (770082) - Leyland Barracudas Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.50	25.70	491	08/07/17	Summer Non National Qualifier Graded Meet	Manchester	NW170108	3
100 Freestyle	55.95	54.40	587	26/01/19	Lancs County WPSA Age Groups & Championships 2019	Manchester	NW190175	1
200 Freestyle	2:02.58	1:59.70	576	08/02/20	Lancashire County Age Groups & County Champs	Manchester	NW200181	1
400 Freestyle	4:19.53	4:14.10	609	13/05/18	Manchester Open Meet 2018	Manchester	NW180648	1
800 Freestyle	8:57.86	8:47.00	593	02/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
1500 Freestyle	17:04.63	16:44.30	614	01/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
50 Breaststroke	33.82	32.90	451	24/05/19	Glasgow International Swim Meet	Tollcross	SCO1665	1
100 Breaststroke	1:16.13	1:14.50	417	13/05/17	Manchester Open Meet 2017	Manchester	NW170107	1
200 Breaststroke	2:53.70	2:50.60	376	11/04/15	Stockport Metro April LC Open Meet	Stockport	NW150006	1
50 Butterfly	28.24	27.60	490	26/05/19	Glasgow International Swim Meet	Tollcross	SCO1665	1
100 Butterfly	1:04.54	1:03.40	449	02/02/19	Lancs County WPSA Age Groups & Championships 2019	Wavertree	NW190176	1
200 Butterfly	2:31.63	2:29.50	385	31/05/15	2015 North West Regional Championships	Manchester	NW150102	1
50 Backstroke	30.49	29.80	460	29/04/17	ASA North West Region Summer Championships	Manchester	NW170270	1
100 Backstroke	1:07.34	1:06.10	449	12/05/18	Manchester Open Meet 2018	Manchester	NW180648	1
200 Backstroke	2:24.76	2:22.40	462	29/04/17	ASA North West Region Summer Championships	Manchester	NW170270	1
200 Individual Medley	2:18.46	2:15.60	558	26/01/20	Lancashire County Age Groups & County Champs	Manchester	NW200179	1
400 Individual Medley	4:56.37	4:50.40	547	25/05/19	Glasgow International Swim Meet	Tollcross	SCO1665	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.05	26.80	463	30/06/18	Wirral Metro Summer Development Meet	Birkenhead	NW180430	3
100 Freestyle	55.47	57.00	528	20/10/19	Manchester International Meet 2019	Manchester	NW190443	2
200 Freestyle	1:59.10	2:02.00	580	19/10/19	Manchester International Meet 2019	Manchester	NW190443	2
400 Freestyle	4:15.44	4:20.90	573	17/11/18	Wigan BEST Future Stars Open Meet	Wigan	NW182020	2
1500 Freestyle	16:54.16	17:14.30	582	04/11/18	Swim England NWR Winter Championships	Manchester	NW182574	2
50 Breaststroke	32.94	33.90	434	16/11/19	Wigan BEST Future Stars Open Meet	Wigan Life Centre	NW192346	2
100 Breaststroke	1:12.41	1:14.10	444	16/11/19	Wigan BEST Future Stars Open Meet	Wigan Life Centre	NW192346	2
200 Breaststroke	2:47.63	2:50.80	368	04/10/15	Wirral Metro Autumn Open Meet	Birkenhead	NW150534	2
50 Butterfly	28.48	29.10	445	23/10/16	Manchester International 2016	Manchester	NW161951	2
100 Butterfly	1:02.86	1:04.10	439	18/11/18	Wigan BEST Future Stars Open Meet	Wigan	NW182020	2
200 Butterfly	2:26.30	2:28.40	389	04/03/17	Satellites of Macclesfield 30th Open Meet	Macclesfield	NW170468	3
50 Backstroke	30.05	30.70	398	27/11/16	Wigan BEST Future Stars Open Meet	Wigan	NW161516	2
100 Backstroke	1:05.22	1:06.40	406	02/10/16	Wirral Metro Autumn Meet	Birkenhead	NW160823	2
200 Backstroke	2:16.82	2:19.20	460	16/12/18	Wirral Metro Christmas Open Development Gala	Birkenhead	NW180431	3
200 Individual Medley	2:15.60	2:18.50	528	20/10/19	Manchester International Meet 2019	Manchester	NW190443	2
400 Individual Medley	4:49.49	4:55.50	533	17/11/19	Wigan BEST Future Stars Open Meet	Wigan Life Centre	NW192346	2
100 Individual Medley	1:03.03	1:03.00	477	18/11/18	Wigan BEST Future Stars Open Meet	Wigan	NW182020	2