

Individual Best Times (All Time)

Alice Smail - (800108) - City of Cambridge SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.87	28.10	546	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
100 Freestyle	1:01.66	1:00.30	589	02/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
200 Freestyle	2:15.00	2:12.40	584	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
400 Freestyle	4:46.56	4:41.60	554	28/05/17	Cardiff International Open Meet 2017	Cardiff	WL170116	1
800 Freestyle	9:55.14	9:45.30	540	16/03/14	Middlesex County Championships	Crystal Palace	CC4095	1
50 Breaststroke	43.32	42.60	304	14/07/13	London ASA Sprint Meet	Crystal Palace	LR3276	3
200 Breaststroke	3:23.84	3:21.20	307	02/06/12	British Gas ASA London Region AG Champs	Crystal Palace	LRX219	1
50 Butterfly	28.45	27.80	633	25/03/18	City of Sunderland National Qualifier	Sunderland	NE180846	1
100 Butterfly	1:04.68	1:03.50	631	04/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
200 Butterfly	2:41.70	2:39.70	427	25/01/14	ASA South Zonal Competition	Millfield School	ZM4191	1
50 Backstroke	32.19	31.60	580	02/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
100 Backstroke	1:09.94	1:08.80	550	15/01/17	16th City of Derby Long Course Open Meet	Sheffield	EM170105	1
200 Backstroke	2:36.85	2:34.70	483	07/12/13	London Winter Championships	Ealing	LRX324	1
200 Individual Medley	2:38.82	2:36.30	500	15/06/14	London Region Age Group Championships	Stratford	LRX408	1
400 Individual Medley	6:06.63	6:01.80	381	09/06/12	British Gas ASA London Region AG Champs	Crystal Palace	LRX220	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.09	28.80	543	16/07/17	Wolverhampton Summer Open Meet	Wolverhampton	WM170477	3
100 Freestyle	59.98	1:01.40	588	15/07/17	Wolverhampton Summer Open Meet	Wolverhampton	WM170477	3
200 Freestyle	2:11.07	2:13.70	596	15/07/17	Wolverhampton Summer Open Meet	Wolverhampton	WM170477	3
400 Freestyle	4:45.39	4:50.30	532	02/07/13	Teddington Club Championships	Teddington	LR3647	4
800 Freestyle	9:54.04	10:03.70	519	30/10/14	Teddington Club Championships	Teddington	LR14404	4
50 Breaststroke	38.91	39.70	387	20/12/14	Hillingdon Winter Open Meet 2014	Hillingdon	LR14450	2
100 Breaststroke	1:26.19	1:27.60	378	28/06/14	Teddington SC Club Championships 2014	Teddington	LR4985	4
200 Breaststroke	3:05.16	3:08.00	383	28/06/14	Teddington SC Club Championships 2014	Teddington	LR4985	4
50 Butterfly	28.80	29.40	606	18/11/17	Stockport Metro November Meet 2017	Stockport	NW172023	2
100 Butterfly	1:04.57	1:05.70	586	18/11/17	Stockport Metro November Meet 2017	Stockport	NW172023	2
200 Butterfly	2:35.75	2:37.80	452	06/10/18	Kingston Upon Hull Regional Qualifier Short Course	Ennerdale LC	NE181712	3
50 Backstroke	30.61	31.30	561	18/02/17	Shropshire County Championships 2017	Wolverhampton	WM170438	2
100 Backstroke	1:07.02	1:08.20	549	10/12/16	Middlesbrough Christmas Meet	Middlesbrough	NE161276	3
200 Backstroke	2:25.40	2:27.70	547	15/07/17	Wolverhampton Summer Open Meet	Wolverhampton	WM170477	3
200 Individual Medley	2:30.68	2:33.30	528	14/01/18	Shropshire County Championships 2018	Wolverhampton	WM180088	2
400 Individual Medley	5:25.96	5:31.30	501	23/03/14	Middlesex County Championships	Enfield	CC4096	2
100 Individual Medley	1:09.60	1:09.60	535	16/07/17	Wolverhampton Summer Open Meet	Wolverhampton	WM170477	3