

# Individual Best Times (All Time)

Owen Smith - (815021) - Dover Lifeguard Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.02	33.40	232	14/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Freestyle	1:22.74	1:21.70	181	09/04/16	Crawley Spring Open Meet 2016	Crawley	SE160037	3
200 Freestyle	2:57.31	2:55.30	190	09/04/16	Crawley Spring Open Meet 2016	Crawley	SE160037	3
50 Butterfly	38.08	37.60	200	13/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Butterfly	1:37.04	1:36.30	132	10/04/16	Crawley Spring Open Meet 2016	Crawley	SE160037	3
200 Butterfly	3:37.54	3:36.10	130	09/04/16	Crawley Spring Open Meet 2016	Crawley	SE160037	3
50 Backstroke	42.25	41.80	173	10/04/16	Crawley Spring Open Meet 2016	Crawley	SE160037	3
200 Individual Medley	3:20.34	3:18.40	184	10/04/16	Crawley Spring Open Meet 2016	Crawley	SE160037	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.99	28.70	373	07/12/19	East Invicta ASA Championships	Canterbury	SE191665	3
100 Freestyle	1:03.28	1:04.60	355	13/07/19	DLGC Club Championships 2019	Dover	SE192160	4
200 Freestyle	2:43.45	2:45.60	224	10/07/16	Dover Lifeguard Club Championships	Dover	SE161492	4
400 Freestyle	5:58.27	6:02.20	207	28/03/15	City of Canterbury Spring Open Meet	Canterbury	SE150394	3
800 Freestyle	13:32.84	13:39.90	162	13/07/15	Dover Life Guard Club Championships	Dover	SE151531	4
1500 Freestyle	27:32.81	27:45.30	134	20/07/15	Dover Life Guard Club Championships	Dover	SE151531	4
50 Breaststroke	37.85	38.70	286	23/11/19	Black Lion Level 3 Winter Open Meet	Gillingham	SE193232	3
100 Breaststroke	1:29.09	1:30.50	238	14/07/19	DLGC Club Championships 2019	Dover	SE192160	4
200 Breaststroke	3:35.12	3:37.60	174	15/09/18	Dover Life Guard Club White Cliffs 2018	DOVER	SE180740	3
50 Butterfly	32.24	32.80	307	04/01/20	Icebreakers 2020	Dover	SE200292	3
100 Butterfly	1:28.90	1:29.80	155	15/09/18	Dover Life Guard Club White Cliffs 2018	DOVER	SE180740	3
200 Butterfly	3:26.22	3:27.80	139	23/06/19	DLGC Club Championships 2019	Dover	SE192159	4
50 Backstroke	34.36	34.90	266	05/01/20	Icebreakers 2020	Dover	SE200292	3
100 Backstroke	1:23.95	1:24.90	190	10/07/16	Dover Lifeguard Club Championships	Dover	SE161492	4
200 Backstroke	3:21.81	3:23.50	143	08/05/16	East Invicta eXcel Dvelopment Meet	Margate	SE160878	3
200 Individual Medley	3:00.67	3:02.80	223	23/06/18	Dover Life Guard Club Club Championship 2018	Your Leisure Dover	SE181321	4
400 Individual Medley	7:07.16	7:11.30	166	18/07/15	Dover Life Guard Club Championships	Dover	SE151531	4
100 Individual Medley	1:15.24	1:15.20	280	22/06/19	DLGC Club Championships 2019	Dover	SE192159	4