

Individual Best Times (All Time)

Lewis Smart - (827650) - Arun Tridents SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.40	24.60	557	26/05/18	Plymouth Leander Level 1 National Qualifier	Plymouth	SW180556	1
100 Freestyle	55.36	53.80	606	05/05/18	ASA SWR Summer Championships	Plymouth	SW180512	1
200 Freestyle	2:01.20	1:58.30	596	07/04/18	Crawley Spring Open	Crawley	SE180013	1
400 Freestyle	4:32.48	4:27.30	526	14/02/16	Sussex County Championships	Crawley	SE160360	1
1500 Freestyle	18:15.12	17:56.10	503	07/02/16	Sussex County Championships	Crawley	SE160359	1
50 Breaststroke	30.20	29.10	634	03/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
100 Breaststroke	1:07.82	1:05.90	589	26/07/16	British Summer Championships	Sheffield	ASA148	1
200 Breaststroke	2:30.79	2:27.30	576	28/07/17	British Summer Championships	Sheffield	BSW002	1
50 Butterfly	27.02	26.30	559	08/04/18	Crawley Spring Open	Crawley	SE180013	1
100 Butterfly	1:00.85	59.60	536	04/05/19	ASA SWR Summer Championships	Plymouth	SW190488	1
50 Backstroke	28.99	28.30	536	05/05/18	ASA SWR Summer Championships	Plymouth	SW180512	1
100 Backstroke	1:03.30	1:02.00	541	10/02/18	Sussex County Championships & Age Group Comp	Crawley	SE180607	1
200 Backstroke	2:28.37	2:26.10	429	14/03/15	Sussex County Championships	Crawley	CC150379	1
200 Individual Medley	2:11.70	2:08.70	648	02/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
400 Individual Medley	4:44.25	4:38.00	620	02/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.04	25.90	521	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
100 Freestyle	53.17	54.70	599	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Freestyle	1:57.37	2:00.30	606	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
400 Freestyle	4:33.23	4:38.30	468	08/02/15	Atlantis Horsham Regional National Chaser	Horsham	SE150194	2
1500 Freestyle	18:48.01	19:06.20	423	04/12/14	Littlehampton Club Championships 2014	Littlehampton	SE14480	4
50 Breaststroke	29.94	31.00	578	17/12/16	ASA Winter Meet 2016	Sheffield	ASA153	2
100 Breaststroke	1:06.00	1:07.90	587	15/12/16	ASA Winter Meet 2016	Sheffield	ASA153	2
200 Breaststroke	2:29.68	2:33.20	517	10/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
50 Butterfly	26.88	27.60	529	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
100 Butterfly	58.78	1:00.10	537	17/11/18	The Plymouth Leander Winter National Qualifier	Plymouth	SW182405	2
200 Butterfly	2:49.57	2:51.40	250	03/12/14	Littlehampton Club Championships 2014	Littlehampton	SE14480	4
50 Backstroke	27.54	28.30	517	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
100 Backstroke	1:02.22	1:03.50	468	22/10/17	Sussex County ASA Winter Short Competition	Crawley	SE171874	2
200 Backstroke	2:27.76	2:30.00	365	08/02/15	Atlantis Horsham Regional National Chaser	Horsham	SE150194	2
200 Individual Medley	2:09.64	2:12.60	604	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
400 Individual Medley	4:42.04	4:48.20	577	10/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
100 Individual Medley	1:00.02	1:00.00	553	21/10/18	Sussex County ASA Winter SC Competition 2018	Crawley	SE182070	2