

Individual Best Times (All Time)

Joshua Smith - (916993) - Dunmow Atlantis SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.79	23.90	600	01/02/20	Essex Age Group Championships 2020	London	ER200176	1
100 Freestyle	54.02	52.50	652	14/03/20	Millfield & Team Bath AS L1 National Qualifier	Millfield School	SW200510	1
200 Freestyle	2:07.03	2:04.30	517	08/04/17	Derwentio Excel 11th LC Open Meet	Sheffield	EM170259	1
400 Freestyle	4:39.06	4:34.00	490	20/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
50 Breaststroke	32.48	31.50	509	01/02/20	Essex Age Group Championships 2020	London	ER200176	1
100 Breaststroke	1:14.80	1:13.10	439	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
50 Butterfly	25.70	25.00	650	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
100 Butterfly	58.79	57.50	595	01/03/20	Essex Age Group Championships 2020	Basildon	ER200175	1
200 Butterfly	2:23.70	2:21.50	452	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
50 Backstroke	27.50	26.80	628	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
100 Backstroke	59.19	57.80	662	16/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield	NE200500	1
200 Backstroke	2:11.10	2:08.50	622	14/03/20	Millfield & Team Bath AS L1 National Qualifier	Millfield School	SW200510	1
200 Individual Medley	2:18.12	2:15.20	562	20/04/19	Team Luton April Open Meet	Luton	ER190182	1
400 Individual Medley	5:06.58	5:00.80	494	17/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.71	24.60	614	05/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
100 Freestyle	52.26	53.80	631	13/10/18	The NASL - London - Rounds 2018 - Div 1 & 2	Luton	ER182074	3
200 Freestyle	1:57.94	2:00.80	598	13/07/18	Dunmow Atlantis Club Championships	Great Dunmow	ER181599	4
400 Freestyle	4:28.32	4:33.50	494	07/07/16	Dunmow Atlantis Club Championships	Great Dunmow	ER161395	4
1500 Freestyle	19:19.64	19:37.30	389	14/11/14	Dunmow Atlantis Club Championships	Great Dunmow	ER14066	3
50 Breaststroke	33.42	34.30	416	09/09/18	Dunmow Atlantis Club Championships	Great Dunmow	ER181600	4
100 Breaststroke	1:17.92	1:19.50	357	12/10/17	Dunmow Atlantis Club Championships	Dunmow	ER171870	4
200 Breaststroke	3:02.60	3:05.50	284	22/09/16	Dunmow Atlantis Club Championships	Great Dunmow	ER161671	4
50 Butterfly	25.07	25.80	653	04/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
100 Butterfly	57.58	58.90	571	20/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
200 Butterfly	2:20.48	2:22.70	440	07/07/17	Dunmow Atlantis Club Championships	Dunmow	ER171357	4
50 Backstroke	25.75	26.50	633	26/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
100 Backstroke	56.57	58.00	623	25/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
200 Backstroke	2:07.40	2:10.00	569	19/10/19	Millfield & Team Bath Super Series L2 SC Meet	Millfield	SW192671	2
200 Individual Medley	2:18.92	2:21.70	491	30/09/17	Cambridge Grand Prix	Cambridge	ER170267	2
400 Individual Medley	4:58.61	5:04.40	486	14/07/17	Dunmow Atlantis Club Championships	Dunmow	ER171358	4
100 Individual Medley	1:02.75	1:02.80	484	21/09/17	Dunmow Atlantis Club Championships	Great Dunmow	ER171867	4