

Individual Best Times (All Time)

Archie Strowger - (976545) - Arun Tridents SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.79	25.00	532	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
100 Freestyle	56.72	55.20	563	24/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
200 Freestyle	2:23.37	2:20.90	360	10/02/18	Sussex County Championships & Age Group Comp	Crawley	SE180607	1
400 Freestyle	5:14.78	5:10.30	341	26/11/16	Rushmoor Royals SC Last Chance County Qualifier	Aldershot	SE161449	3
1500 Freestyle	22:12.08	21:56.50	279	22/02/15	Sussex County Championships	Crawley	CC150377	1
50 Breaststroke	33.04	32.10	484	11/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
100 Breaststroke	1:15.83	1:14.20	422	27/02/22	Sussex County ASA County Championships	Crawley	SE220130	1
200 Breaststroke	2:49.90	2:46.80	402	26/02/23	Sussex County & Age Group Championships 2023	Crawley	SE230305	1
50 Butterfly	27.81	27.10	513	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
100 Butterfly	1:02.78	1:01.60	488	26/02/23	Sussex County & Age Group Championships 2023	Crawley	SE230305	1
200 Butterfly	2:46.49	2:44.60	291	24/02/18	Sussex County Championships & Age Group Comp	Crawley	SE180608	1
50 Backstroke	31.05	30.40	436	26/02/23	Sussex County & Age Group Championships 2023	Crawley	SE230305	1
100 Backstroke	1:05.45	1:04.20	490	12/02/22	Sussex County ASA County Championships	Crawley	SE220129	1
200 Backstroke	2:25.31	2:23.00	456	26/02/22	Sussex County ASA County Championships	Crawley	SE220130	1
200 Individual Medley	2:24.29	2:21.50	493	12/02/23	Sussex County & Age Group Championships 2023	Crawley	SE230304	1
400 Individual Medley	5:24.38	5:18.90	417	08/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200449	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.22	26.00	510	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
100 Freestyle	55.48	57.00	527	21/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
200 Freestyle	2:04.98	2:07.70	502	25/09/22	Littlehampton SC September Sizzler	Arun LC	SE220372	3
400 Freestyle	4:46.74	4:51.60	405	17/11/19	Littlehampton 400m Freestyle	Bognor Regis	SE193250	4
1500 Freestyle	19:14.26	19:32.00	394	18/11/18	Littlehampton Long Distance Invitational 2018	Littlehampton	SE182757	4
50 Breaststroke	32.06	33.00	471	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
100 Breaststroke	1:11.12	1:12.90	469	15/10/22	Sussex County ASA Winter Competition	Crawley	SE221628	2
200 Breaststroke	2:38.67	2:42.00	434	25/09/22	Littlehampton SC September Sizzler	Arun LC	SE220372	3
50 Butterfly	28.03	28.70	467	21/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
100 Butterfly	1:00.98	1:02.20	481	19/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
200 Butterfly	2:21.15	2:23.40	433	02/04/23	Arun Tridents SC Easter Open 2023	Arun	SE230393	3
50 Backstroke	30.29	30.90	388	25/09/22	Littlehampton SC September Sizzler	Arun LC	SE220372	3
100 Backstroke	1:04.79	1:06.00	415	05/09/21	SEPTEMBER SIZZLER 2021	Bognor Regis	SE210220	3
200 Backstroke	2:19.98	2:22.30	429	26/05/21	Littlehampton	Arun	LEX2652	0
200 Individual Medley	2:19.16	2:22.00	488	16/10/22	Sussex County ASA Winter Competition	Crawley	SE221628	2
400 Individual Medley	5:12.87	5:18.40	422	22/06/19	Havant & Waterlooville Swim Out Of Your Skin Open	Waterlooville	SE191638	3
100 Individual Medley	1:03.19	1:03.20	474	18/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2