

Individual Best Times (All Time)

Alaina Scifo - (496333) - Team Ipswich Swimming - 50 Backstroke - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
31.44	623	H	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	teamipswich	1
31.56	616	F	01/05/16	ASA East Region Long Course Championships	Norwich	teamipswich	1
31.63	612	H	01/05/16	ASA East Region Long Course Championships	Norwich	teamipswich	1
31.69	608	F	05/05/13	ASA East Region Youth Championships	Luton	teamipswich	1
32.02	590	H	03/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
32.08	586	H	08/12/13	ASA East Regionals Winter Championships	Norwich	teamipswich	1
32.10	585	F	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	teamipswich	1
32.12	584	F	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	teamipswich	1
32.18	581	F	03/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
32.19	580	H	05/05/13	ASA East Region Youth Championships	Luton	teamipswich	1
32.19	580	H	04/05/14	ASA East Region Youth Championships	Luton	teamipswich	1
32.19	580	F	04/05/14	ASA East Region Youth Championships	Luton	teamipswich	1
32.29	575	H	16/05/15	Northampton Spring Festival	Corby		1
32.43	568	F	08/12/13	ASA East Regionals Winter Championships	Norwich	teamipswich	1
32.56	561	F	02/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	teamipswich	1
36.83	387	H	26/04/09	National Swimming League Cup Final	Sheffield	teamipswich	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
31.56	616	F	01/05/16	ASA East Region Long Course Championships	Norwich	teamipswich	1
31.63	612	H	01/05/16	ASA East Region Long Course Championships	Norwich	teamipswich	1
32.29	575	H	16/05/15	Northampton Spring Festival	Corby		1
32.18	581	F	03/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
32.02	590	H	03/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
32.12	584	F	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	teamipswich	1
31.44	623	H	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	teamipswich	1

32.19	580	F	04/05/14	ASA East Region Youth Championships	Luton	teamipswich	1
32.19	580	H	04/05/14	ASA East Region Youth Championships	Luton	teamipswich	1
32.10	585	F	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	teamipswich	1
32.43	568	F	08/12/13	ASA East Regionals Winter Championships	Norwich	teamipswich	1
32.08	586	H	08/12/13	ASA East Regionals Winter Championships	Norwich	teamipswich	1
32.56	561	F	02/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	teamipswich	1
31.69	608	F	05/05/13	ASA East Region Youth Championships	Luton	teamipswich	1
32.19	580	H	05/05/13	ASA East Region Youth Championships	Luton	teamipswich	1
36.83	387	H	26/04/09	National Swimming League Cup Final	Sheffield	teamipswich	1