

Individual Best Times (All Time)

Alaina Ward - (781672) - Portsmouth Northsea SC - 50 Freestyle - 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
28.28	581	H	02/08/16	ASA Summer Nationals 2016	Sheffield	Havant & Wat	1
28.40	574	F	02/08/16	ASA Summer Nationals 2016	Sheffield	Havant & Wat	1
28.44	572	F	12/03/16	Wycombe Inaugural LC Premier Meet	Wycombe		1
28.96	541	F	05/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth		1
29.05	536	H	11/02/17	Hampshire County Swimming Championships 2017	Portsmouth	Havant & Wat	1
29.15	531	H	11/02/17	Hampshire County Swimming Championships 2017	Portsmouth	Havant & Wat	1
29.18	529	H	06/02/16	Hampshire County Swimming Championships 2016	Portsmouth	Havant & Wat	1
29.30	523	H	17/05/15	ASASER Swimming Championships	Crawley		1
29.37	519	F	05/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth		1
29.49	513	H	17/05/15	ASASER Swimming Championships	Crawley		1
29.67	503	H	01/11/14	City of Coventry November Open Meet	Coventry	Havant & Wat	1
29.69	502	H	31/01/15	London Swimming South Region Zonal Meet 2015	London Aquatic Cent	Havant & Wat	1
29.75	499	F	07/04/18	Guildford City L1 Spring Open Meet	Surrey	Havant & Wat	1
30.42	467	F	17/11/13	City of Cardiff Capital Open Meet	Cardiff	Havant & Wat	1
31.34	427	F	13/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	Havant & Wat	3
32.05	399	F	15/12/12	Portsmouth & Northsea Christmas Cracker	Portsmouth	Havant & Wat	1
33.25	358	F	07/10/12	Portsmouth Northsea SC Level 3 Open Meet	Portsmouth	Havant & Wat	3
34.39	323	F	02/10/11	Portsmouth Northsea Open Meet	Portsmouth	Havant & Wat	3
34.74	313	F	26/11/11	Portsmouth Northsea Christmas Cracker Meet	Portsmouth	Havant & Wat	1
36.45	271	H	24/04/11	Portsmouth Northsea Easter Swim Festival	Portsmouth	Havant & Wat	1
36.65	267	F	09/07/11	Portsmouth Northsea Non Qualifier Meet	Portsmouth	Havant & Wat	3
37.00	259	F	18/06/11	Portsmouth Northsea Sprint Meet	Portsmouth	Havant & Wat	3
37.81	243		22/01/11	Portsmouth Northsea Open Meet 2011	Portsmouth	Havant & Wat	1
38.46	231	H	31/10/10	Rushmoor Royals Open	Aldershot	Havant & Wat	1

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