

Individual Best Times (All Time)

Alexandra Hart - (1337765) - Millfield - 50 Backstroke - Short 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
31.34	522	H	17/12/23	Swim Wales Winter Championships 2023	Swansea		2
31.35	522	F	17/12/23	Swim Wales Winter Championships 2023	Swansea		2
31.60	510	F	02/12/23	Taunton Deane, Millfield & Street County Qualifier	Millfield School		3
31.87	497	F	23/10/23	CW+Millfield Int'l Meet Part of 23/24 Arena Series	Millfield School		2
31.88	496	H	05/11/23	SE South West Region SC Winter Championships 2023	Millfield		2
32.22	481	F	18/03/23	Street, Millfield & TDSC Regional Qualifier 2023	Millfield		3
33.27	437	H	18/12/22	Swim Wales Winter Championships 2022	Swansea		2
33.37	433	F	16/10/22	Millfield & Team Bath AS Level 2 Short Course Meet	Millfield		2
33.90	413	F	15/05/21	Millfield	Millfield		0
33.99	409	F	26/03/22	Street SC, Millfield & TDSC Regional Qualifier 22	Millfield		3
34.36	396	F	18/06/21	Millfield Summer Selections	Street		4
34.88	379	F	21/11/21	Team Bath AS November TYR Super Series	Millfield		2
37.28	310	H	12/12/19	KSF National SC Swimming Championships	Mombasa, Kenya		2
38.20	288	H	23/06/19	CASA Invitational Interclubs Championships	Mombasa		2
38.32	286	F	06/07/19	Torfaen Dolphins Short Course Meet	Newport	Tidworth C	2
38.77	276	H	27/01/19	CASA Age Group 10 & Over Swimming Championships	Mombasa, Kenya		2
39.10	269	F	20/07/19	COSSC 6th Summer Splash Open Meet	Southampton	Tidworth C	3
41.25	229	H	10/03/18	CASA Junior Swimming Championship 9 yrs under	Mombasa		2
42.18	214	H	03/11/18	CASA Open Junior Swimming Championships	Mombasa, Kenya		2
42.37	211	H	30/06/18	CASA Inter Clubs Invitational Swimming Champs	Mombasa, Kenya		2
42.55	208	H	29/07/18	Swindon Dolphin End of Season Meet 2018	Swindon	Durrington	3
43.97	189	F	22/07/18	COSSC 5th SUMMER SPLASH OPEN MEET	SOUTHAMPTON	Durrington	3
46.34	161	H	09/12/17	CASA Open Junior Championships	Mombasa, Kenya		2

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
------	--------	-------	------	------	-------	-----------------	-------

31.35	522	F	17/12/23	Swim Wales Winter Championships 2023	Swansea		2
31.34	522	H	17/12/23	Swim Wales Winter Championships 2023	Swansea		2
31.60	510	F	02/12/23	Taunton Deane, Millfield & Street County Qualifier	Millfield School		3
31.88	496	H	05/11/23	SE South West Region SC Winter Championships 2023	Millfield		2
31.87	497	F	23/10/23	CW+Millfield Int'l Meet Part of 23/24 Arena Series	Millfield School		2
32.22	481	F	18/03/23	Street, Millfield & TDSC Regional Qualifier 2023	Millfield		3
33.27	437	H	18/12/22	Swim Wales Winter Championships 2022	Swansea		2
33.37	433	F	16/10/22	Millfield & Team Bath AS Level 2 Short Course Meet	Millfield		2
33.99	409	F	26/03/22	Street SC, Millfield & TDSC Regional Qualifier 22	Millfield		3
34.88	379	F	21/11/21	Team Bath AS November TYR Super Series	Millfield		2
34.36	396	F	18/06/21	Millfield Summer Selections	Street		4
33.90	413	F	15/05/21	Millfield	Millfield		0
37.28	310	H	12/12/19	KSF National SC Swimming Championships	Mombasa, Kenya		2
39.10	269	F	20/07/19	COSSC 6th Summer Splash Open Meet	Southampton	Tidworth C	3
38.32	286	F	06/07/19	Torfaen Dolphins Short Course Meet	Newport	Tidworth C	2
38.20	288	H	23/06/19	CASA Invitational Interclubs Championships	Mombasa		2
38.77	276	H	27/01/19	CASA Age Group 10 & Over Swimming Championships	Mombasa, Kenya		2
42.18	214	H	03/11/18	CASA Open Junior Swimming Championships	Mombasa, Kenya		2
42.55	208	H	29/07/18	Swindon Dolphin End of Season Meet 2018	Swindon	Durrington	3
43.97	189	F	22/07/18	COSSC 5th SUMMER SPLASH OPEN MEET	SOUTHAMPTON	Durrington	3
42.37	211	H	30/06/18	CASA Inter Clubs Invitational Swimming Champs	Mombasa, Kenya		2
41.25	229	H	10/03/18	CASA Junior Swimming Championship 9 yrs under	Mombasa		2
46.34	161	H	09/12/17	CASA Open Junior Championships	Mombasa, Kenya		2