

Individual Best Times (All Time)

Sebastian Munro-Smith - (882622) - West Suffolk Swimming Club - 100 Individual Medley - 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
1:20.16	232	F	07/05/17	The AMAY'zing Spring Development Meet	Bury St Edmunds	West Suffolk	3
1:20.54	229	F	17/06/17	Suffolk County Development Meet	Ipswich	West Suffolk	3
1:21.60	220	F	29/11/16	West Suffolk Club Championships 2016	Bury St Edmunds	West Suffolk	4
1:26.27	186	F	08/05/16	West Suffolk A'May'zing Spring Development Meet	Bury St Edmunds	West Suffolk	3
1:26.71	183	F	19/06/16	Suffolk County ASA County Development Championship	Newmarket	West Suffolk	3
1:27.61	177	F	01/12/15	West Suffolk Club Championships 2015	Bury St Edmunds	West Suffolk	4
1:29.71	165		28/06/15	Suffolk County ASA Development Championships	Newmarket	West Suffolk	3
1:30.61	160	F	18/04/15	Newmarket & District Seventh Open Meet	Newmarket	West Suffolk	3
1:32.41	151		10/01/15	Sudbury January Last Chance Time Trials	Sudbury	West Suffolk	3
1:33.86	144		22/06/14	Suffolk County ASA Development Championships	Newmarket	West Suffolk	3
1:34.90	140	F	10/05/15	West Suffolk Spring Development Meet	Bury St Edmunds	West Suffolk	3
1:35.74	136	F	12/10/14	West Suffolk SC Novice Gala	Bury St Edmunds	West Suffolk	3
1:36.46	133	F	22/11/14	West Suffolk Club Championships	Bury St Edmunds	West Suffolk	4
1:39.85	120		11/01/14	Sudbury & District January Time Trials	Sudbury	West Suffolk	3
1:41.37	114	F	12/05/13	West Suffolk SC Open Meet	Bury St Edmunds	West Suffolk	3
1:42.21	112	F	06/10/13	West Suffolk SC Novice Gala 2013	Bury St Edmunds	West Suffolk	3
1:43.08	109	F	17/03/13	Suffolk County Championships	Ipswich	West Suffolk	2
1:43.80	107		12/01/13	Sudbury & District Last Chance Open Meet	Sudbury	West Suffolk	3
1:43.87	106	F	04/10/15	West Suffolk SC The Neate Meet	Bury St Edmunds	West Suffolk	3
1:48.19	94	F	02/12/12	Newmarket & District SC Open Meet	Newmarket	West Suffolk	3
1:49.75	90	H	24/06/12	Suffolk County Development Meet	Newmarket	West Suffolk	3
1:57.39	73	F	21/04/12	NDSC 4th Open Meet	Newmarket	West Suffolk	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:20.54	229	F	17/06/17	Suffolk County Development Meet	Ipswich	West Suffolk	3

1:20.16	232	F	07/05/17	The A'MAY'zing Spring Development Meet	Bury St Edmunds	West Suffolk	3
1:21.60	220	F	29/11/16	West Suffolk Club Championships 2016	Bury St Edmunds	West Suffolk	4
1:26.71	183	F	19/06/16	Suffolk County ASA County Development Championship	Newmarket	West Suffolk	3
1:26.27	186	F	08/05/16	West Suffolk A'May'zing Spring Development Meet	Bury St Edmunds	West Suffolk	3
1:27.61	177	F	01/12/15	West Suffolk Club Championships 2015	Bury St Edmunds	West Suffolk	4
1:43.87	106	F	04/10/15	West Suffolk SC The Neate Meet	Bury St Edmunds	West Suffolk	3
1:29.71	165		28/06/15	Suffolk County ASA Development Championships	Newmarket	West Suffolk	3
1:34.90	140	F	10/05/15	West Suffolk Spring Development Meet	Bury St Edmunds	West Suffolk	3
1:30.61	160	F	18/04/15	Newmarket & District Seventh Open Meet	Newmarket	West Suffolk	3
1:32.41	151		10/01/15	Sudbury January Last Chance Time Trials	Sudbury	West Suffolk	3
1:36.46	133	F	22/11/14	West Suffolk Club Championships	Bury St Edmunds	West Suffolk	4
1:35.74	136	F	12/10/14	West Suffolk SC Novice Gala	Bury St Edmunds	West Suffolk	3
1:33.86	144		22/06/14	Suffolk County ASA Development Championships	Newmarket	West Suffolk	3
1:39.85	120		11/01/14	Sudbury & District January Time Trials	Sudbury	West Suffolk	3
1:42.21	112	F	06/10/13	West Suffolk SC Novice Gala 2013	Bury St Edmunds	West Suffolk	3
1:41.37	114	F	12/05/13	West Suffolk SC Open Meet	Bury St Edmunds	West Suffolk	3
1:43.08	109	F	17/03/13	Suffolk County Championships	Ipswich	West Suffolk	2
1:43.80	107		12/01/13	Sudbury & District Last Chance Open Meet	Sudbury	West Suffolk	3
1:48.19	94	F	02/12/12	Newmarket & District SC Open Meet	Newmarket	West Suffolk	3
1:49.75	90	H	24/06/12	Suffolk County Development Meet	Newmarket	West Suffolk	3
1:57.39	73	F	21/04/12	NDSC 4th Open Meet	Newmarket	West Suffolk	3