

Individual Best Times (All Time)

Grace Allsop - (1111356) - Falcon (Hucknall) Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.82	28.10	549	07/05/18	Swim England East Midland Championships 2018	Sheffield	EM180960	1
100 Freestyle	1:04.61	1:03.30	512	21/01/18	Nottinghamshire ASA County Championships 2018	Nottingham	EM180321	1
200 Freestyle	2:29.06	2:26.70	433	04/02/18	Nottinghamshire ASA County Championships 2018	Nottingham	EM180322	1
50 Breaststroke	37.84	37.00	457	04/09/16	The Dukeries Open Meet 2016	Sheffield	EM160774	3
100 Breaststroke	1:25.35	1:23.90	424	03/02/18	Nottinghamshire ASA County Championships 2018	Nottingham	EM180322	1
200 Breaststroke	3:20.84	3:18.20	321	02/02/19	Nottinghamshire ASA County Championships 2019	Harvey Hadden	EM190204	1
50 Butterfly	32.77	32.20	414	21/01/18	Nottinghamshire ASA County Championships 2018	Nottingham	EM180321	1
50 Backstroke	36.13	35.60	410	21/01/17	Nottingham ASA County Championships 2017	Nottingham	EM170340	1
200 Individual Medley	2:48.74	2:46.40	417	21/01/18	Nottinghamshire ASA County Championships 2018	Nottingham	EM180321	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.47	29.20	522	23/02/18	Falcon ASC Feb18 Time Trials	Hucknall LC	EM180695	4
100 Freestyle	1:03.23	1:04.50	501	11/03/18	The Ernehale Open Meet 2018	Hucknall	EM180257	3
200 Freestyle	2:27.15	2:29.50	421	09/03/19	The Ernehale Open Meet 2019	Hucknall	EM190120	3
400 Freestyle	5:17.75	5:22.10	385	26/02/16	Falcon ASC February Time Trials	Hucknall	EM160594	4
800 Freestyle	11:11.90	11:20.50	358	18/06/17	Falcon ASC Club Championships 2017	Hucknall	EM170929	4
50 Breaststroke	36.81	37.70	457	16/12/16	Falcon December Time Trials	Hucknall	EM162519	4
100 Breaststroke	1:21.32	1:22.90	450	11/12/16	Falcon ASC Open Distance Meet	Hucknall	EM161014	3
200 Breaststroke	3:01.31	3:04.20	408	23/02/18	Falcon ASC Feb18 Time Trials	Hucknall LC	EM180695	4
50 Butterfly	32.49	33.10	422	23/03/18	Falcon ASC March18 Time Trials	Hucknall LC	EM180696	4
100 Butterfly	1:18.75	1:19.70	323	05/05/18	Notts ASA Stage 3 2018	Bramcote	EM180580	4
50 Backstroke	34.76	35.30	383	13/05/17	Falcon Club Championships 2017	Hucknall	EM170928	4
100 Backstroke	1:16.69	1:17.70	366	02/06/18	Falcon Club Championships 2018	Hucknall	EM180869	4
200 Backstroke	2:48.85	2:50.80	349	21/07/17	Falcon ASC July 17 Time Trials	Hucknall	EM171570	4
200 Individual Medley	2:43.69	2:46.10	412	17/06/18	Falcon Club Championships 2018	Hucknall	EM180870	4
100 Individual Medley	1:12.83	1:12.80	467	09/06/18	Sports Centre League 2018 - Division 1	Lammas LC	EM180565	4