

Individual Best Times (All Time)

Alex Austin - (1231318) - Hillingdon Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.99	25.20	520	20/03/22	Team Luton March Long Course Meet 2022	Luton	ER220159	1
100 Freestyle	57.91	56.50	529	16/04/22	City of Norwich SC Easter Meet 2022	Norwich	ER220002	1
200 Freestyle	2:05.72	2:02.90	534	30/04/22	SE London Summer Championships 2022	Stratford	LR220486	1
400 Freestyle	4:24.48	4:19.10	576	19/03/22	Team Luton March Long Course Meet 2022	Luton	ER220159	1
800 Freestyle	9:07.69	8:57.10	562	13/03/22	SE London Summer Championships 2022	Crawley	LR220484	1
1500 Freestyle	17:18.78	16:58.80	589	12/03/22	SE London Summer Championships 2022	Crawley	LR220484	1
50 Breaststroke	33.48	32.50	465	02/05/22	SE London Summer Championships 2022	Stratford	LR220486	1
100 Breaststroke	1:17.00	1:15.30	403	26/01/19	2019 Middlesex County Championships	London	LR190268	1
200 Breaststroke	2:39.05	2:35.70	491	07/04/19	Guildford City Level 1 Spring Open Meet	Surrey Sports Park	SE190010	1
50 Butterfly	28.93	28.30	456	13/07/19	Portsmouth Northsea End of Season Meet 2019	Mountbatten SC	SE191275	3
100 Butterfly	1:10.22	1:09.10	349	28/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
200 Butterfly	2:19.25	2:17.00	497	02/05/22	SE London Summer Championships 2022	Stratford	LR220486	1
50 Backstroke	31.75	31.10	408	05/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
100 Backstroke	1:06.76	1:05.50	461	14/07/19	Portsmouth Northsea End of Season Meet 2019	Mountbatten SC	SE191275	3
200 Backstroke	2:21.86	2:19.50	491	06/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
200 Individual Medley	2:16.97	2:14.10	576	01/05/22	SE London Summer Championships 2022	Stratford	LR220486	1
400 Individual Medley	4:48.57	4:42.40	593	17/04/22	City of Norwich SC Easter Meet 2022	Norwich	ER220002	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.65	26.40	485	19/12/21	The Hillingdon 2021 Fast and Festive Meet	Hillingdon	LR211283	3
100 Freestyle	55.85	57.30	517	05/03/22	Borough of Harrow SC Regional Qualifier Meet 2022	Hendon	LR220199	3
200 Freestyle	1:59.22	2:02.10	579	18/12/21	The Hillingdon 2021 Fast and Festive Meet	Hillingdon	LR211283	3
400 Freestyle	4:14.50	4:19.90	580	24/10/21	Team Luton Autumn Short Course Meet 2021	Luton	ER210437	3
800 Freestyle	8:54.46	9:05.10	571	30/01/22	MIDDX County Championships 2022	Southbury Road LC	LR220142	2
1500 Freestyle	16:46.16	17:06.40	596	07/11/21	SE London Winter Championships 2021	London	LR211006	2
50 Breaststroke	33.30	34.20	420	21/12/19	Hillingdon The Fast and The Festive FINIS Meet	Hillingdon	LR192991	2
100 Breaststroke	1:11.53	1:13.30	461	02/10/21	Harpenden SC FINIS Legacy Meet	Westminster Lodge	ER210434	3
200 Breaststroke	2:33.52	2:36.90	479	20/11/21	Guildford City SC L2 Winter Open Meet	Surrey	SE210855	2
50 Butterfly	27.99	28.70	469	19/12/21	The Hillingdon 2021 Fast and Festive Meet	Hillingdon	LR211283	3
100 Butterfly	1:04.40	1:05.60	408	18/12/21	The Hillingdon 2021 Fast and Festive Meet	Hillingdon	LR211283	3
200 Butterfly	2:20.82	2:23.00	436	03/10/21	Harpenden SC FINIS Legacy Meet	Westminster Lodge	ER210434	3
50 Backstroke	29.19	29.90	434	22/12/19	Hillingdon The Fast and The Festive FINIS Meet	Hillingdon	LR192991	2
100 Backstroke	1:05.63	1:06.80	399	16/06/19	Hillingdon 3rd Maurice & Daphne Memorial Meet	Hillingdon	LR191733	2
200 Backstroke	2:16.55	2:19.00	462	18/11/18	Guildford City L2 Winter Open	Surrey SP	SE180713	2
200 Individual Medley	2:12.07	2:15.00	571	09/10/21	The National Arena Swimming League London Round 1	London	ER210622	2
400 Individual Medley	4:39.40	4:45.60	593	23/10/21	Team Luton Autumn Short Course Meet 2021	Luton	ER210437	3
100 Individual Medley	1:01.58	1:01.60	512	02/10/21	Harpenden SC FINIS Legacy Meet	Westminster Lodge	ER210434	3