

Individual Best Times (All Time)

Harry Alexander - (1429734) - Team Ipswich Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.08	26.30	460	09/04/23	City of Norwich Easter Meet 2023	Norwich	ER230119	1
100 Freestyle	59.38	58.00	491	30/03/24	City of Norwich Easter Meet 2024	Norwich	ER240267	1
200 Freestyle	2:14.28	2:11.70	438	04/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3
400 Freestyle	4:46.09	4:41.10	455	30/04/23	Swim England East Region LC Championships 2023	Norwich	ER230334	1
800 Freestyle	9:56.03	9:46.30	436	15/01/23	SE Suffolk County Championships 2023	Norwich	ER230211	1
50 Butterfly	29.66	29.00	423	30/03/24	City of Norwich Easter Meet 2024	Norwich	ER240267	1
100 Butterfly	1:10.50	1:09.40	345	29/03/24	City of Norwich Easter Meet 2024	Norwich	ER240267	1
50 Backstroke	35.00	34.40	304	17/07/22	Team Luton Summer Long Course Meet 2022	Luton	ER220185	3
100 Backstroke	1:14.17	1:13.10	336	07/05/22	SE East Region Long Course Championships 2022	Luton	ER220678	1
200 Backstroke	2:40.20	2:38.10	340	17/07/22	Team Luton Summer Long Course Meet 2022	Luton	ER220185	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.47	27.20	441	17/03/24	Teamipswich SC The Mighty March Meet 2024	Ipswich	ER240266	3
100 Freestyle	57.22	58.70	481	18/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich	ER231215	3
200 Freestyle	2:07.08	2:09.80	478	21/01/24	Swim England Suffolk County Championships 2024	Ipswich	ER240219	2
400 Freestyle	4:35.94	4:41.00	455	19/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich	ER231215	3
800 Freestyle	9:40.29	9:50.20	446	26/11/22	SE Suffolk County Long Distance Qualifier Meet B	Southwold	ER222266	4
50 Breaststroke	37.95	38.80	284	29/10/23	Teamipswich SC Spooktacular Open 2023	Ipswich	ER231145	3
100 Breaststroke	1:24.99	1:26.50	275	11/03/23	Teamipswich Mighty March Meet 2023	Ipswich	ER230196	3
50 Butterfly	28.88	29.50	427	20/01/24	Swim England Suffolk County Championships 2024	Ipswich	ER240219	2
100 Butterfly	1:06.72	1:07.80	367	28/01/24	Swim England Suffolk County Championships 2024	Ipswich	ER240220	2
50 Backstroke	33.75	34.30	281	05/03/22	Teamipswich SC The Mighty March Meet 2022	Ipswich	ER220250	3
100 Backstroke	1:10.66	1:11.80	319	06/03/22	Teamipswich SC The Mighty March Meet 2022	Ipswich	ER220250	3
200 Backstroke	2:32.21	2:34.40	334	29/10/23	Teamipswich SC Spooktacular Open 2023	Ipswich	ER231145	3
200 Individual Medley	2:33.37	2:35.90	365	30/10/22	Teamipswich Swimming Club Spooktacular Open Meet	Ipswich	ER221508	3
100 Individual Medley	1:09.25	1:09.30	360	19/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich	ER231215	3