

Individual Best Times (All Time)

Joshua Arnone - (766750) - Havering Dolphins

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.46	25.70	493	17/07/16	BWFSC Summer Meet 2016	London	LR161026	3
100 Freestyle	59.80	58.40	481	21/01/17	Essex Age Group Championships 2017	Basildon	ER170022	1
200 Freestyle	2:22.11	2:19.60	369	27/09/15	BWFSC County Qualifier Meet 2015	London	LR151058	3
400 Freestyle	4:48.92	4:44.00	441	08/06/14	London Region Age Group Championships	Stratford	LRX407	1
50 Breaststroke	37.02	36.20	344	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Breaststroke	1:32.48	1:31.10	232	01/09/12	Worksop Dolphins SC Dukeries Open Meet	Sheffield	EM2255	3
50 Butterfly	29.98	29.30	409	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Butterfly	1:07.57	1:06.40	391	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
200 Butterfly	2:36.88	2:34.90	347	20/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3
50 Backstroke	30.64	30.00	454	15/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield	NE200500	1
100 Backstroke	1:06.59	1:05.40	465	18/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
200 Backstroke	2:28.17	2:25.90	430	07/06/14	London Region Age Group Championships	Stratford	LRX407	1
200 Individual Medley	2:33.91	2:31.30	406	10/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.66	26.50	484	06/11/16	London Region Winter Championships	Stratford	LR162227	2
100 Freestyle	57.16	58.60	482	05/11/16	London Region Winter Championships	Stratford	LR162227	2
200 Freestyle	2:09.73	2:12.40	449	21/06/15	Colchester 2nd Midsummer Madness Open Meet	Colchester	ER150925	3
400 Freestyle	4:39.55	4:44.50	437	27/04/14	London Borough of Redbridge Meet 2014	Barking	LR4030	3
50 Breaststroke	35.04	35.90	361	18/12/16	Barking & Dagenham AC Christmas at Dagenham	Dagenham	LR161593	3
100 Breaststroke	1:19.11	1:20.70	341	17/12/16	Barking & Dagenham AC Christmas at Dagenham	Dagenham	LR161593	3
50 Butterfly	29.21	29.90	412	17/12/16	Barking & Dagenham AC Christmas at Dagenham	Dagenham	LR161593	3
100 Butterfly	1:06.38	1:07.50	372	14/03/15	Maxwell Swim Club March L3 Meet	Aylesbury	SE150572	3
200 Butterfly	2:33.97	2:36.00	334	03/10/15	LBRSC Early County & Regional Qualifier	Fullwell Cross	LR150599	3
50 Backstroke	29.09	29.80	439	30/10/16	Essex Senior Winter Championships 2016	Basildon	ER161065	2
100 Backstroke	1:03.06	1:04.30	450	05/11/16	London Region Winter Championships	Stratford	LR162227	2
200 Backstroke	2:22.07	2:24.40	411	08/11/15	ASA London Region Winter Short Course Championship	London	LR150872	2
200 Individual Medley	2:24.79	2:27.50	434	21/06/15	Colchester 2nd Midsummer Madness Open Meet	Colchester	ER150925	3
400 Individual Medley	5:23.59	5:29.00	382	05/10/13	London Bo Redbridge Early County & Regional	Ilford	LR3176	3
100 Individual Medley	1:06.69	1:06.70	403	17/12/16	Barking & Dagenham AC Christmas at Dagenham	Dagenham	LR161593	3