

Individual Best Times (All Time)

Chiara Rogers - (1100676) - Harpenden Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.75	29.00	499	03/02/19	Bedfordshire ASA 2019 Age Group and County Champs	Luton	ER190246	1
100 Freestyle	1:04.04	1:02.70	526	28/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180274	1
200 Freestyle	2:20.14	2:17.60	522	21/04/19	Team Luton April Open Meet	Luton	ER190182	1
400 Freestyle	5:10.64	5:06.10	435	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
50 Breaststroke	35.66	34.80	546	03/02/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180275	1
100 Breaststroke	1:16.77	1:15.10	582	28/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180275	1
200 Breaststroke	2:44.27	2:41.00	587	15/12/17	Swim England Winter Championships 2017	Sheffield	ASA154	1
50 Butterfly	31.76	31.20	455	03/02/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180275	1
100 Butterfly	1:09.26	1:08.20	513	27/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180275	1
200 Butterfly	2:35.35	2:33.30	482	26/03/17	City of Sheffield Premier Meet	Sheffield	NE170248	1
50 Backstroke	38.45	37.90	340	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
200 Backstroke	2:57.78	2:55.90	332	08/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
200 Individual Medley	2:35.07	2:32.50	537	27/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180274	1
400 Individual Medley	5:39.12	5:33.90	481	13/05/17	Team Luton May Long Course Meet 2017	Luton	ER170349	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.97	29.70	495	13/07/19	Team Luton Fast and Furious 5	Luton	ER190201	3
100 Freestyle	1:01.61	1:03.00	542	19/11/17	Team Luton November Short Course Meet	Luton	ER172383	3
200 Freestyle	2:14.37	2:16.90	553	15/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
400 Freestyle	4:48.87	4:53.70	513	23/09/17	Team Luton Autumn Short Course Meet 2017	Luton	ER171628	3
800 Freestyle	9:48.86	9:58.60	532	20/12/18	Team Luton 2018 Long Distance County Qualifier	Inspire: Luton	ER182804	4
50 Breaststroke	35.59	36.50	506	23/09/17	Team Luton Autumn Short Course Meet 2017	Luton	ER171628	3
100 Breaststroke	1:14.97	1:16.60	575	11/11/17	NASL - London Rounds 2017 - Division 1 & 2	Luton	ER172127	3
200 Breaststroke	2:45.11	2:48.30	541	16/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
50 Butterfly	30.71	31.30	500	15/07/17	Team Luton Fast & Furious IV Sprint Meet	Luton	ER171251	3
100 Butterfly	1:08.04	1:09.10	501	09/12/17	NASL - London Rounds 2017 - Division 1 & 2	Hertfordshire	ER172132	3
200 Butterfly	2:31.97	2:34.00	487	18/11/17	Team Luton November Short Course Meet	Luton	ER172383	3
50 Backstroke	33.16	33.80	441	13/07/19	Team Luton Fast and Furious 5	Luton	ER190201	3
100 Backstroke	1:12.66	1:13.80	431	09/06/18	Team Luton Compendium Challenge 2018	Inspire Luton	ER181486	4
200 Backstroke	2:39.35	2:41.40	415	30/09/18	Team Luton September Short Course Meet 2018	Inspire Luton	ER181035	3
200 Individual Medley	2:31.01	2:33.60	525	20/10/18	Team Luton Autumn Short Course Meet 2018	Inspire Luton Sports	ER181018	3
400 Individual Medley	5:28.29	5:33.60	490	30/09/18	Team Luton September Short Course Meet 2018	Inspire Luton	ER181035	3
100 Individual Medley	1:10.88	1:10.90	506	24/06/17	Team Luton Club Championships 2016 17	Luton	ER170101	4