

# Individual Best Times (All Time)

Harry Degen - (1116248) - Staines Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.36	26.60	446	13/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	EM180084	1
100 Freestyle	58.76	57.30	507	27/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
200 Freestyle	2:09.53	2:06.80	488	19/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove	SW171274	1
400 Freestyle	4:44.30	4:39.30	463	03/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
1500 Freestyle	18:50.33	18:31.90	457	25/03/17	MCASA Open Meet	London	LR170009	1
50 Breaststroke	33.44	32.50	467	27/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
100 Breaststroke	1:14.17	1:12.50	451	02/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
200 Breaststroke	3:04.33	3:01.40	315	14/05/16	ASA South East Region Swimming Championships	Crawley	SE160991	1
50 Butterfly	29.03	28.40	451	10/03/18	WDSC Long Course Premier Open Meet	Wycombe	SE180159	1
100 Butterfly	1:04.78	1:03.60	444	28/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
200 Butterfly	2:19.71	2:17.40	492	03/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
50 Backstroke	33.26	32.70	354	06/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
200 Individual Medley	2:25.40	2:22.70	481	28/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
400 Individual Medley	5:20.84	5:15.30	431	19/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove	SW171274	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.13	28.90	368	02/04/17	Black Swan Regional Qualifier Meet 2017	Elmbridge Xcel	SE170536	3
100 Freestyle	58.60	1:00.00	448	28/10/18	Hart SC Autumn Level 3 Open Meet 2018	Hart	SE181205	3
200 Freestyle	2:07.32	2:10.00	475	25/11/17	Black Swan County Qualifier Meet 2017	Walton On Thames	SE171986	3
400 Freestyle	4:27.02	4:32.20	502	29/09/18	RR Winter National & Regional Qualifier L2 Meet	Hart	SE181933	2
1500 Freestyle	18:31.86	18:50.30	441	07/02/16	MCASA County Championships 2016	Barnet	LR160281	2
50 Breaststroke	32.99	33.90	432	03/11/18	Swim England South East Open & Junior Champs	Portsmouth	SE182559	2
100 Breaststroke	1:15.33	1:17.00	395	08/04/18	Hatfield Regionals Qualifier Meet 2018	HERTFORDSHIRE SC	ER180755	3
200 Breaststroke	2:51.05	2:54.10	346	04/12/16	Swim Wales Short Course Championships	Swansea	WL160022	2
50 Butterfly	29.24	29.90	411	07/04/18	Hatfield Regionals Qualifier Meet 2018	HERTFORDSHIRE SC	ER180755	3
100 Butterfly	1:03.48	1:04.70	426	07/04/18	Hatfield Regionals Qualifier Meet 2018	HERTFORDSHIRE SC	ER180755	3
200 Butterfly	2:19.21	2:21.50	452	28/10/18	Hart SC Autumn Level 3 Open Meet 2018	Hart	SE181205	3
50 Backstroke	33.19	33.80	295	23/09/17	Team Luton Autumn Short Course Meet 2017	Luton	ER171628	3
100 Backstroke	1:08.60	1:09.80	349	25/11/17	Black Swan County Qualifier Meet 2017	Walton On Thames	SE171986	3
200 Backstroke	2:32.40	2:34.60	332	17/06/18	Staines Club Championships 2018	Spelthorne LC	SE181702	4
200 Individual Medley	2:22.69	2:25.40	453	06/10/18	RR Winter National & Regional Qualifier L2 Meet	Aldershot	SE181934	2
400 Individual Medley	5:07.00	5:12.70	447	07/10/17	Maxwell October Meet	Aylesbury	SE171807	3
100 Individual Medley	1:07.00	1:07.00	397	25/11/17	Black Swan County Qualifier Meet 2017	Walton On Thames	SE171986	3