## **Individual Best Times (All Time)**

Emilie Whitewood - (1117998) - Tigers SC (Jersey) Ltd

## **Long Course**

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.17	28.40	530	13/05/17	ASA South East Region Championships 2017	Crawley	SE170866	1
100 Freestyle	1:04.17	1:02.90	523	28/05/16	ASA South East Region Swimming Championships	Crawley	SE160992	1
200 Freestyle	2:15.46	2:12.90	578	28/05/17	ASA South East Region Championships 2017	Crawley	SE170867	1
400 Freestyle	4:45.69	4:40.70	559	14/05/17	ASA South East Region Championships 2017	Crawley	SE170866	1
800 Freestyle	9:43.93	9:34.00	572	20/01/18	Hampshire County Championships 2018	Portsmouth	SE180160	1
50 Butterfly	34.93	34.40	342	25/03/16	Portsmouth Northsea Easter Festival	Portsmouth	SE160363	1
50 Backstroke	34.57	34.00	469	01/04/18	Portsmouth Northsea Easter Meet	Mountbatten SC	SE180278	1
100 Backstroke	1:15.10	1:14.00	444	14/05/16	ASA South East Region Swimming Championships	Crawley	SE160991	1
200 Backstroke	2:38.58	2:36.50	468	15/05/16	ASA South East Region Swimming Championships	Crawley	SE160991	1
200 Individual Medley	2:39.44	2:36.90	494	28/05/16	ASA South East Region Swimming Championships	Crawley	SE160992	1
400 Individual Medley	5:29.96	5:24.60	523	28/05/17	ASA South East Region Championships 2017	Crawley	SE170867	1

## **Short Course**

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.31	30.00	478	22/04/17	Island Championships Series (1 of 2) 2017	Jersey	SE171088	3
100 Freestyle	1:02.06	1:03.40	530	06/05/17	The Specsavers Meet 2017	Guernsey	SE170672	2
200 Freestyle	2:12.67	2:15.30	574	12/11/17	50th Jersey Open Age Group Swimming Championships	Haute Vallee	SE171853	3
400 Freestyle	4:40.11	4:45.10	563	24/11/17	Channel Island Closed Swimming Championships 2017	Guernsey	SE172522	2
800 Freestyle	9:36.34	9:46.30	568	11/11/17	Island Championships Series (2 of 2) 2017	Jersey	SE171089	4
50 Breaststroke	49.92	50.50	183	29/06/14	Beau Sejour Barracudas Specsavers Open Meet	Guernsey	SE4215	2
100 Breaststroke	1:26.85	1:28.30	370	04/03/18	Calligo Tigers Club Championships	Jersey	SE180583	4
200 Breaststroke	3:02.38	3:05.30	401	04/03/18	Calligo Tigers Club Championships	Jersey	SE180583	4
50 Butterfly	32.81	33.40	410	25/11/16	Channel Island Closed Swimming Championships	Les Quennevais	SE161846	3
100 Butterfly	1:09.96	1:11.00	461	29/09/18	Guernsey Inter-Insular 2018	Guernsey	SE182306	4
200 Butterfly	2:45.89	2:47.80	374	22/10/17	Walkers Tigers Annual Autumn Open Meet 2017	St Brelade	SE170957	3
50 Backstroke	32.21	32.80	481	09/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
100 Backstroke	1:09.36	1:10.50	495	27/01/18	Hampshire County Championships 2018	Waterlooville	SE180726	2
200 Backstroke	2:30.21	2:32.40	496	04/03/18	Calligo Tigers Club Championships	Jersey	SE180583	4
200 Individual Medley	2:32.13	2:34.70	513	28/01/18	Hampshire County Championships 2018	Waterlooville	SE180726	2
400 Individual Medley	5:23.39	5:28.80	513	20/10/17	Walkers Tigers Annual Autumn Open Meet 2017	St Brelade	SE170956	2
100 Individual Medley	1:15.32	1:15.30	422	05/03/16	Jersey 15th Summer Graded Meet	Jersey	SE160424	4

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