

# Individual Best Times (All Time)

Emily Surminski - (1121854) - Brompton SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.35	28.60	520	20/07/16	IAG Championships & Summer Open 2016	Dublin	GBR381	1
100 Freestyle	1:03.18	1:01.80	548	26/03/17	MCASA Open Meet	London	LR170009	1
200 Freestyle	2:15.89	2:13.30	572	20/07/16	IAG Championships & Summer Open 2016	Dublin	GBR381	1
400 Freestyle	4:43.93	4:38.90	569	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	LR160415	1
50 Breaststroke	33.19	32.20	678	23/07/19	British Summer Championships	Glasgow	BSW011	1
100 Breaststroke	1:11.70	1:09.90	715	28/07/19	British Summer Championships	Glasgow	BSW011	1
200 Breaststroke	2:32.97	2:29.50	727	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
50 Butterfly	30.81	30.20	498	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
100 Butterfly	1:14.44	1:13.40	413	18/06/16	Torfaen Dolphins LC Open Meet 2016	Bristol	SW160625	3
100 Backstroke	1:13.32	1:12.20	478	21/05/16	London Region Summer Age Grp Championships	Crystal Palace	LR160416	1
200 Backstroke	2:35.22	2:33.10	499	08/05/16	London Region Age Grp Summer Championships	Crystal Palace	LR160415	1
200 Individual Medley	2:27.42	2:24.70	626	22/02/19	McCullagh International Meet	Bangor	GBR950	1
400 Individual Medley	5:11.75	5:06.10	620	23/06/19	2019 Long Course Summer Open	London	LR191494	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.96	29.70	496	05/11/16	London Region Winter Championships	Stratford	LR162227	2
100 Freestyle	1:01.87	1:03.20	535	25/06/17	Hillingdon Summer Meet	Uxbridge	LR170897	2
200 Freestyle	2:12.96	2:15.50	571	17/06/18	Brompton Summer Club Championships 2018	Fulham Pools	LR181405	4
400 Freestyle	4:37.86	4:42.90	576	05/11/16	London Region Winter Championships	Stratford	LR162227	2
800 Freestyle	9:57.20	10:06.80	510	25/10/15	Team Luton Autumn Short Course Meet	Luton	ER150601	3
50 Breaststroke	32.85	33.80	644	16/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
100 Breaststroke	1:11.21	1:13.00	671	15/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
200 Breaststroke	2:33.98	2:37.40	667	16/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
50 Butterfly	30.98	31.60	487	10/03/19	Ealing Regional Qualifier 2019	Northolt LC	LR190006	3
100 Butterfly	1:09.16	1:10.20	477	09/03/19	Ealing Regional Qualifier 2019	Northolt LC	LR190006	3
200 Butterfly	2:42.52	2:44.50	398	13/11/16	Chelsea & Westminster November Club Gala	London	LR162465	4
50 Backstroke	33.94	34.50	411	13/11/16	Chelsea & Westminster November Club Gala	London	LR162465	4
100 Backstroke	1:11.72	1:12.80	448	17/11/19	Brompton Winter Club Championship Meet	Fulham Pools	LR193129	4
200 Backstroke	2:29.08	2:31.30	507	13/11/16	Chelsea & Westminster November Club Gala	London	LR162465	4
200 Individual Medley	2:24.21	2:26.90	603	16/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
400 Individual Medley	5:06.08	5:11.80	605	19/11/16	Aquae Sulis Autumn Level 2 Meet	Bristol	SW162363	2
100 Individual Medley	1:08.94	1:08.90	550	03/11/19	2019 London Region Winter Championships	London	LR192817	2