

Individual Best Times (All Time)

Katie O'hara - (1122088) - Worthing Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.72	29.00	501	09/04/17	Crawley Spring LC Level 1 Meet	Crawley	SE170006	1
100 Freestyle	1:03.04	1:01.70	551	10/02/18	Sussex County Championships & Age Group Comp	Crawley	SE180607	1
200 Freestyle	2:19.55	2:17.00	528	19/03/17	Atlantis Regional-National Chaser Open Meet	Crawley	SE170018	1
400 Freestyle	4:52.98	4:48.10	518	26/02/17	Sussex County Championships & Age Group Comp	Crawley	SE170354	1
800 Freestyle	10:10.24	10:00.70	501	05/02/17	Sussex County Championships & Age Group Comp	Crawley	SE170352	1
50 Breaststroke	42.33	41.60	326	15/11/14	Crawley Not so Early Bird Gala	Crawley	SE4992	3
50 Butterfly	31.73	31.10	456	24/02/18	Sussex County Championships & Age Group Comp	Crawley	SE180608	1
100 Butterfly	1:10.25	1:09.20	492	19/03/17	Atlantis Regional-National Chaser Open Meet	Crawley	SE170018	1
200 Butterfly	2:37.06	2:35.00	466	11/02/17	Sussex County Championships & Age Group Comp	Crawley	SE170353	1
50 Backstroke	36.06	35.50	413	28/02/16	Sussex County Championships	Crawley	SE160361	1
100 Backstroke	1:16.36	1:15.30	423	27/02/16	Sussex County Championships	Crawley	SE160361	1
200 Backstroke	2:44.06	2:42.00	422	13/02/16	Sussex County Championships	Crawley	SE160360	1
200 Individual Medley	2:39.07	2:36.60	498	19/03/17	Atlantis Regional-National Chaser Open Meet	Crawley	SE170018	1
400 Individual Medley	5:41.26	5:36.10	472	23/02/19	SUSSEX COUNTY CHAMPIONSHIPS	Crawley	SE190456	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.49	29.20	521	01/04/17	Worthing Age Group Competition	Worthing	SE171072	4
100 Freestyle	1:01.07	1:02.40	557	11/11/17	NASLS - ROUND TWO	PORTSMOUTH	SE172517	3
200 Freestyle	2:12.73	2:15.30	574	18/11/17	Worthing Open Championships	Worthing	SE171078	4
400 Freestyle	4:40.42	4:45.40	561	16/11/17	Worthing Open Championships	Worthing	SE171077	4
800 Freestyle	9:37.31	9:47.20	565	19/12/17	Worthing Open Championships	Worthing	SE171080	4
50 Breaststroke	38.94	39.70	386	22/04/17	Worthing Age Group Competition	Worthing	SE171073	4
100 Breaststroke	1:25.06	1:26.50	394	30/09/17	Worthing Championships	Worthing	SE171075	4
200 Breaststroke	2:58.94	3:01.90	425	26/11/19	Worthing Open Championships	Worthing	SE192071	4
50 Butterfly	31.25	31.90	474	01/04/17	Worthing Age Group Competition	Worthing	SE171072	4
100 Butterfly	1:08.58	1:09.70	489	21/10/17	Sussex County ASA Winter Short Competition	Crawley	SE171874	2
200 Butterfly	2:31.64	2:33.70	490	28/11/17	Worthing Open Championships	Worthing	SE171079	4
50 Backstroke	34.08	34.70	406	24/04/15	Worthing Age Group Competition	Worthing	SE150839	4
100 Backstroke	1:11.72	1:12.80	448	03/10/15	Worthing Championships	Worthing	SE150837	4
200 Backstroke	2:30.58	2:32.80	492	18/11/17	Worthing Open Championships	Worthing	SE171078	4
200 Individual Medley	2:31.67	2:34.20	518	14/10/17	NASLS - Round One	Fleet	SE172108	3
400 Individual Medley	5:18.11	5:23.60	539	14/11/17	Worthing Open Championships	Worthing	SE171076	4
100 Individual Medley	1:12.34	1:12.30	476	22/10/17	Sussex County ASA Winter Short Competition	Crawley	SE171874	2