

# Individual Best Times (All Time)

Emma Howitt - (1131006) - Flitwick Dolphins SC

## Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet  | Venue | Licence  | Level |
|-----------------------|---------|-----------------|-----------|----------|---|-------|----------|-------|
| 50 Freestyle          | 29.90   | 29.20           | 492       | 03/02/19 | Bedfordshire ASA 2019 Age Group and County Champs | Luton | ER190246 | 1     |
| 100 Freestyle         | 1:04.40 | 1:03.10         | 517       | 26/01/20 | Bedfordshire ASA 2020 Age Group and County Champs | Luton | ER200218 | 1     |
| 200 Freestyle         | 2:20.85 | 2:18.40         | 514       | 02/02/19 | Bedfordshire ASA 2019 Age Group and County Champs | Luton | ER190246 | 1     |
| 50 Breaststroke       | 40.66   | 39.90           | 368       | 01/02/20 | Bedfordshire ASA 2020 Age Group and County Champs | Luton | ER200220 | 1     |
| 100 Breaststroke      | 1:42.75 | 1:41.50         | 243       | 11/07/15 | Northampton Summer Festival Open Meet             | Corby | EM150964 | 3     |
| 200 Breaststroke      | 3:36.56 | 3:34.10         | 256       | 21/03/15 | Bedfordshire ASA County Championships             | Luton | CC150190 | 1     |
| 50 Butterfly          | 33.32   | 32.70           | 394       | 02/02/19 | Bedfordshire ASA 2019 Age Group and County Champs | Luton | ER190246 | 1     |
| 100 Butterfly         | 1:31.01 | 1:30.20         | 226       | 10/07/16 | Northampton 2016 Long Course Summer Festival      | Corby | EM160458 | 3     |
| 50 Backstroke         | 34.00   | 33.40           | 493       | 02/02/20 | Bedfordshire ASA 2020 Age Group and County Champs | Luton | ER200220 | 1     |
| 100 Backstroke        | 1:09.57 | 1:08.40         | 559       | 26/01/19 | Bedfordshire ASA 2019 Age Group and County Champs | Luton | ER190245 | 1     |
| 200 Backstroke        | 2:27.73 | 2:25.50         | 579       | 02/02/20 | Bedfordshire ASA 2020 Age Group and County Champs | Luton | ER200220 | 1     |
| 200 Individual Medley | 2:39.21 | 2:36.70         | 497       | 25/01/20 | Bedfordshire ASA 2020 Age Group and County Champs | Luton | ER200218 | 1     |

## Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet   | Venue       | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-------------|----------|-------|
| 50 Freestyle          | 29.67    | 30.40           | 461       | 16/12/18 | 2nd Christmas Cracker Meet                         | Biggleswade | ER181603 | 3     |
| 100 Freestyle         | 1:02.51  | 1:03.80         | 519       | 23/11/19 | Linslade Crusaders Almost Last Chance Open Meet    | Bletchley   | ER192116 | 3     |
| 200 Freestyle         | 2:19.57  | 2:22.00         | 493       | 29/09/18 | Modernian Golden Eagle Meet                        | Bletchley   | ER180719 | 2     |
| 400 Freestyle         | 5:20.94  | 5:25.30         | 374       | 20/03/16 | Bishops Stortford Spring Regional Qualifier        | Borehamwood | ER160141 | 3     |
| 800 Freestyle         | 11:19.61 | 11:28.10        | 346       | 03/01/16 | Modernians Last Chance Meet                        | Bedford     | ER160312 | 4     |
| 50 Breaststroke       | 39.03    | 39.80           | 384       | 08/12/19 | 3rd Christmas Cracker Open Meet                    | Biggleswade | ER191854 | 3     |
| 100 Breaststroke      | 1:32.87  | 1:34.20         | 302       | 18/12/16 | Modernian Last Chance County Qualifier             | Bedford     | ER162472 | 4     |
| 200 Breaststroke      | 3:28.24  | 3:30.80         | 269       | 24/10/15 | Flitwick Dolphins Open Meet 2015                   | Biggleswade | ER150962 | 3     |
| 50 Butterfly          | 33.42    | 34.00           | 388       | 29/09/19 | Modernian Golden Eagle Meet                        | Bletchley   | ER190517 | 2     |
| 50 Backstroke         | 32.90    | 33.50           | 452       | 23/11/19 | Linslade Crusaders Almost Last Chance Open Meet    | Bletchley   | ER192116 | 3     |
| 100 Backstroke        | 1:08.09  | 1:09.30         | 523       | 03/11/19 | Swim England East Region Short Course Champs 2019  | Basildon    | ER192086 | 2     |
| 200 Backstroke        | 2:24.66  | 2:26.90         | 555       | 07/12/19 | 3rd Christmas Cracker Open Meet                    | Biggleswade | ER191854 | 3     |
| 200 Individual Medley | 2:34.04  | 2:36.60         | 495       | 04/11/18 | Swim England East Region Short Course Championship | Luton       | ER180889 | 2     |
| 100 Individual Medley | 1:14.51  | 1:14.50         | 436       | 03/11/18 | Swim England East Region Short Course Championship | Luton       | ER180889 | 2     |