

# Individual Best Times (All Time)

Emily Watson - (1131008) - Bedford Swim Squad

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.67	30.00	456	03/02/19	Bedfordshire ASA 2019 Age Group and County Champs	Luton	ER190246	1
100 Freestyle	1:06.89	1:05.60	461	28/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180274	1
200 Freestyle	2:33.30	2:31.00	398	09/07/17	Northampton 2017 Long Course Summer Festival	Corby	EM170339	3
400 Freestyle	5:17.89	5:13.40	405	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
50 Breaststroke	37.51	36.70	469	05/11/17	East Region Winter Championships	Norwich	ER170911	1
100 Breaststroke	1:22.60	1:21.10	467	30/03/19	Team Luton March Open Meet	Luton	ER190183	1
200 Breaststroke	3:02.77	2:59.90	426	03/02/19	Bedfordshire ASA 2019 Age Group and County Champs	Luton	ER190246	1
50 Butterfly	31.50	30.90	466	02/02/19	Bedfordshire ASA 2019 Age Group and County Champs	Luton	ER190246	1
100 Butterfly	1:13.17	1:12.10	435	31/03/19	Team Luton March Open Meet	Luton	ER190183	1
50 Backstroke	35.93	35.40	417	04/02/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180275	1
100 Backstroke	1:16.56	1:15.50	419	27/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180274	1
200 Backstroke	2:45.23	2:43.20	413	08/07/17	Northampton 2017 Long Course Summer Festival	Corby	EM170339	3
200 Individual Medley	2:38.40	2:35.90	504	25/03/18	Team Luton March Long Course Meet 2018	Luton	ER180343	1
400 Individual Medley	5:39.89	5:34.70	478	24/03/18	Team Luton March Long Course Meet 2018	Luton	ER180343	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.68	30.40	461	16/06/18	CMKSC Summer Open Meet Level 3	Bletchley	SE180991	3
100 Freestyle	1:04.98	1:06.30	462	16/12/18	2nd Christmas Cracker Meet	Biggleswade	ER181603	3
200 Freestyle	2:25.25	2:27.60	438	24/11/18	Last Chance Open Meet	Bletchley	ER181224	3
400 Freestyle	5:00.48	5:05.10	456	17/06/18	CMKSC Summer Open Meet Level 3	Bletchley	SE180991	3
800 Freestyle	10:45.53	10:54.40	404	02/07/17	Modernian Long Distance Meet	Bedford	ER170874	4
50 Breaststroke	36.86	37.70	455	17/12/17	1st Christmas Cracker Open Meet	Biggleswade	ER172069	3
100 Breaststroke	1:21.13	1:22.70	454	16/06/18	CMKSC Summer Open Meet Level 3	Bletchley	SE180991	3
200 Breaststroke	2:55.93	2:58.90	447	17/06/17	CMKSC Summer Open Meet Level 3	Bletchley	SE171026	3
50 Butterfly	31.32	31.90	471	08/06/19	Fastwater Trophy Gala - A Grade	Wellingborough	EM192311	4
100 Butterfly	1:12.97	1:14.00	406	16/12/18	2nd Christmas Cracker Meet	Biggleswade	ER181603	3
50 Backstroke	34.32	34.90	398	16/06/18	CMKSC Summer Open Meet Level 3	Bletchley	SE180991	3
100 Backstroke	1:14.65	1:15.70	397	17/03/18	West Norfolk Open Meet 2018	Kings Lynn	ER180171	3
200 Backstroke	2:39.24	2:41.30	416	01/10/17	Modernian Golden Eagle Meet	Bletchley	ER170315	2
200 Individual Medley	2:35.67	2:38.20	479	16/12/18	2nd Christmas Cracker Meet	Biggleswade	ER181603	3
400 Individual Medley	5:33.35	5:38.60	468	15/12/18	2nd Christmas Cracker Meet	Biggleswade	ER181603	3
100 Individual Medley	1:13.25	1:13.30	459	16/06/18	CMKSC Summer Open Meet Level 3	Bletchley	SE180991	3