

# Individual Best Times (All Time)

Harry Lee-Knowles - (1148708) - Chalfont Otters SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.22	27.50	406	12/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180782	1
100 Freestyle	59.92	58.50	478	11/05/19	Swim England 14 Under Swimming Championships 2019	Crawley	SE191558	1
200 Freestyle	3:15.93	3:14.10	141	21/09/14	Hillingdon Autumn Open Meet	Hillingdon	LR4402	3
50 Breaststroke	48.81	48.20	150	18/07/15	Wycombe District End of Season Meet	Wycombe	SE151150	3
100 Breaststroke	1:47.88	1:46.70	146	19/07/15	Wycombe District End of Season Meet	Wycombe	SE151150	3
50 Butterfly	29.80	29.20	417	12/05/19	Swim England 14 Under Swimming Championships 2019	Crawley	SE191558	1
100 Butterfly	1:06.62	1:05.50	408	26/05/19	Swim England South East 14 &U Championships 2019	Crawley	SE191559	1
50 Backstroke	29.70	29.00	498	11/05/19	Swim England 14 Under Swimming Championships 2019	Crawley	SE191558	1
100 Backstroke	1:05.26	1:04.00	494	25/05/19	Swim England South East 14 &U Championships 2019	Crawley	SE191559	1
200 Backstroke	2:30.62	2:28.40	410	12/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180782	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.91	27.70	420	08/06/19	ESC End of Season Open	Northolt LC	LR191732	3
100 Freestyle	58.02	59.40	461	12/10/19	NASL South League Round One	Oxford Leys	SE192932	3
200 Freestyle	2:21.16	2:23.60	348	30/09/17	Cambridge Grand Prix	Cambridge	ER170267	2
400 Freestyle	5:47.82	5:51.80	227	14/06/15	Hillingdon RNSS House Club Champs	Northwood	LR150685	4
50 Breaststroke	38.92	39.70	263	24/06/17	Hillingdon Summer Meet	Uxbridge	LR170897	2
200 Breaststroke	4:01.12	4:03.30	123	10/05/15	Hillingdon RNSS House Club Champs	Northwood	LR150684	4
50 Butterfly	29.00	29.60	421	13/04/19	Black Swan Regional Qualifier Meet 2019	Elmbridge Xcel	SE191276	3
100 Butterfly	1:04.93	1:06.10	398	18/11/18	Guildford City L2 Winter Open	Surrey SP	SE180713	2
200 Butterfly	2:34.00	2:36.00	334	16/06/18	ESC End of Season Open	Northolt	LR180594	3
50 Backstroke	30.19	30.80	392	17/11/18	Guildford City L2 Winter Open	Surrey SP	SE180713	2
100 Backstroke	1:04.42	1:05.70	422	17/11/18	Guildford City L2 Winter Open	Surrey SP	SE180713	2
200 Backstroke	2:29.33	2:31.50	353	20/01/18	MCASA 2018 County Age Group & Youth Championships	Southbury Road LC	LR180224	2
200 Individual Medley	2:52.45	2:54.70	256	09/10/16	Hillingdon Short Course Autumn Meet	Uxbridge	LR161662	3
400 Individual Medley	5:37.80	5:43.00	335	15/10/17	Middlesex Winter Development Meet	Enfield	LR172035	3
100 Individual Medley	1:07.74	1:07.70	385	08/06/19	ESC End of Season Open	Northolt LC	LR191732	3