

Individual Best Times (All Time)

Megan Helm - (1174919) - City of Sheffield Swim Squad Ltd

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.71	29.00	501	22/02/20	Yorkshire County Championships Level of Meet	Sheffield	NE200185	1
100 Freestyle	1:05.71	1:04.40	487	01/12/19	City of Sheffield Swim Squad Snow Frills	Sheffield	NE190403	3
200 Freestyle	2:25.21	2:22.80	469	30/06/19	City of Leeds Summer Meet 2019	Leeds	NE190131	3
400 Freestyle	5:12.96	5:08.40	425	29/06/19	City of Leeds Summer Meet 2019	Leeds	NE190131	3
50 Breaststroke	42.11	41.40	332	26/05/19	City of Sheffield Swim Squad No Frills	Sheffield	NE190401	3
100 Breaststroke	1:34.36	1:33.00	313	17/11/18	Glyn Mettam Memorial 'B' Grade Open Meet	Sheffield	NE180825	3
200 Breaststroke	3:27.18	3:24.60	292	30/06/19	City of Leeds Summer Meet 2019	Leeds	NE190131	3
50 Butterfly	36.19	35.70	307	22/09/19	City of Sheffield Swim Squad Teaspoon Gala	Sheffield	NE190405	3
50 Backstroke	37.54	37.00	366	08/03/20	City of Sheffield Swim Squad March Madness Meet	Sheffield	NE200363	3
100 Backstroke	1:21.64	1:20.60	346	26/05/19	City of Sheffield Swim Squad No Frills	Sheffield	NE190401	3
200 Backstroke	2:56.62	2:54.70	338	02/12/18	City of Sheffield Snow Frills Meet 2018	Sheffield	NE180165	3
200 Individual Medley	2:50.19	2:47.90	406	29/06/19	City of Leeds Summer Meet 2019	Leeds	NE190131	3
400 Individual Medley	6:30.52	6:26.00	315	01/07/18	City of Leeds Summer Meet 2018	Leeds	NE180078	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.60	30.30	464	19/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	NE192012	2
100 Freestyle	1:04.59	1:05.90	470	20/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	NE192012	2
200 Freestyle	2:23.89	2:26.30	450	15/12/18	Chesterfield Winter Open Championships	Matlock	EM181612	3
400 Freestyle	5:20.00	5:24.40	377	06/01/19	HARROGATE JANUS A & B GRADE MEET	HARROGATE	NE190225	3
50 Breaststroke	44.37	45.10	261	28/01/18	Alec James BML Individual Championships 2017	Adwick	NE180486	3
100 Breaststroke	1:33.94	1:35.30	292	16/12/18	Chesterfield Winter Open Championships	Matlock	EM181612	3
200 Breaststroke	3:23.33	3:25.90	289	06/01/19	HARROGATE JANUS A & B GRADE MEET	HARROGATE	NE190225	3
50 Butterfly	38.20	38.70	259	05/01/19	HARROGATE JANUS A & B GRADE MEET	HARROGATE	NE190225	3
100 Butterfly	1:51.03	1:51.70	115	15/10/17	Durham City Medley Challenge 2017	Durham	NE170970	3
50 Backstroke	38.85	39.40	274	06/01/19	HARROGATE JANUS A & B GRADE MEET	HARROGATE	NE190225	3
100 Backstroke	1:30.55	1:31.40	222	15/10/17	Durham City Medley Challenge 2017	Durham	NE170970	3
200 Backstroke	3:16.55	3:18.20	221	09/10/16	KUHSC Regional Qualifier Meet	Hull	NE162096	3
200 Individual Medley	3:02.43	3:04.60	298	07/01/18	Harrogate Janus A & B Grade Meet	Harrogate	NE180140	3
400 Individual Medley	6:37.96	6:42.40	275	06/01/18	Harrogate Janus A & B Grade Meet	Harrogate	NE180140	3
100 Individual Medley	1:19.44	1:19.40	359	16/12/18	Chesterfield Winter Open Championships	Matlock	EM181612	3