

# Individual Best Times (All Time)

Tara Kennedy - (1195868) - Guernsey Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.39	28.70	518	21/01/24	Hampshire County Swimming Championships 2024	Winchester	SE240343	1
100 Freestyle	1:04.83	1:03.50	507	25/02/24	Hampshire County Swimming Championships 2024	Mountbatten Cen	SE240345	1
200 Breaststroke	3:14.68	3:11.90	352	25/02/23	Hampshire ASA County Championships 2023	Winchester	SE230251	1
50 Butterfly	30.96	30.30	491	24/02/24	Hampshire County Swimming Championships 2024	Mountbatten Cen	SE240345	1
50 Backstroke	33.37	32.80	521	21/01/24	Hampshire County Swimming Championships 2024	Winchester	SE240343	1
100 Backstroke	1:14.67	1:13.60	452	26/02/23	Hampshire ASA County Championships 2023	Winchester	SE230251	1
200 Backstroke	2:45.35	2:43.30	413	22/01/23	Hampshire ASA County Championships 2023	Winchester	SE230249	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.60	29.30	515	26/11/23	Guernsey SC Island Swimming Championships 2023	St Sampsons HS	SE232131	3
100 Freestyle	1:02.95	1:04.30	508	01/10/23	Guernsey ASA Channel Island Championships 2023	Beau Sejour LC	SE231822	2
200 Freestyle	2:19.54	2:22.00	494	30/09/23	Guernsey ASA Channel Island Championships 2023	Beau Sejour LC	SE231822	2
400 Freestyle	5:04.57	5:09.10	437	01/04/22	Channel Island Championships 2022	Les Quenneyais	SE220456	3
800 Freestyle	10:32.69	10:41.80	429	26/06/23	Guernsey SC Club Championships 2023	St Sampsons HS	SE230572	4
1500 Freestyle	20:42.53	20:59.00	390	21/06/23	Guernsey SC Club Championships 2023	St Sampsons HS	SE230573	4
50 Breaststroke	38.45	39.30	401	24/11/23	Guernsey SC Island Swimming Championships 2023	St Sampsons HS	SE232131	3
100 Breaststroke	1:25.27	1:26.70	391	13/04/24	Guernsey SC Club Champs 2024	Guernsey	SE240749	4
200 Breaststroke	3:04.07	3:06.90	390	26/11/22	Guernsey SC Island Swimming Championships 2022	Beau Sajour LC	SE222283	3
50 Butterfly	31.01	31.60	485	02/03/24	Guernsey ASA 50 Sprint Gala 2024	Guernsey	SE240569	3
100 Butterfly	1:17.13	1:18.10	344	14/04/24	Guernsey SC Club Champs 2024	Guernsey	SE240750	4
50 Backstroke	32.53	33.10	467	02/03/24	Guernsey ASA 50 Sprint Gala 2024	Guernsey	SE240569	3
100 Backstroke	1:10.76	1:11.90	466	29/01/22	Hampshire County ASA Swimming Championships 2022	Portsmouth	SE220381	2
200 Backstroke	2:34.84	2:37.00	453	26/11/22	Guernsey SC Island Swimming Championships 2022	Beau Sajour LC	SE222283	3
200 Individual Medley	2:45.69	2:48.10	397	27/09/23	Guernsey SC Club Championships 2023	St Sampsons HS	SE230574	4
400 Individual Medley	5:48.59	5:53.60	409	17/03/24	Guernsey SC Club Champs 2024	Guernsey	SE240748	4
100 Individual Medley	1:15.20	1:15.20	424	11/02/23	Guernsey SC Club Championships 2023	St Sampsons	SE230568	4