

# Individual Best Times (All Time)

Harriet Clements - (1215242) - Watford SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.57	28.90	509	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
100 Freestyle	1:05.82	1:04.50	484	14/04/18	Team Luton April Long Course Meet 2018	Luton	ER180341	1
50 Breaststroke	37.69	36.80	463	28/05/18	East Swimming Long Course Championships 2018	Luton	ER180214	1
100 Breaststroke	1:24.28	1:22.80	440	26/05/18	East Swimming Long Course Championships 2018	Luton	ER180214	1
200 Breaststroke	3:02.02	2:59.10	431	28/05/17	ASA East Region Long Course Championships	Norwich	ER170220	1
50 Butterfly	30.47	29.80	515	20/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1
100 Butterfly	1:22.57	1:21.60	303	22/04/17	Wycombe District Long Course Sprint Meet	Wycombe	SE170721	3
50 Backstroke	31.22	30.60	636	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
100 Backstroke	1:08.64	1:07.50	582	06/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
200 Backstroke	2:36.61	2:34.50	486	14/04/18	Team Luton April Long Course Meet 2018	Luton	ER180341	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.72	29.40	508	09/12/18	Hemel Hempstead Alan Doyle Memorial Sprint Meet	Hemel Hempstead	ER180888	3
100 Freestyle	1:02.56	1:03.90	518	16/03/19	Watford Regional Qualifier 2019	Garston	ER190184	3
200 Freestyle	2:23.03	2:25.40	458	17/06/17	The Terry Davies Alternative Nationals	Watford	ER170876	3
50 Breaststroke	36.22	37.10	480	20/10/18	Team Luton Autumn Short Course Meet 2018	Inspire Luton Sports	ER181018	3
100 Breaststroke	1:19.55	1:21.10	481	17/11/18	Watford November 2018 County Qualifier	Garston	ER181665	3
200 Breaststroke	2:51.44	2:54.50	483	20/10/18	Team Luton Autumn Short Course Meet 2018	Inspire Luton Sports	ER181018	3
50 Butterfly	30.22	30.80	525	22/06/19	The Terry Davies Alternative Nationals	Woodside	ER190152	3
100 Butterfly	1:12.99	1:14.00	406	20/01/18	Hertfordshire County Championships	Borehamwood	ER180356	2
200 Butterfly	2:54.27	2:56.10	323	23/09/17	Hemel Hempstead 200 Fly Fest	Hemel Hempstead	ER171353	3
50 Backstroke	30.62	31.30	560	26/01/19	SE Hertfordshire County Champs & Age Group Comp	Borehamwood	ER190026	2
100 Backstroke	1:06.54	1:07.70	561	19/01/19	SE Hertfordshire County Champs & Age Group Comp	Borehamwood	ER190025	2
200 Backstroke	2:28.04	2:30.30	518	27/01/19	SE Hertfordshire County Champs & Age Group Comp	Borehamwood	ER190026	2
200 Individual Medley	2:34.35	2:36.90	492	26/10/19	Team Luton Autumn Short Course Open Meet	Inspire; Luton	ER191555	3
100 Individual Medley	1:09.81	1:09.80	530	23/06/19	The Terry Davies Alternative Nationals	Woodside	ER190152	3