

# Individual Best Times (All Time)

Elliot Barrett - (1230601) - Borough of Southend Swimming and

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.36	31.70	269	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Freestyle	1:13.80	1:12.70	255	25/09/16	BWFSC County Qualifier Meet 2016	London	LR161616	3
50 Breaststroke	42.96	42.20	220	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Breaststroke	1:39.09	1:37.80	189	25/09/16	BWFSC County Qualifier Meet 2016	London	LR161616	3
200 Breaststroke	3:30.35	3:27.80	212	25/09/16	BWFSC County Qualifier Meet 2016	London	LR161616	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.19	30.90	297	30/09/17	Bishops Stortford Autumn Sprint Meet	Harlow	ER170889	3
100 Freestyle	1:08.25	1:09.50	283	07/10/17	The Alan Mitchell Memorial County Qualifier	Thurrock	ER170331	3
200 Freestyle	2:32.64	2:34.90	275	08/10/17	The Alan Mitchell Memorial County Qualifier	Thurrock	ER170331	3
400 Freestyle	5:18.37	5:22.80	296	07/10/17	The Alan Mitchell Memorial County Qualifier	Thurrock	ER170331	3
50 Breaststroke	39.55	40.30	251	07/10/17	The Alan Mitchell Memorial County Qualifier	Thurrock	ER170331	3
100 Breaststroke	1:28.28	1:29.70	245	30/09/17	Bishops Stortford Autumn Sprint Meet	Harlow	ER170889	3
200 Breaststroke	3:11.77	3:14.50	246	08/10/17	The Alan Mitchell Memorial County Qualifier	Thurrock	ER170331	3
50 Backstroke	37.67	38.20	202	30/09/17	Bishops Stortford Autumn Sprint Meet	Harlow	ER170889	3
200 Individual Medley	2:54.62	2:56.90	247	07/10/17	The Alan Mitchell Memorial County Qualifier	Thurrock	ER170331	3
100 Individual Medley	1:27.22	1:27.20	180	18/06/16	Thurrock Summer Sprint Meet 2016	Thurrock	ER160079	3