

# Individual Best Times (All Time)

Hari Montgomery - (1339561) - City of Leeds SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.54	31.90	265	08/03/20	City of Sheffield Swim Squad March Madness Meet	Sheffield	NE200363	3
100 Freestyle	1:12.56	1:11.40	269	08/03/20	City of Sheffield Swim Squad March Madness Meet	Sheffield	NE200363	3
200 Freestyle	2:38.32	2:36.10	267	05/01/20	City of Leeds New Year Meet 2020	Leeds	NE200019	3
400 Freestyle	5:30.63	5:26.30	294	04/01/20	City of Leeds New Year Meet 2020	Leeds	NE200019	3
50 Breaststroke	45.97	45.30	179	05/01/20	City of Leeds New Year Meet 2020	Leeds	NE200019	3
100 Breaststroke	1:40.94	1:39.70	178	08/03/20	City of Sheffield Swim Squad March Madness Meet	Sheffield	NE200363	3
200 Breaststroke	3:48.51	3:46.20	165	29/06/19	City of Leeds Summer Meet 2019	Leeds	NE190131	3
50 Butterfly	37.19	36.70	214	21/12/19	City of Leeds Xmas Meet 2019	Leeds	NE190130	3
100 Butterfly	1:28.82	1:28.00	172	06/01/19	City of Leeds New Year Meet 2019	Leeds	NE190132	3
50 Backstroke	38.75	38.20	224	08/03/20	City of Sheffield Swim Squad March Madness Meet	Sheffield	NE200363	3
100 Backstroke	1:24.13	1:23.20	230	08/03/20	City of Sheffield Swim Squad March Madness Meet	Sheffield	NE200363	3
200 Backstroke	2:59.89	2:58.00	240	01/12/19	City of Sheffield Swim Squad Snow Frills	Sheffield	NE190403	3
200 Individual Medley	3:02.75	3:00.60	242	05/01/20	City of Leeds New Year Meet 2020	Leeds	NE200019	3
400 Individual Medley	6:30.88	6:26.30	238	04/01/20	City of Leeds New Year Meet 2020	Leeds	NE200019	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.16	33.80	224	15/06/19	Harrogate Summer A Grade Meet	Harrogate	NE190473	3
100 Freestyle	1:16.92	1:18.00	198	28/04/19	Borough of Kirklees Spring Short Course Open Meet	Borough of Kirklees	NE191139	3
200 Freestyle	2:40.63	2:42.80	236	16/06/19	Harrogate Summer A Grade Meet	Harrogate	NE190473	3
50 Breaststroke	45.81	46.50	161	29/09/19	Yorkshire Swimming Association Winter Competition	Leeds	NE192011	2
50 Butterfly	37.51	38.00	194	29/09/19	Yorkshire Swimming Association Winter Competition	Leeds	NE192011	2
100 Butterfly	1:28.75	1:29.60	156	15/06/19	Harrogate Summer A Grade Meet	Harrogate	NE190473	3
50 Backstroke	39.34	39.80	177	29/09/19	Yorkshire Swimming Association Winter Competition	Leeds	NE192011	2
100 Backstroke	1:24.92	1:25.90	184	28/09/19	Yorkshire Swimming Association Winter Competition	Leeds	NE192011	2
200 Backstroke	3:17.00	3:18.70	154	27/10/18	City of Leeds October Meet 2018	John Charles Centre	NE181849	3
200 Individual Medley	3:14.36	3:16.40	179	27/10/18	City of Leeds October Meet 2018	John Charles Centre	NE181849	3
400 Individual Medley	6:37.85	6:42.30	205	29/09/19	Yorkshire Swimming Association Winter Competition	Leeds	NE192011	2
100 Individual Medley	1:25.08	1:25.10	194	15/06/19	Harrogate Summer A Grade Meet	Harrogate	NE190473	3