

# Individual Best Times (All Time)

Henry Sims - (1394625) - Hastings Seagull SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.31	36.70	176	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
100 Freestyle	1:22.93	1:21.90	180	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
50 Breaststroke	51.41	50.80	128	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
100 Breaststroke	1:49.40	1:48.20	140	11/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
200 Breaststroke	3:52.05	3:49.80	158	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
50 Butterfly	42.40	41.90	144	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
50 Backstroke	46.09	45.70	133	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
100 Backstroke	1:36.48	1:35.60	152	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
200 Individual Medley	3:19.01	3:17.00	187	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.42	37.00	169	22/06/24	Hastings Terry Fitzgerald Memorial Open Meet 2024	Hastings	SE240088	3
100 Freestyle	1:20.81	1:21.80	170	22/06/24	Hastings Terry Fitzgerald Memorial Open Meet 2024	Hastings	SE240088	3
200 Freestyle	2:54.85	2:56.80	183	20/05/24	Hastings Seagull SC Club Championships 2024	Hastings	SE240810	4
400 Freestyle	7:41.10	7:44.10	97	19/06/23	Hastings Seagull SC Club Champs	Summerfields	SE231022	4
50 Breaststroke	49.38	50.00	128	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
100 Breaststroke	1:45.01	1:46.20	145	20/05/24	Hastings Seagull SC Club Championships 2024	Hastings	SE240810	4
200 Breaststroke	3:48.82	3:51.10	144	13/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
50 Butterfly	41.69	42.10	141	14/06/24	Hastings National Arena Junior Swimming League 24	Bexhill	SE241027	4
100 Butterfly	1:39.19	1:40.00	111	22/06/24	Hastings Terry Fitzgerald Memorial Open Meet 2024	Hastings	SE240088	3
50 Backstroke	43.70	44.20	129	14/06/24	Hastings National Arena Junior Swimming League 24	Bexhill	SE241027	4
100 Backstroke	1:37.17	1:38.00	123	13/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
200 Backstroke	3:15.78	3:17.50	157	10/06/24	Hastings Seagull SC Club Championships 2024	Hastings	SE240811	4
200 Individual Medley	3:12.35	3:14.40	185	10/06/24	Hastings Seagull SC Club Championships 2024	Hastings	SE240811	4
100 Individual Medley	1:31.27	1:31.30	157	22/06/24	Hastings Terry Fitzgerald Memorial Open Meet 2024	Hastings	SE240088	3