

Individual Best Times (All Time)

Connie Emmett - (1396588) - Cranleigh SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.56	28.80	509	21/01/24	Surrey Age Group Championships 2024	Guildford	SE240476	1
100 Freestyle	1:05.15	1:03.90	500	08/07/23	ESSA Summer Open Championships 2023	Crawley	SE230715	3
50 Breaststroke	36.09	35.20	527	04/02/23	Surrey County Age Group Championships 2023	Guildford	SE230015	1
100 Breaststroke	1:20.85	1:19.30	499	21/01/23	Surrey County Age Group Championships 2023	Guildford	SE230014	1
200 Breaststroke	3:01.39	2:58.50	436	06/05/22	Swim England South East Summer Championships	Crawley	SE220756	1
50 Butterfly	32.70	32.10	416	04/02/24	Surrey Age Group Championships 2024	Guildford	SE240477	1
50 Backstroke	37.72	37.20	361	08/01/22	Crawley Speedo New Year L3 Gala 2022	Crawley	SE220201	3
100 Backstroke	1:18.68	1:17.70	386	15/07/23	Portsmouth Northsea End of Season 2023 LC L3 Meet	Mountbatten Centre	SE231194	3
200 Individual Medley	2:49.34	2:47.00	413	15/07/23	Portsmouth Northsea End of Season 2023 LC L3 Meet	Mountbatten Centre	SE231194	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.86	29.60	501	17/03/24	Cranleigh ASC Mavis Godfrey Spring Open Meet 2024	Cranleigh	SE240282	3
100 Freestyle	1:05.96	1:07.20	442	22/05/22	Cranleigh ASC Summer Open Meet	Cranleigh	SE220791	3
200 Freestyle	2:27.09	2:29.40	421	22/05/22	Cranleigh ASC Summer Open Meet	Cranleigh	SE220791	3
400 Freestyle	6:03.24	6:07.10	258	24/11/19	Atlantis Christmas Cracker 2019	Horsham	SE190351	3
50 Breaststroke	36.96	37.80	452	30/10/22	Hart SC Autumn Open Meet 2022	Hart Leisure	SE221836	3
100 Breaststroke	1:20.88	1:22.40	458	02/10/22	Cranleigh Club Championship	Cranleigh	SE221720	4
200 Breaststroke	2:58.52	3:01.50	428	11/12/22	Cranleigh Club Championship	Cranleigh	SE221722	4
50 Butterfly	33.34	33.90	391	12/03/23	Cranleigh SC Mavis Godfrey Spring Gala 2023	Cranleigh	SE230337	3
100 Butterfly	1:20.16	1:21.10	306	12/03/23	Cranleigh SC Mavis Godfrey Spring Gala 2023	Cranleigh	SE230337	3
200 Butterfly	3:08.92	3:10.60	253	20/03/22	Cranleigh SC Mavis Godfrey Spring Open Meet 2022	Cranleigh	SE220219	3
50 Backstroke	34.88	35.50	379	11/12/22	Cranleigh Club Championship	Cranleigh	SE221722	4
100 Backstroke	1:16.43	1:17.50	370	12/03/23	Cranleigh SC Mavis Godfrey Spring Gala 2023	Cranleigh	SE230337	3
200 Backstroke	2:51.87	2:53.80	331	02/10/22	Cranleigh Club Championship	Cranleigh	SE221720	4
200 Individual Medley	2:56.62	2:58.80	328	25/06/21	Cranleigh	Cranleigh	LEX2529	0
400 Individual Medley	5:43.69	5:48.80	427	08/07/22	Cranleigh SC Club Championships July 2022	Cranleigh	SE221078	4
100 Individual Medley	1:20.63	1:20.60	344	11/07/21	Surrey Age Group Summer Meet 2021	Guildford	LR210267	2