

# Individual Best Times (All Time)

Henry French - (1449249) - Hailsham SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.00	36.40	180	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
100 Freestyle	1:18.89	1:17.80	209	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
200 Freestyle	2:57.63	2:55.70	189	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
400 Freestyle	5:58.62	5:54.70	231	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
50 Breaststroke	47.57	46.90	162	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
200 Breaststroke	4:01.80	3:59.60	139	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
50 Butterfly	41.52	41.10	154	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
100 Butterfly	1:34.16	1:33.30	144	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
200 Butterfly	3:42.30	3:40.90	122	11/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
50 Backstroke	40.11	39.60	202	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
100 Backstroke	1:23.48	1:22.50	236	06/01/24	Crawley Speedo New Year Gala L3 2024	Crawley	SE240145	3
200 Backstroke	2:53.27	2:51.30	269	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
200 Individual Medley	3:20.22	3:18.20	184	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.97	39.50	138	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
100 Freestyle	1:21.20	1:22.20	168	09/09/23	Hailsham SC Club Championships 2023	Eastbourne	SE230584	4
200 Freestyle	2:50.64	2:52.70	197	09/03/24	Hailsham SC 2024 Club Championships	Hailsham	SE240572	4
400 Freestyle	5:50.22	5:54.20	222	11/05/24	Hailsham SC 2024 Club Championships	Hailsham	SE240573	4
800 Freestyle	12:15.78	12:23.60	218	18/11/23	Hailsham SC Club Championships 2023	Eastbourne	SE230586	4
1500 Freestyle	23:29.54	23:44.10	216	25/11/23	Hailsham SC Club Championships 2023	Eastbourne	SE230587	4
50 Breaststroke	52.36	53.00	108	16/07/23	Hailsham SC Mike Pashler Invitational Open	Bede's Senior School	SE231019	4
100 Breaststroke	1:46.27	1:47.50	140	11/05/24	Hailsham SC 2024 Club Championships	Hailsham	SE240573	4
200 Breaststroke	3:43.52	3:45.90	155	09/03/24	Hailsham SC 2024 Club Championships	Hailsham	SE240572	4
50 Butterfly	41.51	42.00	143	21/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
100 Butterfly	1:33.34	1:34.20	134	09/03/24	Hailsham SC 2024 Club Championships	Hailsham	SE240572	4
200 Butterfly	3:46.87	3:48.30	104	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
50 Backstroke	38.66	39.20	187	11/05/24	Hailsham SC 2024 Club Championships	Hailsham	SE240573	4
100 Backstroke	1:27.61	1:28.50	167	21/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
200 Backstroke	3:05.29	3:07.10	185	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
200 Individual Medley	3:11.69	3:13.70	187	21/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
100 Individual Medley	1:31.20	1:31.20	157	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2