

Individual Best Times (All Time)

Harriet Stone - (1460179) - Eastbourne SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.41	27.70	573	24/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
100 Freestyle	1:01.89	1:00.50	583	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
200 Freestyle	2:21.56	2:19.10	506	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
400 Freestyle	6:08.02	6:04.20	261	26/09/21	Crawley SC Lis Hartley L3 Crawley LC Open Meet 21	Crawley	SE210491	3
50 Breaststroke	34.79	33.90	588	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
100 Breaststroke	1:18.62	1:17.00	542	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
200 Breaststroke	3:06.10	3:03.20	403	24/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
50 Butterfly	29.17	28.50	587	04/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
100 Butterfly	1:06.15	1:05.00	589	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
200 Butterfly	2:38.96	2:37.00	449	06/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1
50 Backstroke	34.71	34.10	463	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
100 Backstroke	1:17.86	1:16.80	399	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
200 Backstroke	3:09.94	3:08.20	272	25/09/21	Crawley SC Lis Hartley L3 Crawley LC Open Meet 21	Crawley	SE210491	3
200 Individual Medley	2:37.03	2:34.50	518	11/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
400 Individual Medley	6:07.70	6:02.90	378	24/09/22	Lis Hartley L3 Open Meet Crawley 2022	K2 Crawley	SE221387	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.10	28.80	543	16/03/24	Eastbourne SC Club Championships	Eastbourne	SE240336	4
100 Freestyle	1:03.03	1:04.30	506	14/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
200 Freestyle	2:18.46	2:20.90	505	21/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
400 Freestyle	5:00.87	5:05.50	454	15/06/24	Eastbourne SC Club Championships	Eastbourne	SE240338	4
800 Freestyle	10:35.35	10:44.40	424	17/11/23	Eastbourne Swimming Club 2023 Club Championships	Eastbourne	SE230824	4
50 Breaststroke	35.31	36.20	518	16/03/24	Eastbourne SC Club Championships	Eastbourne	SE240336	4
100 Breaststroke	1:17.15	1:18.80	528	15/06/24	Eastbourne SC Club Championships	Eastbourne	SE240338	4
200 Breaststroke	2:58.14	3:01.10	431	21/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
50 Butterfly	29.50	30.10	564	16/03/24	Eastbourne SC Club Championships	Eastbourne	SE240336	4
100 Butterfly	1:07.44	1:08.60	514	21/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
200 Butterfly	2:46.72	2:48.60	369	05/11/22	Eastbourne SC Club Championships	Sovereign Cen	SE220273	4
50 Backstroke	33.85	34.40	415	16/03/24	Eastbourne SC Club Championships	Eastbourne	SE240336	4
100 Backstroke	1:13.99	1:15.10	408	13/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
200 Individual Medley	2:31.16	2:33.70	523	15/06/24	Eastbourne SC Club Championships	Eastbourne	SE240338	4
400 Individual Medley	5:44.20	5:49.30	425	26/11/22	Atlantis SC Christmas Cracker 2022	Horsham	SE220762	3
100 Individual Medley	1:12.70	1:12.70	469	16/09/23	Brighton SC Ken Deeley Open Meet 2023	Brighton	SE230801	3