

Individual Best Times (All Time)

Constance Freeman - (293871) - Haslemere Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.19	31.50	394	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3
100 Freestyle	1:11.88	1:10.70	372	11/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3
200 Freestyle	2:41.82	2:39.70	339	11/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3
50 Breaststroke	46.36	45.70	248	10/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	SE150330	3
100 Breaststroke	1:57.73	1:56.60	161	14/01/12	Rushmoor Royals New Year Meet	Aldershot	SE2037	3
200 Breaststroke	3:49.42	3:47.10	215	12/01/13	Rushmoor Royals 7th New Year Open Meet	Aldershot	SE3070	3
50 Butterfly	36.32	35.80	304	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3
100 Butterfly	1:37.39	1:36.60	184	13/01/13	Rushmoor Royals 7th New Year Open Meet	Aldershot	SE3070	3
50 Backstroke	38.35	37.80	343	26/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
100 Backstroke	1:22.89	1:21.90	330	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3
200 Backstroke	2:57.62	2:55.70	333	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
200 Individual Medley	3:03.16	3:01.00	326	12/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.41	32.10	389	05/12/15	Crawley Christmas Splash Open Meet	Crawley	SE151330	3
100 Freestyle	1:09.01	1:10.20	386	05/12/15	Crawley Christmas Splash Open Meet	Crawley	SE151330	3
200 Freestyle	2:33.60	2:35.80	370	05/12/15	Crawley Christmas Splash Open Meet	Crawley	SE151330	3
400 Freestyle	5:27.96	5:32.20	350	09/06/14	Haslemere SC Club Championships 2014	Haslemere	SE4624	4
800 Freestyle	11:55.63	12:03.70	296	08/10/13	Haslemere SC Club Championships	Surrey	SE3191	4
50 Breaststroke	42.42	43.20	299	05/10/15	Haslemere SC Club Championships 2015	Haslemere	SE151634	4
100 Breaststroke	1:38.12	1:39.40	256	05/07/14	Bracknell & Woking Summer Meet	Bracknell	SE4228	3
200 Breaststroke	3:26.62	3:29.20	276	21/09/14	The Royals Open Meet 2014	Walton on Thames	LR4481	3
50 Butterfly	35.72	36.20	317	24/04/16	Haslemere April L3 Open Meet	Haslemere	SE160358	3
100 Butterfly	1:24.78	1:25.70	259	04/10/15	Haslemere SC Club Championships 2015	Haslemere	SE151634	4
200 Butterfly	3:10.69	3:12.30	246	28/06/14	Haslemere SC Club Championships 2014	Haslemere	SE4625	4
50 Backstroke	36.70	37.20	325	05/10/15	Haslemere SC Club Championships 2015	Haslemere	SE151634	4
100 Backstroke	1:19.58	1:20.60	328	26/06/16	Haslemere Club Championships 2016	Haslemere	SE161510	4
200 Backstroke	2:51.92	2:53.90	331	28/06/14	Haslemere SC Club Championships 2014	Haslemere	SE4625	4
200 Individual Medley	2:54.00	2:56.30	343	05/12/15	Crawley Christmas Splash Open Meet	Crawley	SE151330	3
400 Individual Medley	6:12.51	6:17.20	335	29/11/15	Haslemere 400m Individual Medley Time Trials	Haslemere	SE152335	4
100 Individual Medley	1:23.33	1:23.30	311	04/10/15	Haslemere SC Club Championships 2015	Haslemere	SE151634	4