

# Individual Best Times (All Time)

Amy Harris - (453405) - Team Luton Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.82	27.10	611	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
100 Freestyle	59.80	58.40	646	04/05/14	ASA East Region Youth Championships	Luton	ERX406	1
200 Freestyle	2:08.15	2:05.40	682	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
400 Freestyle	4:27.98	4:22.70	677	04/05/14	ASA East Region Youth Championships	Luton	ERX406	1
800 Freestyle	9:16.46	9:06.00	661	08/03/14	Bedfordshire Age Group & County Champs	Luton	CC4032	1
1500 Freestyle	19:48.57	19:31.10	464	12/06/10	East Region BAGCATS	Norwich	ERX013	1
100 Breaststroke	1:28.93	1:27.50	375	16/10/10	Lincoln Vulcans Open Meet	Sheffield	EM0278	1
200 Breaststroke	3:11.60	3:08.80	369	06/12/09	Northampton Winter Meet	Corby	EM9565	1
50 Butterfly	33.66	33.10	382	05/05/12	ASA East Region Youth Championships	Basildon	ERX203	1
200 Individual Medley	2:37.23	2:34.70	516	15/10/11	Lincoln Vulcans Open Meet	Sheffield	EM1237	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.16	27.90	601	22/03/14	Bedfordshire Age Group & County Champs	Luton	CC4033	2
100 Freestyle	57.68	59.10	661	08/03/14	Bedfordshire Age Group & County Champs	Luton	CC4031	2
200 Freestyle	2:05.45	2:08.20	679	09/03/14	Bedfordshire Age Group & County Champs	Luton	CC4031	2
400 Freestyle	4:25.52	4:30.70	661	22/03/14	Bedfordshire Age Group & County Champs	Luton	CC4033	2
800 Freestyle	9:24.01	9:34.20	606	18/02/12	Bedfordshire County Championships	Biggleswade	CC2054	2
1500 Freestyle	19:08.57	19:26.40	494	27/02/10	Bedfordshire Champs	Biggleswade	CC0041	2
50 Breaststroke	38.76	39.60	392	03/07/11	Braintree & Bocking SC Summer Sprint Meet	Braintree	ER1247	3
100 Breaststroke	1:24.10	1:25.60	407	06/03/10	Bedfordshire Champs	Biggleswade	CC0042	2
200 Breaststroke	2:57.70	3:00.60	434	25/06/11	Team Luton Club Championships	Hitchin	ER1418	4
50 Butterfly	32.52	33.10	421	26/02/12	Bedfordshire County Championships	Biggleswade	CC2055	2
100 Butterfly	1:17.23	1:18.20	342	26/10/13	Flitwick Dolphins SC Open Meet	Biggleswade	ER3467	3
50 Backstroke	34.34	34.90	397	17/03/13	Bedfordshire County Championships	Luton	CC3024	2
100 Backstroke	1:09.60	1:10.70	490	08/12/14	NASL London Rounds Div 1 & 2	Luton	ER14049	3
200 Backstroke	2:37.27	2:39.40	432	05/03/11	Bedfordshire County Championships	Biggleswade	CC1106	2
200 Individual Medley	2:36.82	2:39.30	469	21/01/12	Biggleswade Open Meet	Biggleswade	ER2056	3
100 Individual Medley	1:10.29	1:10.30	519	26/02/12	Bedfordshire County Championships	Biggleswade	CC2055	2