

Individual Best Times (All Time)

Emily Haines - (491848) - Mount Kelly Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.30	25.50	723	25/07/19	British Summer Championships	Glasgow	BSW011	1
100 Freestyle	57.25	55.80	736	26/07/19	British Summer Championships	Glasgow	BSW011	1
200 Freestyle	2:05.92	2:03.10	719	25/07/19	British Summer Championships	Glasgow	BSW011	1
400 Freestyle	5:02.72	4:58.00	470	19/04/15	Crawley Spring LC Open Meet 2015	Crawley	SE150218	1
50 Breaststroke	39.26	38.40	409	10/04/16	London Region Summer Championships	London	LR160414	1
100 Breaststroke	1:31.00	1:29.60	349	04/10/14	Lis Hartley Long Course Opportunity Meet	Crawley	SE4740	3
200 Breaststroke	3:26.76	3:24.20	294	06/10/13	Lis Hartley LC Opportunity Meet	Crawley	SE3139	3
50 Butterfly	27.46	26.80	704	24/07/19	British Summer Championships	Glasgow	BSW011	1
100 Butterfly	1:01.40	1:00.20	737	28/07/19	British Summer Championships	Glasgow	BSW011	1
200 Butterfly	2:19.81	2:17.50	661	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	NE180164	1
50 Backstroke	31.81	31.20	602	26/01/19	2019 Middlesex County Championships	London	LR190268	1
100 Backstroke	1:09.69	1:08.50	556	13/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	SE160111	1
200 Backstroke	2:40.21	2:38.10	454	15/05/16	MCASA Long Course Open Meet	Guildford	LR160687	1
200 Individual Medley	2:32.58	2:30.00	564	15/04/18	N&EL L1 National Qualifying Meet	London	LR180247	1
400 Individual Medley	5:38.32	5:33.10	485	03/05/15	London Region Summer Championships	Crystal Palace	LR150561	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.56	26.40	721	15/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
100 Freestyle	56.55	58.00	701	03/11/18	ASA SWR Winter Championships	Millfield	SW180511	2
200 Freestyle	2:04.78	2:07.50	690	16/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
400 Freestyle	4:38.60	4:43.60	572	25/02/17	ESC February L3 Open	Northolt	LR170029	3
800 Freestyle	10:01.34	10:10.90	500	29/11/15	Enfield Swim Squad 800 1500 Time Trial	Enfield	LR152336	4
50 Breaststroke	38.45	39.30	401	18/06/16	Enfield Swim Squad Summer Open Meet	Enfield	LR161036	3
100 Breaststroke	1:22.96	1:24.50	424	05/03/16	Enfield Swim Squad Regional Qualifier	Enfield	LR160367	3
200 Breaststroke	3:01.17	3:04.10	409	02/10/16	London Borough of Enfield SA 200 400 Meet 2016	Enfield	LR162230	4
50 Butterfly	27.23	27.90	717	03/11/18	ASA SWR Winter Championships	Millfield	SW180511	2
100 Butterfly	1:00.22	1:01.50	723	15/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
200 Butterfly	2:17.55	2:19.80	657	14/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
50 Backstroke	29.68	30.30	615	03/11/18	ASA SWR Winter Championships	Millfield	SW180511	2
100 Backstroke	1:07.67	1:08.80	533	07/11/15	ASA London Region Winter Short Course Championship	London	LR150872	2
200 Backstroke	2:31.19	2:33.40	486	21/11/15	3rd Hoddesdon County Qualifier Open Meet	Borehamwood	ER150484	3
200 Individual Medley	2:31.68	2:34.30	518	04/03/17	Enfield Swim Squad Regional Qualifier	Enfield	LR170534	3
400 Individual Medley	5:25.70	5:31.10	502	07/11/15	ASA London Region Winter Short Course Championship	London	LR150872	2
100 Individual Medley	1:08.80	1:08.80	554	20/11/16	Guildford L2 Winter Qualifier Champs	Guildford	SE161280	2