

Individual Best Times (All Time)

Rosie Whiting - (554683) - Enfield Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.60	32.00	379	23/07/17	BPSC End of Season Meet 2017	Basildon	ER170185	3
100 Freestyle	1:12.34	1:11.20	365	22/07/17	BPSC End of Season Meet 2017	Basildon	ER170185	3
200 Freestyle	2:36.41	2:34.20	375	22/07/17	BPSC End of Season Meet 2017	Basildon	ER170185	3
400 Freestyle	5:29.86	5:25.60	363	23/07/17	BPSC End of Season Meet 2017	Basildon	ER170185	3
50 Breaststroke	47.03	46.40	238	23/07/17	BPSC End of Season Meet 2017	Basildon	ER170185	3
100 Breaststroke	1:42.48	1:41.20	245	22/07/17	BPSC End of Season Meet 2017	Basildon	ER170185	3
200 Breaststroke	3:36.95	3:34.50	254	18/07/15	Basildon & Phoenix LC End of Season Meet	Basildon	ER150046	3
50 Butterfly	38.46	38.00	256	25/03/17	MCASA Open Meet	London	LR170009	1
50 Backstroke	39.12	38.60	323	22/07/17	BPSC End of Season Meet 2017	Basildon	ER170185	3
200 Individual Medley	3:09.09	3:07.00	296	08/01/17	BWFSC L3 New Year Meet	London Aquatics Cent	LR170193	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.53	33.20	350	07/05/17	Middlesex Spring Development Meet	Southbury	LR170774	3
100 Freestyle	1:09.98	1:11.20	370	18/11/17	Enfield Swim Squad County Qualifier	Enfield	LR171709	3
200 Freestyle	2:31.21	2:33.50	388	19/11/17	Enfield Swim Squad County Qualifier	Enfield	LR171709	3
400 Freestyle	5:28.15	5:32.40	350	07/05/17	Middlesex Spring Development Meet	Southbury	LR170774	3
800 Freestyle	12:03.97	12:11.90	286	01/03/15	MCASA Spring Development Meet	Enfield	LR150433	3
50 Breaststroke	42.61	43.30	295	04/03/17	Enfield Swim Squad Regional Qualifier	Enfield	LR170534	3
100 Breaststroke	1:33.08	1:34.40	300	22/04/17	Middlesex Spring Development Meet	Enfield	LR170773	3
200 Breaststroke	3:20.68	3:23.30	301	22/04/17	Middlesex Spring Development Meet	Enfield	LR170773	3
50 Butterfly	39.57	40.00	233	19/11/16	Enfield County Qualifier	Enfield	LR161300	3
100 Butterfly	1:45.24	1:46.00	135	21/06/15	Enfield Swim Squad Summer Open Meet	Southbury	LR150874	3
200 Butterfly	4:39.56	4:40.70	78	16/11/13	Middlesex ASA Winter Development Meet	Enfield	LR3964	3
50 Backstroke	37.28	37.80	310	19/11/17	Enfield Swim Squad County Qualifier	Enfield	LR171709	3
100 Backstroke	1:24.17	1:25.10	277	07/05/17	Middlesex Spring Development Meet	Southbury	LR170774	3
200 Backstroke	2:59.15	3:01.00	292	22/04/17	Middlesex Spring Development Meet	Enfield	LR170773	3
200 Individual Medley	3:12.35	3:14.40	254	17/04/16	MCASA County Spring Development 2016	Enfield	LR160635	3
100 Individual Medley	1:26.26	1:26.30	281	10/04/16	MCASA County Spring Development 2016	Enfield	LR160634	3