

# Individual Best Times (All Time)

## Emily Sloan - (710329) - Pembrokeshire County Swimming

### Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet                        | Venue   | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|-----------------------------|---------|---------|-------|
| 50 Freestyle          | 30.92   | 30.20           | 445       | 19/05/13 | Swim Swansea Annual LC Meet | Swansea | WAL496  | 1     |
| 100 Freestyle         | 1:07.16 | 1:05.90         | 456       | 16/10/11 | Swim Swansea Open Meet      | Swansea | WAL383  | 1     |
| 200 Freestyle         | 2:29.18 | 2:26.80         | 432       | 15/10/11 | Swim Swansea Open Meet      | Swansea | WAL383  | 1     |
| 400 Freestyle         | 5:53.27 | 5:49.30         | 295       | 15/05/10 | Swim Swansea Long Course    | Swansea | WAL299  | 1     |
| 100 Breaststroke      | 1:28.60 | 1:27.20         | 379       | 18/05/13 | Swim Swansea Annual LC Meet | Swansea | WAL496  | 1     |
| 200 Breaststroke      | 3:14.38 | 3:11.60         | 354       | 19/05/13 | Swim Swansea Annual LC Meet | Swansea | WAL496  | 1     |
| 200 Individual Medley | 2:51.89 | 2:49.60         | 395       | 18/05/13 | Swim Swansea Annual LC Meet | Swansea | WAL496  | 1     |

### Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet                                     | Venue         | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|---------------|---------|-------|
| 50 Freestyle          | 31.20    | 31.90           | 396       | 01/02/14 | West Wales Regional Championships        | Haverfordwest | WAL546  | 2     |
| 100 Freestyle         | 1:07.33  | 1:08.60         | 415       | 24/11/12 | West Wales Sub Regional Competition 2012 | Haverfordwest | WAL464  | 4     |
| 200 Freestyle         | 2:30.51  | 2:32.80         | 393       | 05/11/11 | Neath ASC Open Meet                      | Neath         | WAL391  | 3     |
| 400 Freestyle         | 5:23.04  | 5:27.40         | 367       | 12/02/12 | West Wales Regional Championships        | Haverfordwest | WAL411  | 2     |
| 800 Freestyle         | 11:44.64 | 11:52.80        | 311       | 04/12/10 | West Wales Sub Regional                  | Penlan        | WAL329  | 4     |
| 50 Breaststroke       | 45.91    | 46.60           | 235       | 02/10/10 | Llanelli Autumn Meet                     | Llanelli      | WAL315  | 4     |
| 100 Breaststroke      | 1:28.10  | 1:29.50         | 354       | 03/02/13 | West Wales Championships                 | Haverfordwest | WAL473  | 2     |
| 200 Breaststroke      | 3:07.95  | 3:10.70         | 367       | 03/02/13 | West Wales Championships                 | Haverfordwest | WAL473  | 2     |
| 50 Butterfly          | 34.99    | 35.50           | 338       | 01/10/11 | Llanelli Autumn Meet 2011                | Llanelli      | WAL380  | 4     |
| 100 Butterfly         | 1:19.23  | 1:20.20         | 317       | 01/10/11 | Llanelli Autumn Meet 2011                | Llanelli      | WAL380  | 4     |
| 200 Butterfly         | 3:04.04  | 3:05.80         | 274       | 03/12/11 | West Wales Sub Regional Competition      | Haverfordwest | WAL397  | 4     |
| 50 Backstroke         | 37.66    | 38.20           | 301       | 05/11/11 | Neath ASC Open Meet                      | Neath         | WAL391  | 3     |
| 100 Backstroke        | 1:23.32  | 1:24.30         | 285       | 04/02/12 | West Wales Regional Championships        | Haverfordwest | WAL410  | 2     |
| 200 Backstroke        | 2:54.97  | 2:56.90         | 314       | 11/02/12 | West Wales Regional Championships        | Haverfordwest | WAL411  | 2     |
| 200 Individual Medley | 2:47.58  | 2:49.90         | 384       | 09/02/13 | West Wales Championships                 | Haverfordwest | WAL474  | 2     |
| 400 Individual Medley | 6:12.98  | 6:17.70         | 334       | 11/02/12 | West Wales Regional Championships        | Haverfordwest | WAL411  | 2     |
| 100 Individual Medley | 1:30.38  | 1:30.40         | 244       | 02/10/10 | Llanelli Autumn Meet                     | Llanelli      | WAL315  | 4     |