

Individual Best Times (All Time)

James Harrington - (740087) - Hillingdon Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.86	27.10	422	07/04/19	Guildford City Level 1 Spring Open Meet	Surrey Sports Park	SE190010	1
100 Freestyle	58.41	57.00	516	21/04/19	Team Luton April Open Meet	Luton	ER190182	1
200 Freestyle	2:05.56	2:02.80	536	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
400 Freestyle	4:26.61	4:21.30	562	13/07/19	Portsmouth Northsea End of Season Meet 2019	Mountbatten SC	SE191275	3
800 Freestyle	9:01.97	8:51.20	580	02/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
1500 Freestyle	17:05.55	16:45.30	612	21/04/19	Team Luton April Open Meet	Luton	ER190182	1
50 Breaststroke	37.08	36.20	342	26/01/19	2019 Middlesex County Championships	London	LR190268	1
100 Breaststroke	1:25.62	1:24.10	293	20/05/17	2017 London Swimming Regional Age Group Champs	Crystal Palace	LR170802	1
200 Breaststroke	3:17.21	3:14.50	257	08/05/16	London Region Age Grp Summer Championships	Crystal Palace	LR160415	1
50 Butterfly	30.44	29.80	391	06/04/19	Guildford City Level 1 Spring Open Meet	Surrey Sports Park	SE190010	1
50 Backstroke	32.89	32.30	367	05/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
100 Backstroke	1:09.83	1:08.70	403	20/04/19	Team Luton April Open Meet	Luton	ER190182	1
200 Backstroke	2:24.25	2:21.90	467	06/04/19	Guildford City Level 1 Spring Open Meet	Surrey Sports Park	SE190010	1
200 Individual Medley	2:28.71	2:26.00	450	15/02/20	The 2020 Middlesex County Championships	London	LR200153	1
400 Individual Medley	5:06.59	5:00.80	494	14/07/19	Portsmouth Northsea End of Season Meet 2019	Mountbatten SC	SE191275	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.88	27.60	421	16/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
100 Freestyle	58.18	59.60	457	21/12/19	Hillingdon The Fast and The Festive FINIS Meet	Hillingdon	LR192991	2
200 Freestyle	2:04.18	2:06.90	512	16/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
400 Freestyle	4:18.52	4:23.90	553	15/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
800 Freestyle	9:02.46	9:13.00	546	04/11/18	2018 London Swimming Regional Winter Champs	London	LR182146	2
1500 Freestyle	17:13.89	17:33.60	549	03/11/19	2019 London Region Winter Championships	London	LR192817	2
50 Breaststroke	35.29	36.20	353	15/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
100 Breaststroke	1:25.63	1:27.10	269	14/10/18	Hillingdon SC Main Club Champs 2018	Uxbridge	LR180405	4
200 Breaststroke	3:00.32	3:03.20	295	18/11/17	Guildford City L2 Winter Meet	Guildford	SE171847	2
50 Butterfly	31.24	31.80	337	13/10/19	Hillingdon Club Championships 2019	UXBRIDGE	LR191498	4
100 Butterfly	1:07.33	1:08.40	357	12/11/21	The National Arena Swimming League London Round 2	London	ER210630	3
50 Backstroke	31.58	32.20	343	29/09/18	Team Luton September Short Course Meet 2018	Inspire Luton	ER181035	3
100 Backstroke	1:05.83	1:07.00	395	16/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
200 Backstroke	2:18.26	2:20.60	445	21/12/19	Hillingdon The Fast and The Festive FINIS Meet	Hillingdon	LR192991	2
200 Individual Medley	2:22.94	2:25.70	451	21/12/19	Hillingdon The Fast and The Festive FINIS Meet	Hillingdon	LR192991	2
400 Individual Medley	4:54.56	5:00.50	506	02/11/19	2019 London Region Winter Championships	London	LR192817	2
100 Individual Medley	1:15.39	1:15.40	279	29/01/17	MCASA County Championships	London	LR170007	2