

Individual Best Times (All Time)

Sebastian Harding - (790871) - City of Coventry SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|-------------------------------------|-----------|---------|-------|
| 50 Freestyle | 26.17 | 25.40 | 510 | 07/06/13 | Cardiff International Open Meet | Cardiff | WAL501 | 1 |
| 100 Freestyle | 57.34 | 55.90 | 545 | 10/05/14 | City of Coventry May Open Meet | Coventry | WM4408 | 1 |
| 200 Freestyle | 2:06.11 | 2:03.30 | 529 | 10/05/14 | City of Coventry May Open Meet | Coventry | WM4408 | 1 |
| 400 Freestyle | 4:43.32 | 4:38.30 | 468 | 03/11/12 | City of Coventry November Open Meet | Coventry | WM2024 | 1 |
| 50 Breaststroke | 35.86 | 35.00 | 378 | 09/02/13 | Derventio February Festival | Sheffield | EM3053 | 1 |
| 100 Breaststroke | 1:19.99 | 1:18.40 | 359 | 26/04/14 | National Arena League 'B' Final | Cardiff | WAL563 | 1 |
| 50 Butterfly | 30.56 | 29.90 | 386 | 10/02/13 | Derventio February Festival | Sheffield | EM3053 | 1 |
| 50 Backstroke | 40.57 | 40.10 | 195 | 12/12/10 | City of Coventry Champs | Coventry | WM0818 | 4 |
| 200 Individual Medley | 2:32.38 | 2:29.80 | 418 | 15/12/13 | City of Coventry Club Championships | Coventry | WM31014 | 4 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--|------------|---------|-------|
| 50 Freestyle | 25.81 | 26.60 | 476 | 01/04/13 | City of Birmingham SC 20th Open Meet | Birmingham | WM3259 | 2 |
| 100 Freestyle | 56.93 | 58.40 | 488 | 19/01/14 | Maxwell Swim Club January Meet | Aylesbury | SE4198 | 2 |
| 200 Freestyle | 2:03.96 | 2:06.70 | 515 | 18/01/14 | Maxwell Swim Club January Meet | Aylesbury | SE4198 | 2 |
| 50 Breaststroke | 35.40 | 36.30 | 350 | 06/10/12 | Coventry & District Championships | Nuneaton | WM2504 | 2 |
| 100 Breaststroke | 1:16.93 | 1:18.50 | 371 | 30/03/13 | City of Birmingham SC 20th Open Meet | Birmingham | WM3259 | 2 |
| 50 Butterfly | 29.33 | 30.00 | 407 | 18/01/14 | Maxwell Swim Club January Meet | Aylesbury | SE4198 | 2 |
| 100 Butterfly | 1:10.92 | 1:12.00 | 305 | 06/10/12 | Coventry & District Championships | Nuneaton | WM2504 | 2 |
| 50 Backstroke | 31.59 | 32.20 | 342 | 05/10/14 | Coventry & District Swimming Club Champs | Nuneaton | WM4775 | 2 |
| 200 Individual Medley | 2:36.07 | 2:38.60 | 346 | 20/05/12 | Coventry & District ASC Secondary Gala | Nuneaton | WM2265 | 3 |