

Individual Best Times (All Time)

Katie Harrison - (836227) - Potters Bar SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.64	33.00	345	20/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	ER4044	1
100 Freestyle	1:08.30	1:07.10	433	16/07/14	Irish Age Group Championships & Summer Open	Dublin	GBR048	1
200 Freestyle	2:24.94	2:22.50	471	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	ERX413	1
400 Freestyle	5:02.19	4:57.50	472	16/07/14	Irish Age Group Championships & Summer Open	Dublin	GBR048	1
800 Freestyle	10:30.66	10:21.40	454	07/06/14	BGASA East Region Championships 2014	Norwich	ERX412	1
50 Breaststroke	45.95	45.30	255	22/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
100 Breaststroke	1:39.57	1:38.30	267	02/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	ER3634	1
200 Breaststroke	3:18.77	3:16.10	331	16/07/14	Irish Age Group Championships & Summer Open	Dublin	GBR048	1
50 Butterfly	37.20	36.70	283	19/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	ER4044	1
100 Butterfly	1:18.04	1:17.10	359	16/07/14	Irish Age Group Championships & Summer Open	Dublin	GBR048	1
200 Butterfly	2:46.95	2:45.00	388	05/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
50 Backstroke	43.64	43.20	233	22/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
100 Backstroke	1:29.18	1:28.30	265	22/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
200 Backstroke	3:07.17	3:05.40	284	02/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	ER3634	1
200 Individual Medley	2:49.53	2:47.20	411	14/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	EM180084	1
400 Individual Medley	5:52.93	5:47.90	427	16/07/14	Irish Age Group Championships & Summer Open	Dublin	GBR048	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.53	32.20	384	04/10/14	Potters Bar Club Championships	Potters Bar	ER4495	4
100 Freestyle	1:07.52	1:08.70	412	27/09/14	Potters Bar Club Championships	Potters Bar	ER4495	4
200 Freestyle	2:21.65	2:24.10	472	28/09/14	Potters Bar Club Championships	Potters Bar	ER4495	4
400 Freestyle	4:58.63	5:03.30	464	25/11/17	Watford November 2017 County Qualifier	Garston	ER171250	3
800 Freestyle	10:13.50	10:22.90	471	28/02/15	Hertfordshire County Championships	Borehamwood	CC150271	2
50 Breaststroke	41.00	41.80	331	27/09/14	Potters Bar Club Championships	Potters Bar	ER4495	4
100 Breaststroke	1:28.88	1:30.30	345	11/10/14	National Arena League London Div 1 & 2	Luton	ER14046	3
200 Breaststroke	3:06.06	3:08.90	378	18/06/17	The Terry Davies Alternative Nationals	Watford	ER170876	3
50 Butterfly	34.63	35.20	348	21/03/15	Hertfordshire County Championships	Borehamwood	CC150273	2
100 Butterfly	1:14.77	1:15.80	377	17/06/17	The Terry Davies Alternative Nationals	Watford	ER170876	3
200 Butterfly	2:40.94	2:42.90	410	07/10/17	Enfield Swim Squad Winter Regional Qualifier	Enfield	LR170747	3
50 Backstroke	38.07	38.60	291	17/06/17	The Terry Davies Alternative Nationals	Watford	ER170876	3
100 Backstroke	1:19.86	1:20.90	324	17/06/17	The Terry Davies Alternative Nationals	Watford	ER170876	3
200 Backstroke	2:46.46	2:48.50	364	18/06/17	The Terry Davies Alternative Nationals	Watford	ER170876	3
200 Individual Medley	2:41.47	2:43.90	429	17/06/17	The Terry Davies Alternative Nationals	Watford	ER170876	3
400 Individual Medley	5:37.79	5:43.00	450	30/09/17	Modernian Golden Eagle Meet	Bletchley	ER170315	2
100 Individual Medley	1:17.16	1:17.20	392	27/09/14	Potters Bar Club Championships	Potters Bar	ER4495	4