

Individual Best Times (All Time)

Emily Guiry - (860233) - Chichester (Cormorant) SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:09.66	1:08.40	409	14/04/13	Crawley SC Spring Long Course Open Meet	Crawley	SE3140	1
200 Freestyle	2:35.14	2:32.90	384	14/04/13	Crawley SC Spring Long Course Open Meet	Crawley	SE3140	1
800 Freestyle	11:57.19	11:49.10	308	05/02/12	Sussex County Championships	Crawley	CC2032	1
200 Individual Medley	3:00.83	2:58.60	339	21/04/12	Crawley SC Spring Long Course Meet	Crawley	SE2269	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.67	30.40	461	01/03/14	Sussex County Champs & Age Group Comp	Crawley	CC4091	2
100 Freestyle	1:04.33	1:05.60	476	16/03/14	Sussex County Championships	Crawley	CC4092	2
200 Freestyle	2:27.14	2:29.50	421	13/01/13	Brighton SC Tom Handley Memorial Meet	Brighton	SE3008	2
50 Breaststroke	42.77	43.50	291	26/05/13	Vanessa Knight Memorial Sprint Open Meet 2013	Felpham	SE3277	3
100 Breaststroke	1:35.20	1:36.50	281	13/01/13	Brighton SC Tom Handley Memorial Meet	Brighton	SE3008	2
200 Breaststroke	3:28.84	3:31.40	267	26/02/12	Sussex County Championships	Crawley	CC2033	2
50 Butterfly	34.33	34.90	358	13/09/14	Ken Deeley 50m Sprint Meet	Brighton	SE4658	3
100 Butterfly	1:22.84	1:23.80	277	12/01/13	Brighton SC Tom Handley Memorial Meet	Brighton	SE3008	2
200 Butterfly	3:25.68	3:27.20	196	30/10/11	Sussex ASA Development Meet	Brighton	SE1575	3
50 Backstroke	35.17	35.70	370	25/05/14	The Vanessa Knight Memorial Open Meet	Bognor Regis	SE4504	3
100 Backstroke	1:17.44	1:18.50	356	28/10/12	Sussex Development Meet	Brighton	SE2610	3
200 Backstroke	2:46.68	2:48.70	363	29/10/12	Sussex County ASA Development Meet	Brighton	SE2623	3
200 Individual Medley	2:49.51	2:51.80	371	17/03/13	Sussex County Championship	Crawley	CC3046	2
100 Individual Medley	1:16.68	1:16.70	400	25/05/14	The Vanessa Knight Memorial Open Meet	Bognor Regis	SE4504	3