

# Individual Best Times (All Time)

Emily Pryke - (873490) - Arun Tridents SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.47	31.80	384	20/03/16	Atlantis Regional-National Chaser Meet	Crawley	SE160056	1
100 Freestyle	1:11.93	1:10.80	371	10/04/16	Crawley Spring Open Meet 2016	Crawley	SE160037	3
200 Freestyle	2:31.72	2:29.40	411	18/06/17	Crawley Summer Splash Spectacular LC Meet	Crawley	SE170383	3
50 Breaststroke	42.40	41.60	325	10/04/16	Crawley Spring Open Meet 2016	Crawley	SE160037	3
50 Butterfly	33.00	32.40	405	25/02/17	Sussex County Championships & Age Group Comp	Crawley	SE170354	1
100 Butterfly	1:13.17	1:12.10	435	28/02/16	Sussex County Championships	Crawley	SE160361	1
200 Butterfly	2:45.82	2:43.90	396	11/02/17	Sussex County Championships & Age Group Comp	Crawley	SE170353	1
200 Individual Medley	2:51.84	2:49.50	395	09/04/16	Crawley Spring Open Meet 2016	Crawley	SE160037	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.90	31.60	408	25/09/16	Littlehampton County Qualifier	Littlehampton	SE161278	3
100 Freestyle	1:07.62	1:08.80	410	12/12/17	Littlehampton Club Championships 2017	Littlehampton	SE170880	4
200 Freestyle	2:28.47	2:30.80	410	28/05/17	The Vanessa Knight Memorial Open Meet	Felpham	SE170952	3
400 Freestyle	5:18.34	5:22.70	383	03/07/16	Littlehampton Club Championships	Bognor Regis	SE161213	4
800 Freestyle	10:38.32	10:47.30	418	19/12/16	Littlehampton Distance Club Champs	Littlehampton	SE162513	4
50 Breaststroke	42.15	42.90	304	02/07/16	Littlehampton Club Championships	Littlehampton	SE161212	4
100 Breaststroke	1:36.99	1:38.30	265	03/12/14	Littlehampton Club Championships 2014	Littlehampton	SE14480	4
200 Breaststroke	3:37.73	3:40.20	236	29/11/14	Littlehampton Club Championships 2014	Bognor Regis	SE14477	4
50 Butterfly	32.51	33.10	421	12/12/17	Littlehampton Club Championships 2017	Littlehampton	SE170880	4
100 Butterfly	1:11.12	1:12.20	438	10/12/16	NASLS - Round 3	Crawley	SE162563	3
200 Butterfly	2:41.49	2:43.40	406	03/04/16	Littlehampton Easter Meet 2016	Bognor Regis	SE160098	3
50 Backstroke	35.67	36.20	354	04/07/16	Littlehampton Club Championships	Littlehampton	SE161214	4
100 Backstroke	1:13.91	1:15.00	409	14/12/19	NASL South Round 3	Bognor Regis	SE193325	3
200 Backstroke	3:23.29	3:24.90	200	04/12/13	Littlehampton SC Club Championships	Bognor Regis	SE3489	4
200 Individual Medley	2:44.94	2:47.30	403	14/10/17	NASLS - Round One	Southampton	SE172107	3
400 Individual Medley	5:49.87	5:54.90	405	05/07/16	Littlehampton Club Championships	Littlehampton	SE161215	4
100 Individual Medley	1:19.27	1:19.30	362	16/12/17	Littlehampton Club Championships 2017	Arun	SE170882	4