

Individual Best Times (All Time)

Aaron Waring - (894132) - Hatfield SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.03	32.40	253	08/02/15	Derventio Excel February Festival	Sheffield	EM150033	1
200 Freestyle	2:32.51	2:30.20	299	16/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	NE150169	1
400 Freestyle	5:11.83	5:07.30	351	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	NE150169	1
1500 Freestyle	20:22.40	20:05.40	361	25/05/15	ASA East Region Summer Championships	Norwich	ER150673	1
50 Breaststroke	41.15	40.40	250	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	NE150169	1
100 Breaststroke	1:29.50	1:28.10	256	16/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	NE150169	1
200 Breaststroke	3:04.37	3:01.50	315	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	NE150169	1
100 Backstroke	1:25.59	1:24.60	219	18/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	NE4110	1
200 Backstroke	2:51.78	2:49.80	276	16/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	NE150169	1
200 Individual Medley	2:49.57	2:47.20	303	16/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	NE150169	1
400 Individual Medley	5:53.36	5:48.30	323	12/04/15	Team Luton April Long Course Meet	Luton	ER150341	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.00	32.60	250	20/09/15	Hatfield Club Championships 2015	Hatfield	ER151699	4
100 Freestyle	1:08.87	1:10.10	275	04/10/15	Hatfield Club Championships 2015	Hatfield	ER151701	4
200 Freestyle	2:24.21	2:26.60	327	12/07/15	Hatfield Summer Spectacle Level 3 Meet	Hatfield	ER151036	3
400 Freestyle	5:01.83	5:06.40	347	22/03/15	Hertfordshire County Championships	Borehamwood	CC150273	2
1500 Freestyle	20:11.56	20:28.50	341	28/02/15	Hertfordshire County Championships	Borehamwood	CC150271	2
50 Breaststroke	39.22	40.00	257	18/07/15	Team Luton 2 Fast 2 Furious Sprint Meet	Luton	ER150706	3
100 Breaststroke	1:25.29	1:26.80	272	12/07/15	Hatfield Summer Spectacle Level 3 Meet	Hatfield	ER151036	3
200 Breaststroke	3:02.53	3:05.40	285	21/03/15	Hertfordshire County Championships	Borehamwood	CC150273	2
50 Butterfly	36.56	37.10	210	13/06/15	Stevenage Swimming Club Summer Sprint	Stevenage	ER150769	3
100 Butterfly	1:23.96	1:24.90	184	13/06/15	Stevenage Swimming Club Summer Sprint	Stevenage	ER150769	3
200 Butterfly	3:20.06	3:21.60	152	04/10/15	Hatfield Club Championships 2015	Hatfield	ER151701	4
50 Backstroke	36.31	36.90	225	12/07/15	Hatfield Summer Spectacle Level 3 Meet	Hatfield	ER151036	3
100 Backstroke	1:18.89	1:19.90	229	04/10/15	Hatfield Club Championships 2015	Hatfield	ER151701	4
200 Backstroke	2:43.47	2:45.50	269	21/09/15	Hatfield Club Championships 2015	Hatfield	ER151700	4
200 Individual Medley	2:42.69	2:45.10	305	18/07/15	Team Luton 2 Fast 2 Furious Sprint Meet	Luton	ER150706	3
400 Individual Medley	5:55.28	6:00.20	288	15/11/14	Team Luton Autumn Short Course Meet	Luton	ER14436	2
100 Individual Medley	1:16.36	1:16.40	268	21/09/15	Hatfield Club Championships 2015	Hatfield	ER151700	4