

Individual Best Times (All Time)

Emma Metcalfe - (911026) - Biggleswade SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.81	33.20	340	21/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
100 Freestyle	1:15.69	1:14.60	318	07/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
200 Freestyle	2:45.16	2:43.00	318	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
400 Freestyle	5:51.05	5:47.00	301	21/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
50 Butterfly	36.45	35.90	301	04/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
50 Backstroke	40.45	39.90	292	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
200 Backstroke	3:01.08	2:59.20	314	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.32	33.00	357	30/10/16	Flitwick Dolphins Open Meet 2016	Biggleswade	ER161067	3
100 Freestyle	1:10.16	1:11.30	367	01/10/16	Biggleswade 2016 Club Championships	Biggleswade	ER161710	4
200 Freestyle	2:34.91	2:37.10	361	18/06/16	Biggleswade 17th Open Meet	Biggleswade	ER160949	3
400 Freestyle	5:31.23	5:35.40	340	12/03/17	Mid Beds Swim Squad L2 Open Meet 2017	Biggleswade	ER170456	2
800 Freestyle	11:49.89	11:58.00	304	05/11/16	Biggleswade 2016 Club Championships	Biggleswade	ER161711	4
50 Breaststroke	46.64	47.30	225	10/07/16	City of Cambridge Jeanne Barker July Open	Cambridge	ER160168	3
100 Breaststroke	1:39.68	1:40.90	244	28/11/15	City of St Albans Invitational Meet	St Albans	ER151011	4
200 Breaststroke	3:34.61	3:37.10	246	01/10/16	Biggleswade 2016 Club Championships	Biggleswade	ER161710	4
50 Butterfly	35.86	36.40	314	12/03/17	Mid Beds Swim Squad L2 Open Meet 2017	Biggleswade	ER170456	2
100 Butterfly	1:26.65	1:27.50	242	24/06/17	Biggleswade 18th Open Meet	Biggleswade	ER171068	3
200 Butterfly	3:46.53	3:47.90	147	14/12/14	Team Luton Development 2014 Meet	Luton	ER14555	3
50 Backstroke	38.25	38.80	287	03/09/16	Biggleswade Club Championships	Biggleswade	ER161709	4
100 Backstroke	1:22.51	1:23.50	294	01/10/16	Biggleswade 2016 Club Championships	Biggleswade	ER161710	4
200 Backstroke	2:52.96	2:54.90	325	26/11/16	St Albans Open Meet	St Albans	ER161417	3
200 Individual Medley	2:59.12	3:01.30	314	11/03/17	Mid Beds Swim Squad L2 Open Meet 2017	Biggleswade	ER170456	2
100 Individual Medley	1:24.25	1:24.30	301	29/10/16	Flitwick Dolphins Open Meet 2016	Biggleswade	ER161067	3