

# Individual Best Times (All Time)

Harry Salmon - (912728) - Marlborough Penguins ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.73	24.90	536	15/03/20	Millfield & Team Bath AS L1 National Qualifier	Millfield School	SW200510	1
100 Freestyle	56.97	55.50	556	23/03/19	Millfield Street Super Series (LC)	Millfield	SW190330	1
200 Freestyle	2:08.65	2:05.90	498	16/02/19	Team Bath Grand Prix Level 1 Meet	Hengrove LC	SW190381	1
400 Freestyle	5:24.44	5:20.10	312	19/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3
50 Breaststroke	37.38	36.50	334	09/07/17	BWFSC L3 Summer Meet L3	London	LR170898	3
100 Breaststroke	1:23.93	1:22.40	311	08/07/18	BWFSC SUMMER MEET LEVEL 3	LONDON	LR181256	3
50 Butterfly	27.45	26.80	533	15/03/20	Millfield & Team Bath AS L1 National Qualifier	Millfield School	SW200510	1
100 Butterfly	1:03.80	1:02.60	465	16/02/19	Team Bath Grand Prix Level 1 Meet	Hengrove LC	SW190381	1
50 Backstroke	29.37	28.70	515	24/03/19	Millfield Street Super Series (LC)	Millfield	SW190330	1
100 Backstroke	1:04.62	1:03.40	509	25/05/19	Plymouth Leander National Qualifier L1 LC Open	Plymouth	SW191273	1
200 Backstroke	2:25.88	2:23.60	451	25/05/19	Plymouth Leander National Qualifier L1 LC Open	Plymouth	SW191273	1
200 Individual Medley	2:26.36	2:23.60	472	14/04/19	Exeter & Taunton April Level 1 Graded Meet	Millfield	SW190354	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.10	25.90	518	03/11/19	South West Region Winter SC Championships	Millfield	SW192612	2
100 Freestyle	54.19	55.70	566	02/02/20	Wiltshire County Age Group & Championships 2020	Swindon	SW200129	2
200 Freestyle	2:05.35	2:08.10	498	08/12/19	City of Southampton SC 10th Christmas Open Meet	Southampton	SE191581	3
400 Freestyle	4:40.38	4:45.30	433	07/07/19	Marlborough Penguins Club Championships 2019	Marlborough	SW192121	4
50 Breaststroke	35.15	36.00	357	02/02/20	Wiltshire County Age Group & Championships 2020	Swindon	SW200129	2
100 Breaststroke	1:17.56	1:19.20	362	02/02/19	Wiltshire ASA Age Group & Championships 2019	Swindon	SW190106	2
50 Butterfly	27.36	28.00	502	02/02/20	Wiltshire County Age Group & Championships 2020	Swindon	SW200129	2
100 Butterfly	1:00.94	1:02.20	481	19/01/20	Wiltshire County Age Group & Championships 2020	Swindon	SW200127	2
50 Backstroke	28.35	29.00	474	02/11/19	South West Region Winter SC Championships	Millfield	SW192612	2
100 Backstroke	1:00.74	1:02.00	503	02/02/20	Wiltshire County Age Group & Championships 2020	Swindon	SW200129	2
200 Backstroke	2:20.38	2:22.70	426	01/12/18	Tigersharks Last Chance L2 Open Meet	Swindon	SW180108	2
200 Individual Medley	2:24.88	2:27.60	433	14/10/18	Marlborough Penguins 3rd Emperor 60th Anniversary	Swindon	SW181565	2
400 Individual Medley	5:21.04	5:26.50	391	07/07/19	Marlborough Penguins Club Championships 2019	Marlborough	SW192121	4
100 Individual Medley	1:04.24	1:04.20	451	21/07/19	Tigersharks End of Season Graded Open Meet	Swindon	SW190061	2