

# Individual Best Times (All Time)

Emily Holmes - (913942) - Hillingdon Swimming Club

Long Course

| Stroke                | LC Time  | Converted to SC | LC WA Pts | Date     | Meet                                       | Venue          | Licence  | Level |
|-----------------------|----------|-----------------|-----------|----------|--------------------------------------------|----------------|----------|-------|
| 50 Freestyle          | 30.61    | 29.90           | 458       | 26/03/17 | MCASA Open Meet                            | London         | LR170009 | 1     |
| 100 Freestyle         | 1:21.14  | 1:20.10         | 258       | 21/09/14 | Hillingdon Autumn Open Meet                | Hillingdon     | LR4402   | 3     |
| 200 Freestyle         | 2:27.15  | 2:24.80         | 451       | 16/07/16 | Portsmouth Northsea End of Season Meet     | Portsmouth     | SE160364 | 3     |
| 400 Freestyle         | 5:08.55  | 5:04.00         | 443       | 17/07/16 | Portsmouth Northsea End of Season Meet     | Portsmouth     | SE160364 | 3     |
| 800 Freestyle         | 10:47.09 | 10:38.10        | 420       | 26/03/17 | MCASA Open Meet                            | London         | LR170009 | 1     |
| 50 Breaststroke       | 42.55    | 41.80           | 321       | 12/03/16 | City of Cardiff Tiger Bay Meet             | Cardiff        | WL160202 | 3     |
| 100 Breaststroke      | 1:28.85  | 1:27.40         | 376       | 27/05/16 | City of Cardiff Open Meet                  | Cardiff        | WL160446 | 1     |
| 200 Breaststroke      | 3:10.36  | 3:07.60         | 377       | 17/07/16 | Portsmouth Northsea End of Season Meet     | Portsmouth     | SE160364 | 3     |
| 50 Butterfly          | 35.29    | 34.70           | 331       | 17/07/16 | Portsmouth Northsea End of Season Meet     | Portsmouth     | SE160364 | 3     |
| 50 Backstroke         | 34.44    | 33.90           | 474       | 25/03/17 | MCASA Open Meet                            | London         | LR170009 | 1     |
| 100 Backstroke        | 1:15.09  | 1:14.00         | 445       | 21/05/16 | London Region Summer Age Grp Championships | Crystal Palace | LR160416 | 1     |
| 200 Backstroke        | 2:40.00  | 2:37.90         | 455       | 08/05/16 | London Region Age Grp Summer Championships | Crystal Palace | LR160415 | 1     |
| 200 Individual Medley | 2:45.45  | 2:43.00         | 442       | 16/07/16 | Portsmouth Northsea End of Season Meet     | Portsmouth     | SE160364 | 3     |
| 400 Individual Medley | 5:52.20  | 5:47.20         | 430       | 16/07/16 | Portsmouth Northsea End of Season Meet     | Portsmouth     | SE160364 | 3     |

Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet                                     | Venue      | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|------------------------------------------|------------|----------|-------|
| 50 Freestyle          | 30.51    | 31.20           | 424       | 26/11/16 | City of Oxford L3 November Meet          | Oxford     | SE161774 | 3     |
| 100 Freestyle         | 1:07.72  | 1:08.90         | 408       | 26/11/16 | City of Oxford L3 November Meet          | Oxford     | SE161774 | 3     |
| 200 Freestyle         | 2:22.03  | 2:24.50         | 468       | 27/11/16 | City of Oxford L3 November Meet          | Oxford     | SE161774 | 3     |
| 400 Freestyle         | 5:02.52  | 5:07.10         | 446       | 27/11/16 | City of Oxford L3 November Meet          | Oxford     | SE161774 | 3     |
| 800 Freestyle         | 10:24.11 | 10:33.30        | 447       | 25/11/16 | City of Oxford L3 November Meet          | Oxford     | SE161774 | 3     |
| 50 Breaststroke       | 42.21    | 43.00           | 303       | 29/11/15 | COSC L3 Open Meet                        | Oxford     | SE151813 | 3     |
| 100 Breaststroke      | 1:24.08  | 1:25.60         | 407       | 18/12/16 | Hillingdon Winter Short Course Open Meet | Uxbridge   | LR161927 | 3     |
| 200 Breaststroke      | 3:01.20  | 3:04.10         | 409       | 27/11/16 | City of Oxford L3 November Meet          | Oxford     | SE161774 | 3     |
| 50 Butterfly          | 37.46    | 38.00           | 275       | 09/11/14 | Hillingdon RNSS Club Championships       | Hillingdon | LR4590   | 4     |
| 100 Butterfly         | 1:15.42  | 1:16.40         | 368       | 30/10/16 | RNSS House Club Champs                   | Uxbridge   | LR161297 | 4     |
| 50 Backstroke         | 33.08    | 33.70           | 444       | 18/12/16 | Hillingdon Winter Short Course Open Meet | Uxbridge   | LR161927 | 3     |
| 100 Backstroke        | 1:10.49  | 1:11.60         | 472       | 17/12/16 | Hillingdon Winter Short Course Open Meet | Uxbridge   | LR161927 | 3     |
| 200 Backstroke        | 2:35.17  | 2:37.30         | 450       | 26/11/16 | City of Oxford L3 November Meet          | Oxford     | SE161774 | 3     |
| 200 Individual Medley | 2:39.81  | 2:42.30         | 443       | 18/12/16 | Hillingdon Winter Short Course Open Meet | Uxbridge   | LR161927 | 3     |
| 400 Individual Medley | 5:39.78  | 5:44.90         | 442       | 26/11/16 | City of Oxford L3 November Meet          | Oxford     | SE161774 | 3     |
| 100 Individual Medley | 1:19.15  | 1:19.20         | 363       | 24/01/16 | MCASA County Championships 2016          | Barnet     | LR160279 | 2     |