

Individual Best Times (All Time)

Emma Morris - (931418) - Atlantis Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.96	31.30	403	17/03/19	Atlantis Regional Chaser 2019	Crawley	SE190154	3
100 Freestyle	1:11.60	1:10.40	376	13/02/16	Sussex County Championships	Crawley	SE160360	1
200 Freestyle	2:34.28	2:32.00	391	02/10/16	Lis Hartley LC Opportunity Meet 2016	Crawley	SE160448	3
50 Breaststroke	40.95	40.20	361	29/09/19	Lis Hartley Long Course Open Meet	K2 LC	SE190314	3
100 Breaststroke	1:28.99	1:27.60	374	12/02/17	Sussex County Championships & Age Group Comp	Crawley	SE170353	1
200 Breaststroke	3:10.48	3:07.70	376	26/02/17	Sussex County Championships & Age Group Comp	Crawley	SE170354	1
50 Butterfly	33.33	32.80	393	17/03/19	Atlantis Regional Chaser 2019	Crawley	SE190154	3
100 Butterfly	1:16.18	1:15.20	386	17/03/19	Atlantis Regional Chaser 2019	Crawley	SE190154	3
200 Butterfly	2:45.56	2:43.60	398	09/02/19	SUSSEX COUNTY CHAMPIONSHIPS	Crawley	SE190455	1
50 Backstroke	39.66	39.10	310	15/03/15	Sussex County Championships	Crawley	CC150379	1
100 Backstroke	1:24.34	1:23.40	314	02/10/16	Lis Hartley LC Opportunity Meet 2016	Crawley	SE160448	3
200 Individual Medley	2:55.84	2:53.60	368	03/10/15	Crawley SC Lis Hartley LC Opportunity Meet 2015	Crawley	SE150732	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.78	32.40	375	16/10/16	Sussex County ASA Winter Short Competition 2016	Crawley	SE161768	2
100 Freestyle	1:09.35	1:10.50	380	23/11/19	Atlantis Christmas Cracker 2019	Horsham	SE190351	3
200 Freestyle	2:29.26	2:31.60	403	23/06/16	Atlantis Summer Club Championships	Horsham	SE161140	4
50 Breaststroke	39.41	40.20	373	03/03/19	Cranleigh ASC Summer Meet	Cranleigh	SE190411	3
100 Breaststroke	1:27.85	1:29.30	357	24/11/18	Atlantis Christmas Cracker 2018	Horsham	SE180992	3
200 Breaststroke	3:08.74	3:11.50	362	10/06/17	Atlantis Summer Club Championships	Horsham	SE171381	4
50 Butterfly	32.77	33.30	411	15/10/16	Sussex County ASA Winter Short Competition 2016	Crawley	SE161768	2
100 Butterfly	1:13.31	1:14.30	400	22/06/19	English Schools Swimming Association Summer Open	Crawley	SE190451	3
200 Butterfly	2:42.11	2:44.00	401	20/10/19	Sussex County ASA Winter Short Course Competition	Crawley	SE192761	2
50 Backstroke	36.43	37.00	332	24/11/18	Atlantis Christmas Cracker 2018	Horsham	SE180992	3
100 Backstroke	1:18.37	1:19.40	343	25/11/18	Atlantis Christmas Cracker 2018	Horsham	SE180992	3
200 Backstroke	2:47.79	2:49.80	356	10/06/17	Atlantis Summer Club Championships	Horsham	SE171381	4
200 Individual Medley	2:45.47	2:47.80	399	24/11/19	Atlantis Christmas Cracker 2019	Horsham	SE190351	3
400 Individual Medley	5:50.31	5:55.30	403	13/07/19	Atlantis Club Champs 2019	Horsham	SE191921	4
100 Individual Medley	1:16.43	1:16.40	404	25/11/18	Atlantis Christmas Cracker 2018	Horsham	SE180992	3