

Individual Best Times (All Time)

Holly Harris - (940592) - Poole SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle | 31.83 | 31.20 | 408 | 16/04/17 | Exeter City SC & Taunton Deane SC | Street | SW170472 | 1 |
| 100 Freestyle | 1:08.76 | 1:07.50 | 425 | 15/04/17 | Exeter City SC & Taunton Deane SC | Street | SW170472 | 1 |
| 200 Freestyle | 2:23.89 | 2:21.50 | 482 | 27/01/19 | Chester le Street ASC and Derwentside Burns Meet | Sheffield | NE190005 | 1 |
| 400 Freestyle | 4:57.11 | 4:52.30 | 497 | 31/03/18 | Millfield Super Series | Millfield | SW180107 | 1 |
| 800 Freestyle | 10:01.07 | 9:51.40 | 524 | 07/05/18 | ASA SWR Summer Championships | Plymouth | SW180512 | 1 |
| 1500 Freestyle | 19:14.08 | 18:56.10 | 507 | 19/05/18 | ASA SWR Summer Championships | Millfield | SW180514 | 1 |
| 50 Breaststroke | 35.93 | 35.00 | 534 | 05/05/19 | ASA SWR Summer Championships | Plymouth | SW190488 | 1 |
| 100 Breaststroke | 1:19.99 | 1:18.40 | 515 | 25/05/19 | Plymouth Leander National Qualifier L1 LC Open | Plymouth | SW191273 | 1 |
| 200 Breaststroke | 2:47.02 | 2:43.80 | 558 | 25/05/19 | Plymouth Leander National Qualifier L1 LC Open | Plymouth | SW191273 | 1 |
| 50 Butterfly | 34.03 | 33.50 | 369 | 15/04/17 | Exeter City SC & Taunton Deane SC | Street | SW170472 | 1 |
| 100 Butterfly | 1:15.95 | 1:14.90 | 389 | 06/05/18 | ASA SWR Summer Championships | Plymouth | SW180512 | 1 |
| 200 Butterfly | 2:51.85 | 2:50.00 | 356 | 06/05/18 | ASA SWR Summer Championships | Plymouth | SW180512 | 1 |
| 50 Backstroke | 43.66 | 43.20 | 232 | 26/10/14 | Frome Autumn Open Meet | Millfield | SW4288 | 3 |
| 100 Backstroke | 1:27.80 | 1:26.90 | 278 | 10/04/16 | City of Bristol International Open Meet | Bristol | SW160503 | 1 |
| 200 Backstroke | 3:10.71 | 3:08.90 | 269 | 25/10/14 | Frome Autumn Open Meet | Millfield | SW4288 | 3 |
| 200 Individual Medley | 2:38.62 | 2:36.10 | 502 | 02/04/18 | Millfield Super Series | Millfield | SW180107 | 1 |
| 400 Individual Medley | 5:33.57 | 5:28.30 | 506 | 07/05/18 | ASA SWR Summer Championships | Plymouth | SW180512 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|------------------|----------|-------|
| 50 Freestyle | 29.70 | 30.40 | 460 | 17/02/18 | Dorset County ASA Champs & Age Group Competition | Littledown | SW180099 | 2 |
| 100 Freestyle | 1:05.30 | 1:06.60 | 455 | 26/11/17 | Swim Bournemouth Short Course L2 Meet | Bournemouth | SW170246 | 2 |
| 200 Freestyle | 2:16.61 | 2:19.10 | 526 | 26/11/17 | Swim Bournemouth Short Course L2 Meet | Bournemouth | SW170246 | 2 |
| 400 Freestyle | 4:45.18 | 4:50.10 | 533 | 15/07/17 | Poole Club Championships | Poole | SW170955 | 4 |
| 800 Freestyle | 9:49.29 | 9:59.00 | 531 | 11/02/18 | Dorset County ASA Champs & Age Group Competition | Dorchester | SW180098 | 2 |
| 1500 Freestyle | 18:53.31 | 19:11.40 | 514 | 19/10/18 | Millfield School & Street SC TYR | Millfield School | SW181181 | 2 |
| 50 Breaststroke | 36.76 | 37.60 | 459 | 15/12/18 | City of Bristol Christmas Cracker Meet | Hengrove Park | SW182681 | 2 |
| 100 Breaststroke | 1:19.24 | 1:20.80 | 487 | 15/12/18 | City of Bristol Christmas Cracker Meet | Hengrove Park | SW182681 | 2 |
| 200 Breaststroke | 2:51.66 | 2:54.70 | 481 | 20/10/18 | Millfield School & Street SC TYR | Millfield School | SW181181 | 2 |
| 50 Butterfly | 32.79 | 33.40 | 411 | 03/02/19 | Dorset 2019 Integrated Champs and Age Group Comp | Bournemouth | SW190087 | 2 |
| 100 Butterfly | 1:12.50 | 1:13.50 | 414 | 21/04/18 | Yeovil & District Spring Fling 2018 Open Meet | Millfield | SW180117 | 3 |
| 200 Butterfly | 2:41.57 | 2:43.50 | 405 | 03/02/18 | Dorset County ASA Champs & Age Group Competition | Littledown | SW180097 | 2 |
| 50 Backstroke | 36.50 | 37.00 | 331 | 26/11/16 | Poole Swimming Club Super Sprints | Poole | SW162110 | 4 |
| 100 Backstroke | 1:19.52 | 1:20.50 | 328 | 28/10/18 | Poole Swimming Club Season Starter 2018 | Dorchester | SW181567 | 3 |
| 200 Backstroke | 2:41.75 | 2:43.80 | 397 | 27/10/18 | Poole Swimming Club Season Starter 2018 | Dorchester | SW181567 | 3 |
| 200 Individual Medley | 2:33.30 | 2:35.90 | 502 | 17/02/18 | Dorset County ASA Champs & Age Group Competition | Littledown | SW180099 | 2 |
| 400 Individual Medley | 5:23.94 | 5:29.30 | 510 | 03/02/18 | Dorset County ASA Champs & Age Group Competition | Littledown | SW180097 | 2 |
| 100 Individual Medley | 1:15.00 | 1:15.00 | 427 | 29/10/17 | Poole Season Starter 2017 | Dorchester | SW170321 | 3 |