

Individual Best Times (All Time)

Eloise Helm - (966872) - City of Sheffield Swim Squad Ltd

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.77	30.10	451	24/02/18	Yorkshire County Championships	Sheffield	NE180137	1
100 Freestyle	1:05.96	1:04.70	481	25/11/17	City of Sheffield Snow Frills Meet	Sheffield	NE170317	3
200 Freestyle	2:23.82	2:21.40	483	25/11/17	City of Sheffield Snow Frills Meet	Sheffield	NE170317	3
400 Freestyle	5:02.59	4:57.90	470	24/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
50 Breaststroke	36.94	36.10	491	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	NE180164	1
100 Breaststroke	1:20.20	1:18.60	511	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	NE180164	1
200 Breaststroke	2:51.66	2:48.60	514	27/05/17	ASA North East Region Championships	Sunderland	NE170146	1
50 Butterfly	33.35	32.80	393	24/02/18	Yorkshire County Championships	Sheffield	NE180137	1
100 Butterfly	1:16.92	1:15.90	375	04/03/18	City of Sheffield Swim Squad	Sheffield	NE180162	3
50 Backstroke	35.84	35.30	420	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Backstroke	1:17.88	1:16.80	398	22/07/17	City of Sheffield Summer Meet	Sheffield	NE170250	3
200 Backstroke	2:43.52	2:41.50	427	22/07/17	City of Sheffield Summer Meet	Sheffield	NE170250	3
200 Individual Medley	2:40.44	2:38.00	485	23/07/17	City of Sheffield Summer Meet	Sheffield	NE170250	3
400 Individual Medley	5:40.07	5:34.90	477	20/05/17	ASA North East Region Championships	Sunderland	NE170146	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.66	30.40	462	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Freestyle	1:04.29	1:05.60	477	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
200 Freestyle	2:17.37	2:19.90	517	10/02/18	Yorkshire County Championships	Leeds	NE180136	2
400 Freestyle	4:57.44	5:02.10	470	25/06/17	City of Leeds Summer Meet 2017	Leeds	NE170157	3
50 Breaststroke	36.07	36.90	486	04/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
100 Breaststroke	1:17.81	1:19.40	514	04/02/18	Yorkshire County Championships	Leeds	NE180135	2
200 Breaststroke	2:49.73	2:52.80	498	25/06/17	City of Leeds Summer Meet 2017	Leeds	NE170157	3
50 Butterfly	32.50	33.10	422	21/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
100 Butterfly	1:18.88	1:19.80	321	15/10/17	Durham City Medley Challenge 2017	Durham	NE170970	3
50 Backstroke	34.40	35.00	395	21/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
100 Backstroke	1:16.97	1:18.00	362	15/10/17	Durham City Medley Challenge 2017	Durham	NE170970	3
200 Backstroke	2:43.76	2:45.80	383	07/01/18	Harrogate Janus A & B Grade Meet	Harrogate	NE180140	3
200 Individual Medley	2:37.10	2:39.60	466	24/06/17	City of Leeds Summer Meet 2017	Leeds	NE170157	3
400 Individual Medley	5:25.24	5:30.60	504	25/06/17	City of Leeds Summer Meet 2017	Leeds	NE170157	3
100 Individual Medley	1:39.62	1:39.60	182	19/05/13	Doncaster Dartes SC B Grade Meet 2013	Adwick	NE3413	3