

Individual Best Times (All Time)

Holly Filson - (979682) - Atlantis Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	41.00	40.50	190	03/10/15	Crawley SC Lis Hartley LC Opportunity Meet 2015	Crawley	SE150732	3
100 Breaststroke	1:49.79	1:48.60	199	15/11/14	Crawley Not so Early Bird Gala	Crawley	SE4992	3
200 Breaststroke	3:54.38	3:52.10	202	04/10/14	Lis Hartley Long Course Opportunity Meet	Crawley	SE4740	3
200 Individual Medley	3:37.75	3:35.90	194	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	36.42	37.00	249	28/05/17	The Vanessa Knight Memorial Open Meet	Felpham	SE170952	3
100 Freestyle	1:19.40	1:20.50	253	22/04/18	East Grinstead Spring Sprint Meet	Crawley	SE180064	3
200 Freestyle	2:47.68	2:49.70	284	25/11/17	Atlantis Christmas Cracker Open Meet	Horsham	SE171277	3
400 Freestyle	6:02.12	6:06.00	260	06/07/19	Atlantis Club Champs 2019	Horsham	SE191920	4
50 Breaststroke	47.61	48.30	211	12/11/17	Atlantis Winter Club Championships 2017	Horsham	SE172266	4
100 Breaststroke	1:41.89	1:43.10	229	22/04/18	East Grinstead Spring Sprint Meet	Crawley	SE180064	3
200 Breaststroke	3:30.68	3:33.20	260	25/11/18	Atlantis Christmas Cracker 2018	Horsham	SE180992	3
50 Butterfly	42.37	42.80	190	12/11/17	Atlantis Winter Club Championships 2017	Horsham	SE172266	4
100 Butterfly	1:39.88	1:40.60	158	15/10/17	Atlantis Winter Club Championships 2017	Horsham	SE172265	4
200 Butterfly	3:42.46	3:43.90	155	10/06/17	Atlantis Summer Club Championships	Horsham	SE171381	4
50 Backstroke	44.15	44.60	187	12/11/17	Atlantis Winter Club Championships 2017	Horsham	SE172266	4
100 Backstroke	1:34.50	1:35.30	195	01/07/17	Atlantis Summer Splash	Horsham	SE170671	3
200 Backstroke	3:17.51	3:19.20	218	10/06/17	Atlantis Summer Club Championships	Horsham	SE171381	4
200 Individual Medley	3:12.72	3:14.80	252	12/11/17	Atlantis Winter Club Championships 2017	Horsham	SE172266	4
400 Individual Medley	6:53.26	6:57.50	245	02/07/17	Atlantis Summer Splash	Horsham	SE170671	3
100 Individual Medley	1:30.55	1:30.60	243	03/12/17	Atlantis Winter Club Championships 2017	Horsham	SE172267	4