

Individual Best Times (All Time)

Ethan Arrowsmith - (1185529) - Romford Town SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.40	35.80	189	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Freestyle	1:22.21	1:21.20	185	23/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
200 Freestyle	2:57.63	2:55.70	189	16/10/16	LAC Legacy Level 3 Open Meet 2016	London	LR161790	3
50 Breaststroke	57.77	57.20	90	11/04/15	Killerwhales Mid Qualifying Meet	Basildon	LR150206	1
50 Butterfly	39.89	39.40	174	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Butterfly	1:42.02	1:41.30	113	16/10/16	LAC Legacy Level 3 Open Meet 2016	London	LR161790	3
50 Backstroke	39.94	39.40	204	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Backstroke	1:27.18	1:26.30	207	22/01/17	Essex Age Group Championships 2017	Basildon	ER170022	1
200 Backstroke	3:07.95	3:06.20	211	22/01/17	Essex Age Group Championships 2017	Basildon	ER170022	1
200 Individual Medley	3:17.18	3:15.20	193	16/10/16	LAC Legacy Level 3 Open Meet 2016	London	LR161790	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.45	35.10	200	01/10/16	Romford Town David Jacobs 6th Memorial Gala	Basildon	LR161038	3
100 Freestyle	1:18.96	1:20.00	183	03/07/16	Romford Town End of Season Meet	Ipswich	LR160626	3
200 Freestyle	2:50.08	2:52.10	199	11/12/16	Thurrock Last Chance County Qualifier	Thurrock	ER160664	3
400 Freestyle	6:02.89	6:06.70	200	26/03/16	LBRSC Last Chance Regional Meet 2016	Fullwell Cross	LR160131	3
50 Breaststroke	48.83	49.50	133	05/06/16	Margate Open Meet 2016	Margate	SE160236	3
200 Breaststroke	4:17.14	4:19.20	102	22/11/14	Harlow Penguins Winter Open Meet	Harlow	ER14724	3
50 Butterfly	40.18	40.70	158	12/11/16	NASL London	Harlow	ER162325	3
100 Butterfly	1:34.36	1:35.20	129	13/11/16	N & UEL Borough Championships & Invitational Meet	East Ham	LR161919	4
50 Backstroke	40.57	41.10	161	03/07/16	Romford Town End of Season Meet	Ipswich	LR160626	3
100 Backstroke	1:24.29	1:25.20	188	01/10/16	Romford Town David Jacobs 6th Memorial Gala	Basildon	LR161038	3
200 Backstroke	3:02.19	3:04.00	194	03/07/16	Romford Town End of Season Meet	Ipswich	LR160626	3
200 Individual Medley	3:17.18	3:19.20	171	19/06/16	Colchester 3rd Midsummer Madness Meet 2016	Colchester	ER160522	3
100 Individual Medley	1:30.83	1:30.80	159	05/06/16	Margate Open Meet 2016	Margate	SE160236	3