

# Individual Best Times (All Time)

Trinity Clement - (1394295) - Haslemere Swimming Club

Long Course

| Stroke                | LC Time  | Converted to SC | LC WA Pts | Date     | Meet                                         | Venue              | Licence  | Level |
|-----------------------|----------|-----------------|-----------|----------|----------------------------------------------|--------------------|----------|-------|
| 50 Freestyle          | 29.98    | 29.30           | 488       | 22/01/23 | Hampshire ASA County Championships 2023      | Winchester         | SE230249 | 1     |
| 100 Freestyle         | 1:04.03  | 1:02.70         | 526       | 04/02/24 | Surrey Age Group Championships 2024          | Guildford          | SE240477 | 1     |
| 200 Freestyle         | 2:23.28  | 2:20.80         | 488       | 22/01/23 | Hampshire ASA County Championships 2023      | Winchester         | SE230249 | 1     |
| 400 Freestyle         | 4:59.91  | 4:55.20         | 483       | 04/02/24 | Surrey Age Group Championships 2024          | Guildford          | SE240477 | 1     |
| 800 Freestyle         | 10:20.29 | 10:10.90        | 477       | 21/01/24 | Surrey Age Group Championships 2024          | Guildford          | SE240476 | 1     |
| 1500 Freestyle        | 20:00.23 | 19:42.90        | 451       | 03/02/24 | Surrey Age Group Championships 2024          | Guildford          | SE240477 | 1     |
| 100 Breaststroke      | 1:45.27  | 1:44.10         | 226       | 07/12/19 | PN Christmas Last Chance County Qualifier    | Portsmouth         | SE192815 | 3     |
| 50 Butterfly          | 32.07    | 31.50           | 442       | 04/02/24 | Surrey Age Group Championships 2024          | Guildford          | SE240477 | 1     |
| 100 Butterfly         | 1:13.69  | 1:12.70         | 426       | 22/01/23 | Hampshire ASA County Championships 2023      | Winchester         | SE230249 | 1     |
| 200 Butterfly         | 3:11.71  | 3:10.10         | 256       | 22/02/20 | Rushmoor Royals L3 Spring Regional Qualifier | Aldershot          | SE200611 | 3     |
| 200 Individual Medley | 2:46.80  | 2:44.40         | 432       | 04/12/21 | Rushmoor Royals SC Dec LC County Qualifier   | Aldershot Garrison | SE211421 | 3     |
| 400 Individual Medley | 5:54.03  | 5:49.00         | 423       | 04/12/21 | Rushmoor Royals SC Dec LC County Qualifier   | Aldershot Garrison | SE211421 | 3     |

Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet                                             | Venue               | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|--------------------------------------------------|---------------------|----------|-------|
| 50 Freestyle          | 29.26    | 30.00           | 481       | 04/03/23 | Hart SC Spring Open Meet 2023                    | Hart                | SE230493 | 3     |
| 100 Freestyle         | 1:02.34  | 1:03.70         | 523       | 09/12/23 | National Arena Swimming League South R3 2023     | Haslemere           | SE232581 | 3     |
| 200 Freestyle         | 2:17.18  | 2:19.70         | 519       | 04/03/23 | Hart SC Spring Open Meet 2023                    | Hart                | SE230493 | 3     |
| 400 Freestyle         | 4:51.13  | 4:55.90         | 501       | 05/03/23 | Hart SC Spring Open Meet 2023                    | Hart                | SE230493 | 3     |
| 800 Freestyle         | 10:14.78 | 10:24.10        | 468       | 19/11/21 | Swim Bournemouth L2 Winter Meet                  | Bournemouth         | SW210562 | 2     |
| 1500 Freestyle        | 19:26.91 | 19:44.50        | 471       | 19/11/21 | Swim Bournemouth L2 Winter Meet                  | Bournemouth         | SW210562 | 2     |
| 50 Breaststroke       | 44.58    | 45.30           | 257       | 30/05/21 | Alton & District                                 | Alton Sports Centre | LEX1447  | 0     |
| 100 Breaststroke      | 1:34.89  | 1:36.20         | 283       | 11/07/21 | Alton and District Club Championships            | Alton               | SE210254 | 4     |
| 200 Breaststroke      | 3:24.44  | 3:27.00         | 285       | 10/07/21 | Alton and District Club Championships            | Alton               | SE210254 | 4     |
| 50 Butterfly          | 32.52    | 33.10           | 421       | 05/03/23 | Hart SC Spring Open Meet 2023                    | Hart                | SE230493 | 3     |
| 100 Butterfly         | 1:10.95  | 1:12.00         | 442       | 13/11/21 | National Arena Swimming League South - Round Two | Portsmouth          | SE211363 | 3     |
| 200 Butterfly         | 2:51.73  | 2:53.60         | 337       | 27/11/21 | Havant & Waterlooville Peter Bull Open Meet 2021 | Waterlooville       | SE211530 | 3     |
| 50 Backstroke         | 36.28    | 36.80           | 337       | 26/06/21 | Alton and District Club Championships            | Alton               | SE210270 | 4     |
| 100 Backstroke        | 1:15.16  | 1:16.20         | 389       | 05/11/23 | Haslemere Autumn Sparkler Open Meet 2023         | Haslemere           | SE232174 | 3     |
| 200 Backstroke        | 2:46.56  | 2:48.60         | 364       | 04/07/21 | Alton and District Club Championships            | Alton               | SE210253 | 4     |
| 200 Individual Medley | 2:38.79  | 2:41.30         | 451       | 14/04/24 | Haslemere, Godalming & Fanham Mark Menzies Meet  | Haslemere           | SE240424 | 3     |
| 400 Individual Medley | 5:59.69  | 6:04.50         | 373       | 30/10/21 | Hart SC Autumn Open Meet 2021                    | Hart                | SE210700 | 3     |
| 100 Individual Medley | 1:30.25  | 1:30.30         | 245       | 20/07/19 | Fareham Nomads Summer Meet 2019                  | Waterlooville       | SE190111 | 3     |