

Individual Best Times (All Time)

Emily Ard - (250935) - Eastleigh SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.80	31.10	409	14/04/07	Crawley Spring LC Meet	Crawley	SE7009	1
100 Freestyle	1:01.20	59.80	603	09/05/10	ASA SE Region Youth Champs	Portsmouth	SER021	1
200 Freestyle	2:10.83	2:08.20	641	12/03/11	Hampshire County Championships	Portsmouth	CC1094	1
400 Freestyle	4:32.10	4:26.90	647	23/04/11	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE1206	1
800 Freestyle	9:16.83	9:06.40	659	05/08/10	British Gas Youth Champs	Sheffield	ASA102	1
1500 Freestyle	17:43.17	17:23.60	648	03/08/10	British Gas Youth Champs	Sheffield	ASA102	1
50 Breaststroke	36.31	35.40	517	13/03/11	Hampshire County Championships	Portsmouth	CC1094	1
100 Breaststroke	1:17.47	1:15.80	567	13/06/09	South East Region Champs	Crawley	SER911	1
200 Breaststroke	2:49.43	2:46.30	535	13/03/11	Hampshire County Championships	Portsmouth	CC1094	1
100 Butterfly	1:19.46	1:18.50	340	14/04/07	Crawley Spring LC Meet	Crawley	SE7009	1
100 Backstroke	1:10.85	1:09.70	529	30/05/09	South East Region Champs	Crawley	SER910	1
200 Individual Medley	2:28.82	2:26.10	608	09/05/10	ASA SE Region Youth Champs	Portsmouth	SER021	1
400 Individual Medley	5:16.74	5:11.10	591	09/01/10	Welsh New Year Dragon	Swansea	WAL273	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.73	29.40	508	09/04/09	Portsmouth Northsea Meet	Portsmouth	SE9010	1
100 Freestyle	59.43	1:00.80	604	13/03/10	Hampshire County Champs	Southampton	CC0110	2
200 Freestyle	2:07.95	2:10.60	640	13/03/10	Hampshire County Champs	Southampton	CC0110	2
400 Freestyle	4:26.15	4:31.40	656	07/11/10	South East Region Champs	Portsmouth	SER028	2
800 Freestyle	9:07.59	9:18.00	662	06/11/10	South East Region Champs	Portsmouth	SER028	2
1500 Freestyle	17:45.65	18:04.80	619	25/10/10	City of Southampton Champ	Southampton	SE0432	4
50 Breaststroke	35.04	35.90	530	13/03/10	Hampshire County Champs	Southampton	CC0110	2
100 Breaststroke	1:15.01	1:16.70	574	25/01/09	Ports Northsea Junior Meet	Portsmouth	SE9012	1
200 Breaststroke	2:41.08	2:44.30	583	15/03/09	Hampshire County Champs	Southampton	CC9092	2
50 Butterfly	32.21	32.80	433	27/10/10	City of Southampton Champ	Southampton	SE0432	4
100 Butterfly	1:10.69	1:11.80	447	07/02/10	City Southampton Open Meet	Southampton	SE0053	2
200 Butterfly	2:43.80	2:45.70	389	03/01/09	Basingstoke Bluefins Age	Basingstoke	SE9082	4
50 Backstroke	33.06	33.70	445	03/01/09	Basingstoke Bluefins Age	Basingstoke	SE9082	4
100 Backstroke	1:08.95	1:10.10	504	07/02/10	City Southampton Open Meet	Southampton	SE0053	2
200 Backstroke	2:29.72	2:31.90	501	03/02/11	City of Southampton Club Championships	Southampton	SE1069	4
200 Individual Medley	2:24.84	2:27.50	595	09/04/09	Portsmouth Northsea Meet	Portsmouth	SE9010	1
400 Individual Medley	5:07.42	5:13.10	597	28/10/10	City of Southampton Champ	Southampton	SE0432	4
100 Individual Medley	1:09.02	1:09.00	548	08/03/09	Hampshire County Champs	Waterlooville	CC9091	2