

# Individual Best Times (All Time)

Amelia Sargent - (1104445) - Camden Swiss Cottage SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.63	29.90	457	26/03/17	MCASA Open Meet	London	LR170009	1
100 Freestyle	1:06.19	1:04.90	476	27/05/17	2017 London Swimming May Open Meet	London	LR170886	1
200 Freestyle	2:29.04	2:26.70	434	25/03/17	MCASA Open Meet	London	LR170009	1
50 Breaststroke	42.98	42.20	312	04/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	SE150138	1
100 Breaststroke	1:38.43	1:37.10	276	03/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	SE150138	1
50 Butterfly	33.83	33.30	376	29/04/17	2017 London Swimming Regional Youth Championships	Stratford	LR170800	1
100 Butterfly	1:17.40	1:16.40	368	25/03/17	MCASA Open Meet	London	LR170009	1
50 Backstroke	37.10	36.60	379	27/05/17	2017 London Swimming May Open Meet	London	LR170886	1
100 Backstroke	1:19.56	1:18.50	374	17/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
200 Individual Medley	3:00.82	2:58.60	339	04/01/15	BWFSC Level 1 Long Course Meet	London	LR150167	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.33	31.00	432	06/03/16	Borough of Harrow Regional Qualifier 2016	Barnet	LR160417	3
100 Freestyle	1:04.00	1:05.30	484	26/02/17	ESC February L3 Open	Northolt	LR170029	3
200 Freestyle	2:22.48	2:24.90	464	03/12/16	Ealing December Christmas L3 Open Meet	Northolt	LR161086	3
400 Freestyle	5:04.44	5:09.00	438	03/12/16	Ealing December Christmas L3 Open Meet	Northolt	LR161086	3
50 Breaststroke	43.07	43.80	285	27/02/16	Ealing February L3 Open Meet	Northolt	LR160332	3
100 Breaststroke	1:32.07	1:33.40	310	29/11/14	BO Harrow Christmas Cracker Open Meet	Barnet	LR14451	3
200 Breaststroke	3:34.00	3:36.50	248	04/10/14	Middlesex Winter Development Meet	Southbury	LR14036	3
50 Butterfly	33.25	33.80	394	26/02/17	ESC February L3 Open	Northolt	LR170029	3
100 Butterfly	1:17.11	1:18.10	344	22/02/15	Barnet Cophall Winter Sprints Meet	Barnet	LR150406	3
200 Butterfly	3:27.93	3:29.40	190	28/09/13	City of Milton Keynes SC 2nd Annual Meet	Bletchley	SE3098	3
50 Backstroke	36.08	36.60	342	05/07/15	Barnet Cophall Summer Sprints	Barnet	LR151303	3
100 Backstroke	1:16.88	1:17.90	363	04/12/16	Ealing December Christmas L3 Open Meet	Northolt	LR161086	3
200 Backstroke	2:53.09	2:55.00	324	22/11/14	Peter Bull Open Meet	Waterlooville	SE14580	3
200 Individual Medley	2:48.41	2:50.70	378	05/07/15	Barnet Cophall Summer Sprints	Barnet	LR151303	3
400 Individual Medley	6:41.88	6:46.20	267	04/10/14	Middlesex Winter Development Meet	Southbury	LR14036	3
100 Individual Medley	1:16.75	1:16.80	399	04/12/16	Ealing December Christmas L3 Open Meet	Northolt	LR161086	3