

Individual Best Times (All Time)

Sarah Conway - (1106315) - Wycombe District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.53	29.80	462	15/01/22	Berkshire & South Bucs County & Age Group Champs	Wycombe	SE220084	1
100 Freestyle	1:06.96	1:05.70	460	04/07/21	Wycombe Summer LC Invitation Meet	High Wycombe	SE210219	3
200 Freestyle	2:29.38	2:27.00	431	03/07/21	Wycombe Summer LC Invitation Meet	High Wycombe	SE210219	3
50 Breaststroke	47.36	46.70	233	22/09/18	WDSC Club Championships 2018	Wycombe	SE181863	4
100 Breaststroke	1:50.26	1:49.10	196	16/09/17	2017 WDSC Club Championships	Wycombe	SE171929	4
200 Breaststroke	4:22.43	4:20.40	143	18/07/15	Wycombe District End of Season Meet	Wycombe	SE151150	3
50 Butterfly	35.64	35.10	322	15/02/20	2020 Wycombe Dual Award (L3) Long Course Meet	High Wycombe	SE200302	3
100 Butterfly	2:06.94	2:06.30	83	18/07/15	Wycombe District End of Season Meet	Wycombe	SE151150	3
50 Backstroke	35.67	35.10	426	27/04/19	Wycombe Long Course Sprint Meet	Wycombe	SE190550	3
100 Backstroke	1:16.31	1:15.20	424	03/07/21	Wycombe Summer LC Invitation Meet	High Wycombe	SE210219	3
200 Backstroke	2:45.85	2:43.80	409	04/07/21	Wycombe Summer LC Invitation Meet	High Wycombe	SE210219	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.85	30.50	453	27/11/21	2021 Wycombe SC L3 County & Regional Qualifier	High Wycombe	SE210859	3
100 Freestyle	1:06.42	1:07.70	433	28/11/21	2021 Wycombe SC L3 County & Regional Qualifier	High Wycombe	SE210859	3
200 Freestyle	2:24.87	2:27.20	441	27/11/21	2021 Wycombe SC L3 County & Regional Qualifier	High Wycombe	SE210859	3
400 Freestyle	6:28.25	6:31.90	211	14/06/15	Hillingdon RNSS House Club Champs	Northwood	LR150685	4
50 Breaststroke	44.44	45.10	260	23/05/21	Wycombe District	Wycombe LC	LEX1261	0
100 Breaststroke	1:53.77	1:54.90	164	27/06/15	Hoddesdon Summer Sprint 2015	Borehamwood	ER150485	3
200 Breaststroke	4:18.06	4:20.10	141	01/03/15	MCASA Spring Development Meet	Enfield	LR150433	3
50 Butterfly	35.17	35.70	333	24/11/19	2019 Wycombe County & Regional Qualifier	Wycombe	SE192906	3
100 Butterfly	1:50.53	1:51.20	116	11/10/15	Hillingdon Autumn Short Course Meet 2015	Hillingdon	LR151546	3
50 Backstroke	34.31	34.90	398	23/11/19	2019 Wycombe County & Regional Qualifier	Wycombe	SE192906	3
100 Backstroke	1:13.69	1:14.80	413	28/11/21	2021 Wycombe SC L3 County & Regional Qualifier	High Wycombe	SE210859	3
200 Backstroke	2:41.97	2:44.00	395	02/10/21	Harpenden SC FINIS Legacy Meet	Westminster Lodge	ER210434	3
200 Individual Medley	3:27.09	3:29.00	203	11/10/15	Hillingdon Autumn Short Course Meet 2015	Hillingdon	LR151546	3
400 Individual Medley	7:13.75	7:17.80	212	14/10/15	Hillingdon RNSS House Club Champs	Northwood	LR150686	4
100 Individual Medley	1:20.75	1:20.80	342	06/10/19	Harpenden Legacy Meet	Westminster	ER191861	3