

Individual Best Times (All Time)

Atlanta Dowkes - (1112179) - Scarborough Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.62	28.90	506	24/02/18	Yorkshire County Championships	Sheffield	NE180137	1
100 Freestyle	1:06.04	1:04.80	480	28/11/15	City of Sheffield Snow Frills Meet	Sheffield	NE150210	3
200 Freestyle	2:23.01	2:20.60	491	13/02/16	Yorkshire County Championships	Leeds	NE160069	1
50 Breaststroke	50.63	50.00	191	19/01/14	Co Leeds New Year Meet 2014	Leeds	NE4019	3
100 Breaststroke	1:53.86	1:52.70	178	19/01/14	Co Leeds New Year Meet 2014	Leeds	NE4019	3
50 Butterfly	37.00	36.50	287	29/11/15	City of Sheffield Snow Frills Meet	Sheffield	NE150210	3
50 Backstroke	37.08	36.50	380	27/02/16	Yorkshire County Championships	Sheffield	NE160070	1
100 Backstroke	1:21.91	1:20.90	342	29/11/15	City of Sheffield Snow Frills Meet	Sheffield	NE150210	3
200 Backstroke	2:51.36	2:49.40	371	14/02/16	Yorkshire County Championships	Leeds	NE160069	1
200 Individual Medley	3:01.10	2:58.90	337	12/03/17	Jorvik Spring Festival LC Meet	Leeds	NE170344	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.90	29.60	499	08/12/18	Middlesbrough Christmas 2018 Gala	The Neptune Centre	NE182126	3
100 Freestyle	1:02.37	1:03.70	522	09/12/18	Middlesbrough Christmas 2018 Gala	The Neptune Centre	NE182126	3
200 Freestyle	2:18.53	2:21.00	504	02/04/16	Kingston upon Hull Easter Short Course Meet	Hull	NE160430	3
400 Freestyle	5:12.74	5:17.20	404	19/06/15	Scarborough Annual A & B Graded Meet 2015	Scarborough	NE150643	3
50 Breaststroke	46.28	47.00	230	21/06/15	Scarborough Annual A & B Graded Meet 2015	Scarborough	NE150643	3
100 Breaststroke	1:35.03	1:36.40	282	11/10/14	Yorkshire Winter Championships	Sheffield	NE14602	2
50 Butterfly	36.43	36.90	299	21/06/15	Scarborough Annual A & B Graded Meet 2015	Scarborough	NE150643	3
100 Butterfly	1:50.85	1:51.50	115	29/06/14	Beverley Barracudas SC Summer Sprints	Beverley	NE4497	3
50 Backstroke	36.21	36.80	339	21/02/16	Middlesbrough AA Grade 2016 Gala	Middlesbrough	NE160354	3
100 Backstroke	1:16.81	1:17.90	364	20/02/16	Middlesbrough AA Grade 2016 Gala	Middlesbrough	NE160354	3
200 Backstroke	2:41.31	2:43.40	400	04/10/15	Kingston upon Hull SC Regional Qualifier SC Meet	Ennerdale	NE151999	3
200 Individual Medley	2:47.67	2:50.00	383	11/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
100 Individual Medley	1:19.22	1:19.20	362	21/06/15	Scarborough Annual A & B Graded Meet 2015	Scarborough	NE150643	3