

# Individual Best Times (All Time)

Lucy Shaw - (1159651) - City of Sheffield Swim Squad Ltd

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.70	31.00	413	10/03/19	City of Sheffield Swim Squad March Madness 2019	Sheffield	NE190400	3
100 Freestyle	1:09.62	1:08.40	409	06/03/22	City of Sheffield Swim Squad March Madness Meet 22	Sheffield	NE220035	3
200 Freestyle	2:29.96	2:27.60	426	25/05/19	City of Sheffield Swim Squad No Frills	Sheffield	NE190401	3
400 Freestyle	5:20.99	5:16.60	394	08/01/22	City of Leeds SC New Year Meet 2022	John Charles	NE220053	3
800 Freestyle	11:10.28	11:01.60	378	19/02/22	City of Sheffield Swim Squad Time Trial	Sheffield	NE220514	4
50 Breaststroke	41.84	41.10	338	06/03/22	City of Sheffield Swim Squad March Madness Meet 22	Sheffield	NE220035	3
100 Breaststroke	1:33.31	1:31.90	324	21/05/22	City of Sheffield No Frills Meet	Sheffield	NE220613	3
200 Breaststroke	3:16.89	3:14.20	340	22/05/22	City of Sheffield No Frills Meet	Sheffield	NE220613	3
50 Butterfly	37.45	36.90	277	18/09/22	City of Sheffield SS 39th Annual Teaspoon Gala	Sheffield	NE221502	3
100 Butterfly	1:25.27	1:24.40	275	06/03/22	City of Sheffield Swim Squad March Madness Meet 22	Sheffield	NE220035	3
200 Butterfly	3:16.10	3:14.50	239	25/05/19	City of Sheffield Swim Squad No Frills	Sheffield	NE190401	3
50 Backstroke	36.08	35.50	412	06/03/22	City of Sheffield Swim Squad March Madness Meet 22	Sheffield	NE220035	3
100 Backstroke	1:20.96	1:20.00	355	01/07/18	City of Leeds Summer Meet 2018	Leeds	NE180078	3
200 Backstroke	2:54.66	2:52.70	350	20/05/18	City of Sheffield Swim Squad No Frills 2018	Sheffield	NE180163	3
200 Individual Medley	2:55.87	2:53.60	368	22/07/18	City of Sheffield Summer Meet 2018	Sheffield	NE180166	3
400 Individual Medley	6:15.53	6:10.80	354	01/07/18	City of Leeds Summer Meet 2018	Leeds	NE180078	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.52	32.20	384	28/04/19	Borough of Kirklees Spring Short Course Open Meet	Borough of Kirklees	NE191139	3
100 Freestyle	1:09.11	1:10.30	384	12/12/21	Winter Swim Extravaganza 2021	Leeds	NE210580	3
200 Freestyle	2:27.92	2:30.30	414	28/04/19	Borough of Kirklees Spring Short Course Open Meet	Borough of Kirklees	NE191139	3
400 Freestyle	5:14.33	5:18.80	398	06/01/19	HARROGATE JANUS A & B GRADE MEET	HARROGATE	NE190225	3
50 Breaststroke	42.17	42.90	304	05/01/19	HARROGATE JANUS A & B GRADE MEET	HARROGATE	NE190225	3
100 Breaststroke	1:32.26	1:33.60	308	15/10/17	Durham City Medley Challenge 2017	Durham	NE170970	3
200 Breaststroke	3:12.16	3:14.90	343	12/12/21	Winter Swim Extravaganza 2021	Leeds	NE210580	3
50 Butterfly	36.74	37.30	292	26/01/20	Alec James BML Individual Championships 2019	Adwick	NE200373	3
100 Butterfly	1:27.23	1:28.10	237	15/10/17	Durham City Medley Challenge 2017	Durham	NE170970	3
200 Butterfly	3:41.24	3:42.70	158	27/03/16	Weston-Super-Mare 14th Easter Meet	Weston super Mare	SW160589	3
50 Backstroke	35.54	36.10	358	12/12/21	Winter Swim Extravaganza 2021	Leeds	NE210580	3
100 Backstroke	1:20.31	1:21.30	319	28/04/19	Borough of Kirklees Spring Short Course Open Meet	Borough of Kirklees	NE191139	3
200 Backstroke	2:50.36	2:52.30	340	11/12/21	Winter Swim Extravaganza 2021	Leeds	NE210580	3
200 Individual Medley	2:49.75	2:52.10	369	11/12/21	Winter Swim Extravaganza 2021	Leeds	NE210580	3
400 Individual Medley	6:01.75	6:06.60	366	05/01/19	HARROGATE JANUS A & B GRADE MEET	HARROGATE	NE190225	3
100 Individual Medley	1:19.30	1:19.30	361	12/12/21	Winter Swim Extravaganza 2021	Leeds	NE210580	3