

Individual Best Times (All Time)

Lucy Young - (1191907) - Biggleswade SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.52	27.80	567	20/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1
100 Freestyle	1:01.33	1:00.00	599	29/01/23	Bedfordshire ASA County Championships 2023	Luton	ER230093	1
200 Freestyle	2:12.04	2:09.40	624	04/02/23	Bedfordshire ASA County Championships 2023	Luton	ER230094	1
400 Freestyle	4:42.32	4:37.30	579	17/07/22	Team Luton Summer Long Course Meet 2022	Luton	ER220185	3
800 Freestyle	9:46.79	9:36.90	563	24/01/20	Bedfordshire ASA 2020 Age Group and County Champs	Luton	ER200218	1
1500 Freestyle	18:45.79	18:27.30	546	18/01/20	Bedfordshire ASA 2020 Age Group and County Champs	Luton	ER200218	1
50 Breaststroke	37.22	36.40	480	04/02/23	Bedfordshire ASA County Championships 2023	Luton	ER230094	1
100 Breaststroke	1:24.98	1:23.50	429	29/01/23	Bedfordshire ASA County Championships 2023	Luton	ER230093	1
50 Butterfly	31.86	31.30	450	02/03/24	Harpenden SC Frantic 50s 2024	St Albans	ER240268	3
100 Butterfly	1:12.76	1:11.70	443	26/01/19	Bedfordshire ASA 2019 Age Group and County Champs	Luton	ER190245	1
200 Butterfly	2:44.19	2:42.30	408	26/01/19	Bedfordshire ASA 2019 Age Group and County Champs	Luton	ER190245	1
50 Backstroke	32.55	31.90	561	04/02/24	Bedfordshire County Championships 2024	Luton	ER240171	1
100 Backstroke	1:09.74	1:08.60	555	27/01/24	Bedfordshire County Championships 2024	Luton	ER240170	1
200 Backstroke	2:32.09	2:29.90	530	05/02/23	Bedfordshire ASA County Championships 2023	Luton	ER230094	1
200 Individual Medley	2:33.91	2:31.30	550	25/01/20	Bedfordshire ASA 2020 Age Group and County Champs	Luton	ER200218	1
400 Individual Medley	5:30.13	5:24.80	522	01/02/20	Bedfordshire ASA 2020 Age Group and County Champs	Luton	ER200220	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.50	28.20	579	06/11/22	SE East Region Short Course Championships 2022	Luton	ER221639	2
100 Freestyle	59.45	1:00.80	603	02/07/23	Putteridge SC End of Season Summer SC Open 2023	Luton	ER230160	2
200 Freestyle	2:10.86	2:13.50	598	22/10/22	Team Luton Autumn Short Course Meet 2022	Luton	ER220160	3
400 Freestyle	4:35.38	4:40.40	592	06/03/20	The 2020 Leicester Age Group Meet	Braunstone	EM200408	3
800 Freestyle	9:40.30	9:50.20	556	21/12/19	Modernian Long Distance	Trinity Arts	ER193077	4
1500 Freestyle	19:40.12	19:57.50	455	22/12/18	Modernian Distance Event	Bedford	ER182670	4
50 Breaststroke	36.00	36.90	489	22/10/22	Team Luton Autumn Short Course Meet 2022	Luton	ER220160	3
100 Breaststroke	1:20.81	1:22.40	459	07/12/19	3rd Christmas Cracker Open Meet	Biggleswade	ER191854	3
200 Breaststroke	3:03.99	3:06.80	391	08/03/20	The 2020 Leicester Age Group Meet	Braunstone	EM200408	3
50 Butterfly	31.71	32.30	454	22/10/23	Flitwick Dolphins Open Meet 2023	Biggleswade	ER231168	3
100 Butterfly	1:11.46	1:12.50	432	14/07/19	Boudicca Open Meet 2019	UEA Sports Park	ER190463	2
200 Butterfly	2:43.59	2:45.50	390	15/12/18	2nd Christmas Cracker Meet	Biggleswade	ER181603	3
50 Backstroke	31.73	32.40	503	05/11/22	SE East Region Short Course Championships 2022	Luton	ER221639	2
100 Backstroke	1:07.52	1:08.70	537	21/10/23	Flitwick Dolphins Open Meet 2023	Biggleswade	ER231168	3
200 Backstroke	2:25.19	2:27.50	549	23/10/22	Team Luton Autumn Short Course Meet 2022	Luton	ER220160	3
200 Individual Medley	2:29.24	2:31.90	544	22/10/22	Team Luton Autumn Short Course Meet 2022	Luton	ER220160	3
400 Individual Medley	5:21.91	5:27.30	520	08/03/20	The 2020 Leicester Age Group Meet	Braunstone	EM200408	3
100 Individual Medley	1:12.32	1:12.30	477	20/10/19	Flitwick Open 2019	Biggleswade	ER192117	3