

# Individual Best Times (All Time)

Amelia Stenson - (1214214) - Cirencester SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.38	31.70	387	14/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1
100 Freestyle	1:10.40	1:09.20	396	06/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
200 Freestyle	2:33.35	2:31.10	398	17/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240063	1
400 Freestyle	5:34.15	5:29.90	349	16/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
50 Breaststroke	44.26	43.50	285	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
100 Breaststroke	1:36.52	1:35.20	293	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
200 Breaststroke	3:42.47	3:40.10	236	02/02/22	Gloucester County Champions 2022 Finals	Hengrove LC	SW220714	1
50 Butterfly	33.83	33.30	376	06/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
100 Butterfly	1:17.32	1:16.30	369	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
200 Butterfly	3:03.22	3:01.50	293	12/05/24	Team Bath AS & Millfield L1 Last Chance Meet 2024	Millfield	SW240605	1
50 Backstroke	48.76	48.30	167	06/01/19	UOB & Bristol Henleaze New Year Open Meet	Hengrove Park	SW190192	3
200 Individual Medley	2:56.09	2:53.80	367	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
400 Individual Medley	6:19.29	6:14.60	344	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.58	32.20	382	24/09/23	Gloucester City SC Autumn Level 3 Sprint Meet 2023	Gloucester	SW231616	3
100 Freestyle	1:08.13	1:09.30	401	11/06/24	Cirencester Club Championships 2024	Cirencester	SW240834	4
200 Freestyle	2:27.78	2:30.10	415	18/11/23	Calne Alpha L3 Open Meet November 2023	Calne	SW230795	3
400 Freestyle	5:12.61	5:17.10	405	12/06/24	Cirencester Club Championships 2024	Cirencester	SW240834	4
800 Freestyle	10:49.76	10:58.60	396	10/06/24	Cirencester Club Championships 2024	Cirencester	SW240833	4
50 Breaststroke	41.09	41.90	329	24/09/23	Gloucester City SC Autumn Level 3 Sprint Meet 2023	Gloucester	SW231616	3
100 Breaststroke	1:30.76	1:32.10	324	17/03/24	Gloucester City SC Spring L3 Open Meet	Gloucester	SW240365	3
200 Breaststroke	3:12.30	3:15.00	342	11/06/24	Cirencester Club Championships 2024	Cirencester	SW240834	4
50 Butterfly	33.72	34.30	377	18/11/23	Calne Alpha L3 Open Meet November 2023	Calne	SW230795	3
100 Butterfly	1:12.86	1:13.90	408	11/06/24	Cirencester Club Championships 2024	Cirencester	SW240834	4
200 Butterfly	2:56.09	2:57.90	313	02/07/23	Gloucetser City SC Summer L3 Open Meet	Gloucester	SW230999	3
50 Backstroke	36.75	37.30	324	16/03/24	Gloucester City SC Spring L3 Open Meet	Gloucester	SW240365	3
100 Backstroke	1:22.33	1:23.30	296	16/10/22	Gloucetser City Swimming Club L2 Autumn Open Meet	Gloucetser	SW221561	2
200 Backstroke	2:54.64	2:56.50	315	17/06/23	Cirencester 2023 Club Championships	Ciren	SW230807	4
200 Individual Medley	2:42.78	2:45.20	419	12/06/24	Cirencester Club Championships 2024	Cirencester	SW240834	4
400 Individual Medley	5:59.37	6:04.20	374	21/10/23	Gloucester City SC Autumn L2 Open Meet 2023	Gloucester	SW231829	2
100 Individual Medley	1:19.79	1:19.80	355	24/09/23	Gloucester City SC Autumn Level 3 Sprint Meet 2023	Gloucester	SW231616	3