

Individual Best Times (All Time)

Scarlett Goodwin - (1392060) - Borough Of Stockton Swim Scheme

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.26	30.60	430	30/12/23	Sprint With The Stars 2023	Leeds	NE232281	3
100 Freestyle	1:09.91	1:08.70	404	21/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
200 Freestyle	2:35.09	2:32.80	385	17/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
400 Freestyle	6:15.59	6:11.80	246	19/03/22	Richmond Dales ASC April Fool Gala	Leeds	NE220118	3
50 Breaststroke	44.81	44.10	275	16/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
50 Butterfly	33.08	32.50	402	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
100 Butterfly	1:13.13	1:12.10	436	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
200 Butterfly	3:01.21	2:59.50	303	16/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
50 Backstroke	35.55	35.00	431	30/12/23	Sprint With The Stars 2023	Leeds	NE232281	3
100 Backstroke	1:18.87	1:17.80	384	21/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
200 Backstroke	2:55.44	2:53.50	345	17/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
200 Individual Medley	2:53.53	2:51.20	383	17/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.98	31.60	405	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
100 Freestyle	1:09.41	1:10.60	379	17/12/23	Middlesbrough ASC December Meet 2023	Middlesborough	NE231613	3
200 Freestyle	2:32.60	2:34.90	377	15/01/23	Newcastle Swim Team County Qualifier Meet 2023	Tynemouth	NE230209	3
400 Freestyle	5:39.27	5:43.40	316	22/10/22	Chester le Street ASC Junior Meet 2022	Chester le Street	NE222153	3
800 Freestyle	11:32.62	11:40.90	327	01/10/23	Bo Stockton SS Time Trials 2023	Billingham	NE232234	4
50 Breaststroke	42.55	43.30	296	17/12/23	Middlesbrough ASC December Meet 2023	Middlesborough	NE231613	3
100 Breaststroke	1:33.41	1:34.80	297	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
200 Breaststroke	3:53.44	3:55.70	191	13/01/22	Richmond Dales ASC Club Champs 2022	Richmond	NE220226	4
50 Butterfly	33.03	33.60	402	16/12/23	Middlesbrough ASC December Meet 2023	Middlesborough	NE231613	3
100 Butterfly	1:14.85	1:15.90	376	17/12/23	Middlesbrough ASC December Meet 2023	Middlesborough	NE231613	3
200 Butterfly	3:04.39	3:06.10	272	24/09/23	Billingham Autumn Meet 2023	Billingham	NE231591	3
50 Backstroke	34.81	35.40	381	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
100 Backstroke	1:16.04	1:17.10	376	16/12/23	Middlesbrough ASC December Meet 2023	Middlesborough	NE231613	3
200 Backstroke	2:51.63	2:53.60	332	19/03/23	Durham City Aquatics Not the Valentine Gala 2023	Durham	NE230263	3
200 Individual Medley	2:49.09	2:51.40	374	16/12/23	Middlesbrough ASC December Meet 2023	Middlesborough	NE231613	3
400 Individual Medley	6:39.44	6:43.80	272	11/12/22	York City Baths Winter Swim Extravaganza 2022	Leeds	NE221658	3
100 Individual Medley	1:17.83	1:17.80	382	17/12/23	Middlesbrough ASC December Meet 2023	Middlesborough	NE231613	3