

Individual Best Times (All Time)

Samantha Wilson - (14752) - Carlisle Aquatics

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.40	31.70	386	21/06/02	Scottish National Age Groups	Glasgow	SCO070	1
100 Freestyle	1:08.58	1:07.30	428	18/06/02	Scottish National Age Groups	Glasgow	SCO070	1
400 Freestyle	5:11.09	5:06.50	433	29/06/04	Scottish National & Age Groups	Glasgow	SCO135	1
800 Freestyle	10:45.52	10:36.50	423	01/07/04	Scottish National & Age Groups	Glasgow	SCO135	1
50 Breaststroke	42.23	41.50	329	18/06/02	Scottish National Age Groups	Glasgow	SCO070	1
100 Breaststroke	1:31.31	1:29.90	346	23/06/02	Scottish National Age Groups	Glasgow	SCO070	1
200 Breaststroke	3:17.26	3:14.60	339	21/06/02	Scottish National Age Groups	Glasgow	SCO070	1
100 Backstroke	1:23.05	1:22.10	328	06/07/01	Scottish National Age Groups	Glasgow	SCO053	1
200 Individual Medley	2:45.07	2:42.70	446	29/06/04	Scottish National & Age Groups	Glasgow	SCO135	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.27	31.00	434	29/02/04	Cumbria County Championships	Various	CCN023	2
100 Freestyle	1:03.42	1:04.70	497	21/11/10	Andover Club Champs	Andover	SE0088	4
200 Freestyle	2:18.59	2:21.10	504	28/04/13	Andover Club Championships	Andover	SE3188	4
400 Freestyle	4:59.49	5:04.10	460	11/03/07	Cumbria County Champs	Workington	CC7066	2
800 Freestyle	10:23.73	10:32.90	448	20/03/04	Cumbria County Championships	Various	CCN023	2
50 Breaststroke	42.30	43.00	301	23/03/02	Cumbria County Championships	Various	CTY194	2
100 Breaststroke	1:25.50	1:27.00	387	20/11/10	Andover Club Champs	Andover	SE0088	4
200 Breaststroke	3:02.82	3:05.70	398	28/04/12	Andover SC Club Championships	Andover	SE2136	4
50 Butterfly	35.11	35.60	334	27/09/14	Andover SWPC 50m Sprint	Andover	SE14393	4
100 Butterfly	1:14.22	1:15.20	386	20/11/10	Andover Club Champs	Andover	SE0088	4
200 Butterfly	2:56.30	2:58.10	312	28/04/12	Andover SC Club Championships	Andover	SE2136	4
50 Backstroke	35.47	36.00	360	10/03/07	Cumbria County Champs	Kendal	CC7065	2
100 Backstroke	1:13.30	1:14.40	419	21/11/10	Andover Club Champs	Andover	SE0088	4
200 Backstroke	2:36.47	2:38.60	439	19/03/06	Cumbria County Champs	Whitehaven	CC6097	2
200 Individual Medley	2:35.88	2:38.40	477	29/04/12	Andover SC Club Championships	Andover	SE2136	4
400 Individual Medley	5:43.18	5:48.30	429	06/04/02	Cumbria County Championships	Various	CTY194	2
100 Individual Medley	1:13.09	1:13.10	462	22/11/10	Andover Club Champs	Andover	SE0088	4