

Individual Best Times (All Time)

Sam Knights - (1508612) - Chesterfield Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.10	27.30	412	14/01/23	City of Derby SC 19th LC Open Meet 2023	Sheffield	EM230061	1
100 Freestyle	1:03.55	1:02.20	400	08/05/22	SE East Midland Regional Long Course Championships	Sheffield	EM220576	1
50 Breaststroke	39.51	38.70	283	12/02/23	Derbyshire ASA County Championships 2023	Derby	EM230182	1
100 Breaststroke	1:33.34	1:32.00	226	12/03/22	Team Jorvik Spring Festival 2022	Leeds	NE220189	3
50 Butterfly	31.31	30.70	359	15/01/23	City of Derby SC 19th LC Open Meet 2023	Sheffield	EM230061	1
100 Butterfly	1:19.79	1:18.80	238	12/03/22	Team Jorvik Spring Festival 2022	Leeds	NE220189	3
50 Backstroke	33.75	33.10	339	04/02/23	Derbyshire ASA County Championships 2023	Derby	EM230181	1
100 Backstroke	1:17.48	1:16.40	295	12/03/22	Team Jorvik Spring Festival 2022	Leeds	NE220189	3
200 Individual Medley	2:53.16	2:50.90	285	15/05/22	Rotherham Metro Springtime Long Course Meet	Sheffield	NE220075	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.87	28.60	378	27/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220032	2
100 Freestyle	1:01.67	1:03.00	384	30/10/22	The Ghoul in the Pool 2022	Matlock	EM221739	3
200 Freestyle	2:24.75	2:27.10	323	08/10/22	Worksop Dolphins SC Autumn Open Meet	Worksop	EM221373	3
400 Freestyle	6:15.72	6:19.50	180	26/06/21	Chesterfield	Quenns Park	LEX2746	0
50 Breaststroke	37.25	38.10	300	08/10/22	Worksop Dolphins SC Autumn Open Meet	Worksop	EM221373	3
100 Breaststroke	1:30.40	1:31.80	228	03/04/22	Chesterfield SC Spring Regional Qualifier	Matlock	EM220269	3
50 Butterfly	31.19	31.80	339	09/10/22	Worksop Dolphins SC Autumn Open Meet	Worksop	EM221373	3
100 Butterfly	1:16.46	1:17.40	244	02/04/22	Chesterfield SC Spring Regional Qualifier	Matlock	EM220269	3
50 Backstroke	33.74	34.30	281	02/04/22	Chesterfield SC Spring Regional Qualifier	Matlock	EM220269	3
100 Backstroke	1:14.58	1:15.70	272	04/12/22	Chesterfield SC Winter Open Championships 2022	Matlock	EM222352	3
200 Individual Medley	2:49.72	2:52.00	269	02/04/22	Chesterfield SC Spring Regional Qualifier	Matlock	EM220269	3
100 Individual Medley	1:14.00	1:14.00	295	30/10/22	The Ghoul in the Pool 2022	Matlock	EM221739	3