

Individual Best Times (All Time)

Meadow Lynn - (1509828) - City of Southend on Sea SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.02	31.40	400	12/05/24	Swim England East Region LC Championships 2024	Norwich	ER240238	1
100 Freestyle	1:15.38	1:14.30	322	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
200 Freestyle	2:46.34	2:44.20	312	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
400 Freestyle	6:07.61	6:03.80	262	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
100 Butterfly	1:35.71	1:34.90	194	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
50 Backstroke	37.06	36.50	380	06/05/24	Swim England East Region LC Championships 2024	Norwich	ER240237	1
100 Backstroke	1:23.75	1:22.80	320	12/05/24	Swim England East Region LC Championships 2024	Norwich	ER240238	1
200 Backstroke	3:10.49	3:08.70	270	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.39	32.00	389	01/06/24	Chelmsford Nicki Wiseman Summer Sprints Meet 2024	Chelmsford City	ER240735	4
100 Freestyle	1:12.19	1:13.30	337	23/03/24	Harlow & Bishops Stortford 2024 Regional Qualifier	Harlow	ER240144	3
200 Freestyle	2:45.44	2:47.50	296	22/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3
400 Freestyle	5:59.70	6:03.60	265	16/07/23	Basildon & Phoenix End of Season Meet 2023	Basildon	ER231463	3
50 Breaststroke	48.38	49.00	201	24/09/23	Basildon & Phoenix Autumn Season Opener 2023	Basildon	ER231881	3
100 Breaststroke	2:09.21	2:10.20	112	18/11/22	City of Southend on Sea Club Championships 2022	Southend	ER221819	4
200 Breaststroke	4:09.92	4:12.00	156	24/11/23	City of Southend on Sea SC Annual Club Champs 2023	Southend	ER232209	4
50 Butterfly	39.54	40.00	234	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Butterfly	1:42.21	1:43.00	147	24/09/23	Basildon & Phoenix Autumn Season Opener 2023	Basildon	ER231881	3
50 Backstroke	36.41	37.00	333	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Backstroke	1:20.66	1:21.70	315	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Backstroke	3:02.43	3:04.30	277	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Individual Medley	3:14.08	3:16.10	247	21/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3
400 Individual Medley	7:12.72	7:16.80	214	10/11/23	City of Southend on Sea SC Annual Club Champs 2023	Southend	ER232208	4
100 Individual Medley	1:35.15	1:35.20	209	17/06/23	Basildon & Phoenix Dave Warriner Sprint Meet 2023	Basildon	ER231037	3