

# Individual Best Times (All Time)

Amelia Elliott - (1599483) - Herne Bay L&SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	41.00	40.50	190	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
50 Butterfly	47.61	47.20	135	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
50 Backstroke	41.18	40.70	277	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
100 Backstroke	1:31.86	1:31.00	243	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
200 Backstroke	3:02.53	3:00.70	307	10/03/24	Kent County Championships 2024	Stratford	LR240211	1
200 Individual Medley	3:25.20	3:23.30	232	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.82	34.40	311	30/06/24	Maidstone SC L3 Summer Development Meet 2024	Maidstone	SE240527	3
100 Freestyle	1:20.45	1:21.50	243	25/11/23	Black Lion SC Winter Open Meet 2023	Gillingham	SE230794	3
200 Freestyle	2:42.50	2:44.60	312	29/04/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240351	4
400 Freestyle	6:01.07	6:04.90	262	05/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Whitstable	SE240348	4
800 Freestyle	12:42.56	12:50.10	245	19/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Whitstable	SE240349	4
50 Breaststroke	43.88	44.60	270	30/06/24	Maidstone SC L3 Summer Development Meet 2024	Maidstone	SE240527	3
100 Breaststroke	1:35.94	1:37.20	274	30/06/24	Maidstone SC L3 Summer Development Meet 2024	Maidstone	SE240527	3
200 Breaststroke	3:19.66	3:22.30	306	19/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
50 Butterfly	41.52	42.00	202	19/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
100 Butterfly	1:37.60	1:38.40	169	10/06/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240353	4
50 Backstroke	39.10	39.60	269	07/01/24	Dover Lifeguard Club & Herne Bay SC Icebreaker 24	Dover	SE240082	3
100 Backstroke	1:24.45	1:25.40	274	22/06/24	Kent Junior League 2024 Round 2	Dover	SE240924	4
200 Backstroke	2:54.60	2:56.50	316	06/01/24	Dover Lifeguard Club & Herne Bay SC Icebreaker 24	Dover	SE240082	3
200 Individual Medley	3:14.49	3:16.50	245	23/04/24	Herne Bay Lifeguard & SC - Club Championships 2024	Whitstable	SE240350	4
400 Individual Medley	6:49.65	6:53.90	252	01/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240347	4
100 Individual Medley	1:26.22	1:26.20	281	21/06/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240354	4