

# Individual Best Times (All Time)

Mia Dawson - (1606489) - Chelmsford City SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.47	36.10	270	01/06/24	Chelmsford Nicki Wiseman Summer Sprints Meet 2024	Chelmsford City	ER240735	4
100 Freestyle	1:22.24	1:23.30	228	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Freestyle	3:20.61	3:22.30	166	03/06/23	Chelmsford City SC Summer Sprints Meet 2023	Riverside	ER230497	3
400 Freestyle	6:09.51	6:13.30	245	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Breaststroke	46.85	47.50	222	01/06/24	Chelmsford Nicki Wiseman Summer Sprints Meet 2024	Chelmsford City	ER240735	4
100 Breaststroke	1:45.30	1:46.50	207	25/11/23	Chelmsford City Robin Springett Meet 2023	Riverside LC	ER231946	3
200 Breaststroke	3:50.36	3:52.70	199	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Butterfly	51.04	51.40	108	26/11/23	Chelmsford City Robin Springett Meet 2023	Riverside LC	ER231946	3
50 Backstroke	43.99	44.40	189	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Backstroke	1:32.94	1:33.80	206	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Backstroke	3:34.53	3:36.10	170	30/09/23	Chelmsford City Club Champs 2023	Riverside	ER231554	4
200 Individual Medley	3:31.51	3:33.40	191	26/11/23	Chelmsford City Robin Springett Meet 2023	Riverside LC	ER231946	3
100 Individual Medley	1:43.77	1:43.80	161	03/06/23	Chelmsford City SC Summer Sprints Meet 2023	Riverside	ER230497	3