

Individual Best Times (All Time)

Shanie Johnson - (1641476) - Basildon and Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	40.00	39.20	387	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
100 Breaststroke	1:30.92	1:29.50	350	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.48	33.10	351	07/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
100 Freestyle	1:13.67	1:14.80	317	07/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
50 Breaststroke	39.23	40.00	378	21/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3
100 Breaststroke	1:28.70	1:30.10	347	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Breaststroke	3:13.18	3:15.90	338	22/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3
50 Butterfly	38.05	38.50	263	07/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
200 Individual Medley	3:12.16	3:14.20	255	21/05/23	Basildon & Phoenix Spring SC Meet 2023	Basildon	ER230820	3
100 Individual Medley	1:27.47	1:27.50	269	17/06/23	Basildon & Phoenix Dave Warriner Sprint Meet 2023	Basildon	ER231037	3