

# Individual Best Times (All Time)

## Poppy Knowles - (1660856) - Thame Swimming Club

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	44.35	43.90	150	18/02/24	2024 Wycombe Dual Award (Level 3) Long Course Meet	High Wycombe	SE240255	3
100 Breaststroke	1:56.91	1:55.80	165	18/02/24	2024 Wycombe Dual Award (Level 3) Long Course Meet	High Wycombe	SE240255	3
50 Backstroke	54.01	53.60	122	18/02/24	2024 Wycombe Dual Award (Level 3) Long Course Meet	High Wycombe	SE240255	3

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	44.91	45.40	133	26/11/23	Aylesbury and District SC BBATT 2023	Aqua Vale	SE231896	4
100 Freestyle	1:38.37	1:39.20	133	22/06/24	Maxwell June Meet 2024	Aylesbury	SE240894	3
200 Freestyle	3:49.28	3:50.80	111	26/11/23	Aylesbury and District SC BBATT 2023	Aqua Vale	SE231896	4
50 Breaststroke	52.80	53.40	155	14/04/24	Witney & DSC Invitational Level 4 Sprint Meet 2024	Witney	SE240758	4
100 Breaststroke	1:52.69	1:53.80	169	19/05/24	Witney & DSC Invitational L4 100m Dev Meet 2024	Witney	SE240757	4
200 Breaststroke	3:52.67	3:54.90	193	22/06/24	Maxwell June Meet 2024	Aylesbury	SE240894	3
50 Butterfly	59.06	59.40	70	07/01/24	Witney & District Invitational L4 Dev Sprint Meet	Witney	SE240068	4
50 Backstroke	50.69	51.10	123	14/04/24	Witney & DSC Invitational Level 4 Sprint Meet 2024	Witney	SE240758	4
100 Backstroke	1:47.81	1:48.60	131	19/05/24	Witney & DSC Invitational L4 100m Dev Meet 2024	Witney	SE240757	4
100 Individual Medley	1:55.12	1:55.10	118	10/09/23	Thame SC Club Championships 2023	Thame	SE231924	4