

Individual Best Times (All Time)

Katie Lawson - (361438) - Fleetwood & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.87	30.20	447	09/03/13	Lancashire Age Group County Championships	Manchester	CC3061	1
100 Freestyle	1:05.80	1:04.50	485	10/03/13	Lancashire Age Group County Championships	Manchester	CC3061	1
200 Freestyle	2:23.77	2:21.30	483	10/03/13	Lancashire Age Group County Championships	Manchester	CC3061	1
400 Freestyle	5:01.86	4:57.20	474	06/10/12	32nd Robin Hood Open Meet	Sheffield	EM2256	1
50 Backstroke	40.86	40.40	284	27/11/10	City of Coventry Open	Coventry	WM0528	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.20	30.90	437	02/02/13	North Lancashire AG & Youth Champs	Blackpool	NW3161	3
100 Freestyle	1:04.93	1:06.20	463	09/06/12	Cath Ankers Meet	Wrexham	WAL433	3
200 Freestyle	2:20.88	2:23.30	480	27/10/12	North Lancs SC L3 Meet	Blackpool	NW2607	3
400 Freestyle	5:01.02	5:05.70	453	19/01/13	North Lancashire AG & Youth Champs	Blackpool	NW3160	3
50 Breaststroke	46.90	47.60	221	03/10/10	North Lancs SWP ASSOC Meet	Blackpool	NW0517	3
100 Breaststroke	1:44.77	1:46.00	210	11/10/09	North Lancs Assoc Meet	Blackpool	NW9475	3
200 Breaststroke	4:01.88	4:04.10	172	27/01/08	North Lancs A G & Youth	Blackpool	NW8087	2
50 Butterfly	33.83	34.40	374	19/01/13	North Lancashire AG & Youth Champs	Blackpool	NW3160	3
100 Butterfly	1:16.18	1:17.20	357	09/06/12	Cath Ankers Meet	Wrexham	WAL433	3
200 Butterfly	3:39.31	3:40.80	162	04/10/08	North Lancashire Meet	Blackpool	NW8409	3
50 Backstroke	36.10	36.70	342	02/02/13	North Lancashire AG & Youth Champs	Blackpool	NW3161	3
100 Backstroke	1:17.90	1:18.90	349	27/10/12	North Lancs SC L3 Meet	Blackpool	NW2607	3
200 Backstroke	2:48.63	2:50.60	350	05/11/11	North Lancashire Level 3 Open Meet	Blackpool	NW1530	3
200 Individual Medley	2:46.93	2:49.30	389	19/01/13	North Lancashire AG & Youth Champs	Blackpool	NW3160	3
100 Individual Medley	1:19.78	1:19.80	355	22/06/13	Preston Guild Summer Spectacular Meet	Darwen	NW3330	3