

Individual Best Times (All Time)

Elizabeth Scammell - (408273) - Knutsford Amateur Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.33	29.60	471	15/11/14	Aquae Sulis Grand Prix	Bristol	SW4483	1
100 Freestyle	1:03.39	1:02.10	542	12/04/15	Guildford City Inaugural Level 1 Long Course Meet	Guildford	SE150155	1
200 Freestyle	2:19.75	2:17.20	526	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
400 Freestyle	4:49.14	4:44.20	539	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
50 Breaststroke	38.62	37.80	430	15/11/14	Aquae Sulis Grand Prix	Bristol	SW4483	1
100 Breaststroke	1:23.87	1:22.40	447	04/05/14	ASA South East Region Youth Championships	Crawley	SER416	1
200 Breaststroke	3:07.52	3:04.70	394	16/02/13	Wycombe District Annual LC Open Meet	Wycombe	SE3250	1
50 Butterfly	31.58	31.00	462	19/07/15	Wycombe District End of Season Meet	Wycombe	SE151150	3
100 Butterfly	1:14.21	1:13.20	417	15/11/14	Aquae Sulis Grand Prix	Bristol	SW4483	1
50 Backstroke	35.55	35.00	431	09/02/14	Wycombe District Annual LC Open Meet	Wycombe	SE4140	1
100 Backstroke	1:13.23	1:12.10	479	09/02/14	Wycombe District Annual LC Open Meet	Wycombe	SE4140	1
200 Individual Medley	2:32.70	2:30.10	563	15/11/14	Aquae Sulis Grand Prix	Bristol	SW4483	1
400 Individual Medley	5:26.40	5:21.00	540	24/05/15	ASASER Swimming Championships	Portsmouth	SE150985	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.37	30.10	475	08/03/15	Berks & S Bucks ASA County & Age Group Champs	Maidenhead	CC150816	2
100 Freestyle	1:03.55	1:04.90	494	18/01/15	Windsor Level 2 Open Meet	Maidenhead	SE150111	2
200 Freestyle	2:17.10	2:19.60	520	17/01/15	Windsor Level 2 Open Meet	Maidenhead	SE150111	2
400 Freestyle	4:40.71	4:45.70	559	21/03/15	Berks & S Bucks ASA County & Age Group Champs	Maidstone	CC150818	2
800 Freestyle	10:00.44	10:10.00	502	12/11/15	Windsor Club Championships	Windsor	SE152298	4
50 Breaststroke	36.23	37.10	480	21/03/15	Berks & S Bucks ASA County & Age Group Champs	Maidstone	CC150818	2
100 Breaststroke	1:18.69	1:20.30	497	11/10/14	National Swimming Arena South 2014 R1	Waterlooville	LR14185	3
200 Breaststroke	2:54.30	2:57.30	460	09/03/14	Berkshire & South Buckinghamshire Champs	Maidenhead	CC4021	2
50 Butterfly	32.28	32.90	430	16/01/16	Berkshire & Sth Bucks 2016 County Championships	Maidenhead	SE160040	2
100 Butterfly	1:10.95	1:12.00	442	11/07/15	Windsor Level 3 Sprint Meet	Maidenhead	SE150557	3
200 Butterfly	2:51.66	2:53.50	338	23/11/13	Windsor Club Championships	Windsor	SE3838	4
50 Backstroke	33.49	34.10	428	11/07/15	Windsor Level 3 Sprint Meet	Maidenhead	SE150557	3
100 Backstroke	1:11.26	1:12.40	457	11/07/15	Windsor Level 3 Sprint Meet	Maidenhead	SE150557	3
200 Backstroke	2:32.95	2:35.10	470	19/01/14	Windsor Level 2 Licenced Meet	Windsor	SE4120	2
200 Individual Medley	2:28.42	2:31.10	553	13/12/14	NASLS2014 Round Three	Southampton	LR14709	3
400 Individual Medley	5:14.14	5:19.70	560	08/03/15	Berks & S Bucks ASA County & Age Group Champs	Maidenhead	CC150816	2
100 Individual Medley	1:10.19	1:10.20	521	07/12/14	ASA South East Region Championships	Portsmouth	SER428	2