

# Individual Best Times (All Time)

Sadie Spencer - (419713) - Carnforth & Dist Otters

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.64	28.90	505	04/02/17	Lancashire County Championships	Manchester	NW170200	1
100 Freestyle	1:05.64	1:04.40	488	04/02/17	Lancashire County Championships	Manchester	NW170200	1
200 Freestyle	2:28.84	2:26.50	435	31/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
50 Butterfly	34.43	33.90	357	31/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
50 Backstroke	34.01	33.40	492	30/04/17	ASA North West Region Summer Championships	Manchester	NW170270	1
100 Backstroke	1:15.63	1:14.60	435	29/01/17	Lancashire County Championships	Manchester	NW170199	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.05	30.70	444	29/10/16	Blackpool Lights 2016	Blackpool	NW161323	3
100 Freestyle	1:04.56	1:05.80	471	29/10/16	Blackpool Lights 2016	Blackpool	NW161323	3
200 Freestyle	2:22.90	2:25.30	459	30/04/16	Blackpool Rocks 2016	Blackpool	NW160510	3
400 Freestyle	5:19.88	5:24.20	378	06/09/16	Blackpool Aquatics 400m Time Trial	Blackpool	NW161764	4
50 Breaststroke	39.05	39.80	383	01/10/16	North Lancs L2 Age Groups & Champs	Blackpool	NW161714	2
100 Breaststroke	1:26.68	1:28.10	372	30/10/16	Blackpool Lights 2016	Blackpool	NW161323	3
200 Breaststroke	3:42.84	3:45.20	220	20/01/13	North Lancashire AG & Youth Champs	Blackpool	NW3160	3
50 Butterfly	32.58	33.20	419	15/10/16	North Lancs Level 2 Age Groups & Champs	Blackpool	NW161715	2
50 Backstroke	33.00	33.60	447	01/10/16	North Lancs L2 Age Groups & Champs	Blackpool	NW161714	2
100 Backstroke	1:12.94	1:14.00	426	16/07/16	City of Salford Summer Spectacular	Salford	NW160714	3
100 Individual Medley	1:14.65	1:14.70	433	02/10/16	North Lancs L2 Age Groups & Champs	Blackpool	NW161714	2