

# Individual Best Times (All Time)

Saffron Blackwood - (444668) - Calverton and Bingham SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.17	32.50	360	14/02/16	Nottinghamshire ASA County Championships	Nottingham	EM160140	1
100 Freestyle	1:14.18	1:13.00	338	20/12/15	Nottinghamshire Festive Frenzy Gala 2015	Nottingham	EM152187	3
200 Freestyle	2:45.75	2:43.60	315	30/11/13	City of Sheffield Snow Frills Gala	Sheffield	NE3174	3
50 Breaststroke	51.00	50.40	186	01/09/12	Worksop Dolphins SC Dukeries Open Meet	Sheffield	EM2255	3
50 Butterfly	43.20	42.80	180	01/09/12	Worksop Dolphins SC Dukeries Open Meet	Sheffield	EM2255	3
50 Backstroke	44.86	44.40	214	01/09/12	Worksop Dolphins SC Dukeries Open Meet	Sheffield	EM2255	3
100 Backstroke	1:36.54	1:35.70	209	01/09/12	Worksop Dolphins SC Dukeries Open Meet	Sheffield	EM2255	3
200 Individual Medley	3:08.81	3:06.70	298	30/11/13	City of Sheffield Snow Frills Gala	Sheffield	NE3174	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.35	33.00	356	14/03/15	Nottinghamshire County Championships	Nottingham	CC150386	2
100 Freestyle	1:11.33	1:12.50	349	22/06/14	Retford 21st Annual Open Meet	Sheffield	EM4487	3
200 Freestyle	2:33.32	2:35.60	372	20/07/14	Nottingham ASA Summer Gala 2014	Nottingham	EM4726	3
400 Freestyle	5:35.46	5:39.60	327	05/01/14	Boston 9th Open Meet	Grantham	EM4026	3
50 Breaststroke	45.40	46.10	244	04/12/16	Calverton & Bingham Club Championships	Hucknall	EM161865	4
100 Breaststroke	1:40.20	1:41.50	241	03/05/14	South Lincs CSC Tulip Open Meet	Spalding	EM4073	3
200 Breaststroke	3:32.32	3:34.80	254	04/12/16	Calverton & Bingham Club Championships	Hucknall	EM161865	4
50 Butterfly	36.57	37.10	296	04/01/15	Boston 10th Open Meet	Grantham	EM150022	3
100 Butterfly	1:26.49	1:27.40	244	02/05/15	31st Tulip Open Meet	Spalding	EM150305	3
200 Butterfly	3:06.21	3:07.90	265	27/11/16	Calverton & Bingham SC Club Championships	Hucknall	EM161862	4
50 Backstroke	38.71	39.20	277	06/07/14	Braunstone SC Sprint Open Meet	Braunstone	EM4492	3
100 Backstroke	1:20.94	1:21.90	311	19/06/16	Retford 23rd Annual Open Meet	Sheffield	EM160592	3
200 Backstroke	2:56.39	2:58.30	306	04/01/14	Boston 9th Open Meet	Grantham	EM4026	3
200 Individual Medley	2:59.55	3:01.70	312	27/04/14	City of Derby L3 Short Course Meet	Derby	EM4293	3
400 Individual Medley	6:15.78	6:20.40	327	02/12/15	Calverton & Bingham Club Championships	Bingham	EM151959	4
100 Individual Medley	1:23.38	1:23.40	311	19/06/16	Retford 23rd Annual Open Meet	Sheffield	EM160592	3