

# Individual Best Times (All Time)

Alexandra Livingstone - (457357) - Carnforth & Dist Otters

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.50	29.80	463	10/02/19	Lancs County WPSA Age Groups & Championships 2019	Manchester	NW190177	1
100 Freestyle	1:04.02	1:02.70	526	27/01/19	Lancs County WPSA Age Groups & Championships 2019	Manchester	NW190175	1
200 Freestyle	2:19.16	2:16.60	533	10/02/19	Lancs County WPSA Age Groups & Championships 2019	Manchester	NW190177	1
400 Freestyle	4:47.26	4:42.30	550	30/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
800 Freestyle	9:46.91	9:37.00	563	06/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
100 Breaststroke	1:27.32	1:25.90	396	22/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
200 Breaststroke	3:46.59	3:44.20	223	03/03/12	Lancashire County Championships	Liverpool	CC2015	1
50 Butterfly	31.39	30.80	471	28/04/19	2019 SENW Summer Championships	Manchester	NW190232	1
100 Butterfly	1:10.51	1:09.40	487	04/02/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180032	1
200 Butterfly	2:44.58	2:42.60	405	24/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160229	1
50 Backstroke	31.58	30.90	615	03/02/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180032	1
100 Backstroke	1:07.28	1:06.10	618	28/04/19	2019 SENW Summer Championships	Manchester	NW190232	1
200 Backstroke	2:27.19	2:24.90	585	30/04/16	ASA North West Region Summer Championships	Manchester	NW160337	1
200 Individual Medley	2:35.94	2:33.40	529	19/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
400 Individual Medley	5:30.35	5:25.00	521	20/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.54	30.20	467	18/11/18	Wigan BEST Future Stars Open Meet	Wigan	NW182020	2
100 Freestyle	1:03.45	1:04.80	496	12/06/16	Preston Summer Spectacular 2016 Open Meet	Darwen	NW160845	3
200 Freestyle	2:15.10	2:17.60	544	15/10/16	North Lancs Level 2 Age Groups & Champs	Blackpool	NW161715	2
400 Freestyle	4:40.33	4:45.30	561	06/11/16	ASA North West Region Winter Championships	Manchester	NW160340	2
800 Freestyle	9:34.54	9:44.50	573	03/10/15	North Lancashire Level 2 Meet	Blackpool	NW151378	2
50 Breaststroke	37.02	37.90	450	08/06/19	Carnforth & District Otters ASC Club Gala 1 2019	Lancaster	NW192085	4
100 Breaststroke	1:23.77	1:25.30	412	15/10/16	North Lancs Level 2 Age Groups & Champs	Blackpool	NW161715	2
200 Breaststroke	3:04.07	3:06.90	390	31/10/15	Blackpool 'Lights' Level 3 Development Meet	Blackpool	NW150536	3
50 Butterfly	31.81	32.40	450	10/06/18	PSC Summer Spectacular - L3 Open Meet	Darwen	NW180480	3
100 Butterfly	1:08.56	1:09.70	489	13/07/19	City of Salford Summer Spectacular 2019	Broughton	NW191466	3
200 Butterfly	2:36.37	2:38.40	447	01/11/15	Blackpool 'Lights' Level 3 Development Meet	Blackpool	NW150536	3
50 Backstroke	30.51	31.20	566	08/06/19	Carnforth & District Otters ASC Club Gala 1 2019	Lancaster	NW192085	4
100 Backstroke	1:06.07	1:07.30	573	04/11/18	Swim England NWR Winter Championships	Manchester	NW182574	2
200 Backstroke	2:22.29	2:24.60	584	11/06/16	Preston Summer Spectacular 2016 Open Meet	Darwen	NW160845	3
200 Individual Medley	2:27.52	2:30.20	563	08/06/19	Carnforth & District Otters ASC Club Gala 1 2019	Lancaster	NW192085	4
400 Individual Medley	5:20.80	5:26.20	525	08/11/15	ASA North West Region Winter Championships	Liverpool	NW151659	2
100 Individual Medley	1:14.87	1:14.90	429	11/07/15	14th Biddulph Open Meet	Biddulph	WM151037	3