

# Individual Best Times (All Time)

Aiyana Lawson - (526347) - City Of Milton Keynes

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.18	27.40	588	11/01/20	City of Sunderland New Year Meet 2020	Sunderland	NE200306	1
100 Freestyle	1:00.44	59.00	626	31/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	NE190402	1
200 Freestyle	2:12.38	2:09.70	619	08/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
400 Freestyle	4:38.36	4:33.30	604	16/05/15	Northampton Spring Festival	Corby	EM150349	1
800 Freestyle	9:35.00	9:24.90	599	07/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
50 Breaststroke	33.74	32.80	645	25/07/17	British Summer Championships	Sheffield	BSW002	1
100 Breaststroke	1:12.75	1:11.00	684	16/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield	NE200500	1
200 Breaststroke	2:37.07	2:33.70	671	24/07/19	British Summer Championships	Glasgow	BSW011	1
50 Butterfly	30.58	30.00	509	12/01/19	City of Derby 17th Long Course Level 1 Open Meet	Sheffield	EM190118	1
100 Butterfly	1:08.89	1:07.80	522	27/02/16	Aquae Sulis Spring Grand Prix	Bristol	SW160100	1
50 Backstroke	31.36	30.70	628	03/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
100 Backstroke	1:06.94	1:05.70	628	15/04/18	Team Luton April Long Course Meet 2018	Luton	ER180341	1
200 Backstroke	2:24.02	2:21.70	625	27/05/18	DX 2nd Long Course Open Meet	Sheffield	EM180319	1
200 Individual Medley	2:23.84	2:21.10	674	02/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
400 Individual Medley	5:11.76	5:06.10	620	14/04/18	Team Luton April Long Course Meet 2018	Luton	ER180341	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.33	28.10	590	03/12/17	HATFIELD XMAS MEET 2017	HERTFORDSHIRE	ER172328	3
100 Freestyle	58.90	1:00.30	620	04/02/18	Oxfordshire & North Bucks County Championships	Aylesbury	SE180019	2
200 Freestyle	2:08.61	2:11.30	630	26/06/16	Hatfield Golden Jubilee Gala	Hatfield	ER161180	2
400 Freestyle	4:31.25	4:36.40	620	05/12/15	Maxwell December 2015 L3 Meet	Aylesbury	SE152061	3
800 Freestyle	9:25.50	9:35.60	601	10/01/16	Oxfordshire & North Bucks County Champs	Milton Keynes	SE160074	2
50 Breaststroke	32.27	33.20	679	23/06/18	2nd Maurice and Daphne Short Course Memorial Meet	Hillington	LR181860	2
100 Breaststroke	1:09.91	1:11.70	709	08/02/20	Oxfordshire & North Bucks County Championships	Aylesbury	SE200066	2
200 Breaststroke	2:32.76	2:36.20	683	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
50 Butterfly	29.85	30.50	544	01/10/16	Leicester Penguins 2016 Open Meet	Braunstone	EM161020	3
100 Butterfly	1:05.14	1:06.30	571	21/10/18	Team Luton Autumn Short Course Meet 2018	Inspire Luton Sports	ER181018	3
200 Butterfly	2:33.19	2:35.20	476	30/10/16	Flitwick Dolphins Open Meet 2016	Biggleswade	ER161067	3
50 Backstroke	30.16	30.80	586	03/11/18	Swim England South East Open & Junior Champs	Portsmouth	SE182559	2
100 Backstroke	1:03.74	1:05.00	638	02/12/17	HATFIELD XMAS MEET 2017	HERTFORDSHIRE	ER172328	3
200 Backstroke	2:18.20	2:20.60	637	21/10/18	Team Luton Autumn Short Course Meet 2018	Inspire Luton Sports	ER181018	3
200 Individual Medley	2:20.16	2:22.90	657	04/02/17	Oxfordshire & North Bucks County Championships	Aylesbury	SE170305	2
400 Individual Medley	4:57.34	5:03.20	660	03/12/17	HATFIELD XMAS MEET 2017	HERTFORDSHIRE	ER172328	3
100 Individual Medley	1:04.76	1:04.80	664	10/02/18	Oxfordshire & North Bucks County Championships	Aylesbury	SE180020	2