

Individual Best Times (All Time)

Kaelah Lawson - (526351) - City Of Milton Keynes

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.66	28.90	504	14/05/17	Team Luton May Long Course Meet 2017	Luton	ER170349	1
100 Freestyle	1:02.15	1:00.80	575	15/04/17	Team Luton April Long Course Meet 2017	Luton	ER170348	1
200 Freestyle	2:13.29	2:10.70	606	16/04/17	Team Luton April Long Course Meet 2017	Luton	ER170348	1
400 Freestyle	4:36.07	4:30.90	619	20/04/19	Beckenham Easter International Open 2019	London	LR190200	1
800 Freestyle	9:29.71	9:19.50	616	06/05/19	Swim England 15 Over Swimming Championships 2019	Wycombe	SE191364	1
1500 Freestyle	18:19.26	18:00.30	587	29/07/19	Swim Wales Summer Nationals	Swansea	WL190050	1
50 Breaststroke	41.22	40.40	354	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1
100 Breaststroke	1:29.54	1:28.10	367	22/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
200 Breaststroke	2:58.22	2:55.20	459	13/01/19	City of Derby 17th Long Course Level 1 Open Meet	Sheffield	EM190118	1
50 Butterfly	31.73	31.10	456	29/05/17	PNSC May Madness Meet	Portsmouth	SE170386	1
100 Butterfly	1:12.23	1:11.20	453	22/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	EM170475	1
200 Butterfly	2:49.99	2:48.10	367	24/05/15	ASA East Region Summer Championships	Norwich	ER150673	1
50 Backstroke	32.97	32.40	540	14/05/17	Team Luton May Long Course Meet 2017	Luton	ER170349	1
100 Backstroke	1:08.41	1:07.20	588	01/08/19	Swim Wales Summer Nationals	Swansea	WL190050	1
200 Backstroke	2:27.44	2:25.20	582	30/07/19	Swim Wales Summer Nationals	Swansea	WL190050	1
200 Individual Medley	2:27.37	2:24.70	626	02/08/19	Swim Wales Summer Nationals	Swansea	WL190050	1
400 Individual Medley	5:19.17	5:13.60	578	02/08/19	Swim Wales Summer Nationals	Swansea	WL190050	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.29	29.00	532	16/02/19	Oxfordshire & North Bucks County Championships	Aylesbury	SE190116	2
100 Freestyle	59.71	1:01.10	596	05/02/17	Oxfordshire & North Bucks County Championships	Aylesbury	SE170305	2
200 Freestyle	2:09.45	2:12.10	618	10/02/18	Oxfordshire & North Bucks County Championships	Aylesbury	SE180020	2
400 Freestyle	4:29.23	4:34.40	634	20/01/19	Oxfordshire & North Bucks County Championships	Aylesbury	SE190115	2
800 Freestyle	9:20.67	9:30.90	617	12/01/19	Oxfordshire & North Bucks County Championships	Leys Pools & LC	SE190114	2
1500 Freestyle	17:42.28	18:01.50	625	05/01/19	Oxfordshire & North Bucks County Championships	Leys Pools & LC	SE190113	2
50 Breaststroke	36.07	36.90	486	01/12/18	Ealing Christmas County Qualifier	Northolt LC	LR181021	3
100 Breaststroke	1:18.04	1:19.60	510	03/02/18	Oxfordshire & North Bucks County Championships	Aylesbury	SE180019	2
200 Breaststroke	2:48.79	2:51.90	506	20/10/18	Team Luton Autumn Short Course Meet 2018	Inspire Luton Sports	ER181018	3
50 Butterfly	29.58	30.20	559	09/02/19	Oxfordshire & North Bucks County Championships	Aylesbury	SE190116	2
100 Butterfly	1:05.35	1:06.50	565	09/12/18	CMK Christmas Cracker	Bletchley	SE182149	3
200 Butterfly	2:32.48	2:34.50	482	15/06/19	CMKSC Summer Open Meet Level 3	Bletchley	SE191563	3
50 Backstroke	30.98	31.60	541	04/02/18	Oxfordshire & North Bucks County Championships	Aylesbury	SE180019	2
100 Backstroke	1:05.14	1:06.40	598	02/12/18	Ealing Christmas County Qualifier	Northolt LC	LR181021	3
200 Backstroke	2:22.03	2:24.40	587	10/02/19	Oxfordshire & North Bucks County Championships	Aylesbury	SE190116	2
200 Individual Medley	2:24.24	2:26.90	603	09/02/19	Oxfordshire & North Bucks County Championships	Aylesbury	SE190116	2
400 Individual Medley	5:05.42	5:11.10	609	20/01/19	Oxfordshire & North Bucks County Championships	Aylesbury	SE190115	2
100 Individual Medley	1:07.28	1:07.30	592	10/02/18	Oxfordshire & North Bucks County Championships	Aylesbury	SE180020	2