

Individual Best Times (All Time)

Naomi Shaw - (533671) - Mid Sussex Marlins

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.76	28.00	553	01/05/16	ASA South East Region Swimming Championships	Portsmouth	SE160990	1
100 Freestyle	1:01.93	1:00.60	582	28/02/15	Sussex County Championships	Crawley	CC150378	1
200 Freestyle	2:19.20	2:16.70	532	14/03/15	Sussex County Championships	Crawley	CC150379	1
400 Freestyle	5:17.13	5:12.70	408	18/11/12	Crawley Not So Early Bird Meet	Crawley	SE2304	1
800 Freestyle	10:19.30	10:09.90	479	23/02/14	Sussex County Champs & Age Groups Comp	Crawley	CC4090	1
50 Butterfly	30.68	30.10	504	27/02/16	Sussex County Championships	Crawley	SE160361	1
100 Butterfly	1:12.37	1:11.30	450	18/04/15	Crawley Spring LC Open Meet 2015	Crawley	SE150218	1
50 Backstroke	32.13	31.50	584	30/04/16	ASA South East Region Swimming Championships	Portsmouth	SE160990	1
100 Backstroke	1:09.19	1:08.00	568	03/05/14	ASA South East Region Youth Championships	Crawley	SER416	1
200 Backstroke	2:29.91	2:27.70	554	04/05/14	ASA South East Region Youth Championships	Crawley	SER416	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.03	28.80	547	22/11/15	Guildford City SC November L2 Open Meet	Surrey	SE151100	2
100 Freestyle	1:01.18	1:02.50	554	25/10/15	Sussex County ASA Winter Competition 2015	Horsham	SE152007	2
200 Freestyle	2:14.97	2:17.50	545	25/10/15	Sussex County ASA Winter Competition 2015	Horsham	SE152007	2
400 Freestyle	4:53.71	4:58.50	488	08/06/13	Mid Sussex Marlins 2013 200m 400m Club Champs	Burgess Hill	SE3666	4
800 Freestyle	10:17.61	10:26.90	461	24/02/13	Sussex County Championships	Crawley	CC3044	2
50 Breaststroke	43.27	44.00	281	15/11/12	Mid Sussex Marlins Squad Championships	Burgess Hill	SE2842	4
100 Breaststroke	1:34.07	1:35.40	291	30/09/12	Littlehampton Development Chaser Meet	Littlehampton	SE2455	3
50 Butterfly	31.04	31.60	484	25/10/15	Sussex County ASA Winter Competition 2015	Horsham	SE152007	2
100 Butterfly	1:11.99	1:13.00	423	25/10/15	Sussex County ASA Winter Competition 2015	Horsham	SE152007	2
200 Butterfly	3:11.97	3:13.60	241	07/06/13	Mid Sussex Marlins 2013 200m 400m Club Champs	Burgess Hill	SE3666	4
50 Backstroke	31.26	31.90	527	07/12/13	ASA South East Region Winter Championships	Portsmouth	SER329	2
100 Backstroke	1:06.29	1:07.50	567	02/03/14	Sussex County Champs & Age Group Comp	Crawley	CC4091	2
200 Backstroke	2:25.00	2:27.30	551	06/12/14	ASA South East Region Championships	Portsmouth	SER428	2
200 Individual Medley	2:38.26	2:40.70	456	23/09/15	Mid Sussex Marlins Autumn Time Trials 2015	Burgess Hill	SE151832	4
400 Individual Medley	5:45.86	5:50.90	419	06/06/13	Mid Sussex Marlins 2013 200m 400m Club Champs	Burgess Hill	SE3666	4
100 Individual Medley	1:12.31	1:12.30	477	23/09/15	Mid Sussex Marlins Autumn Time Trials 2015	Burgess Hill	SE151832	4