

# Individual Best Times (All Time)

Molly Sammes - (539526) - Maidenhead ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	39.70	39.20	210	05/07/14	Rushmoor Royals SC Summer Open Meet	Aldershot	SE4694	3
100 Freestyle	1:27.34	1:26.40	207	05/07/14	Rushmoor Royals SC Summer Open Meet	Aldershot	SE4694	3
200 Freestyle	2:56.92	2:54.90	259	05/07/14	Rushmoor Royals SC Summer Open Meet	Aldershot	SE4694	3
50 Breaststroke	1:11.40	1:11.00	68	23/09/12	Hillingdon SC Autumn Sprints Meet 2012	Hillingdon	LR2129	4
50 Backstroke	40.46	40.00	292	07/04/18	Bracknell Wokingham Spring Level 3 Open Meet	Aldershot	SE180410	3
100 Backstroke	1:38.12	1:37.30	199	05/07/14	Rushmoor Royals SC Summer Open Meet	Aldershot	SE4694	3
200 Backstroke	2:58.51	2:56.60	328	07/04/18	Bracknell Wokingham Spring Level 3 Open Meet	Aldershot	SE180410	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.27	33.90	327	26/11/16	Maidenhead Olympic Celebration County Qualifier	Maidenhead	SE162099	3
100 Freestyle	1:11.20	1:12.40	351	14/07/18	Maidenhead Marlins End of Season Level 3 Meet	Maidenhead	SE181279	3
200 Freestyle	2:33.52	2:35.80	370	14/07/18	Maidenhead Marlins End of Season Level 3 Meet	Maidenhead	SE181279	3
400 Freestyle	5:13.50	5:18.00	401	28/04/18	Maidenhead Marlins Level 4 Series meet	MAIDENHEAD	SE181139	4
800 Freestyle	11:14.48	11:23.00	354	11/11/18	Windsor SC Distance Meet	Fleet	SE182428	2
50 Breaststroke	59.61	1:00.10	107	26/04/14	Maidenhead Marlins Level 4 Meet	Maidenhead	SE4366	4
50 Butterfly	41.13	41.60	208	20/05/17	Maidenhead Marlins L4 Series Meet	Maidenhead	SE171360	4
100 Butterfly	1:34.85	1:35.70	185	21/05/16	Maidenhead Level 4 Series	Maidenhead	SE160886	4
50 Backstroke	38.35	38.90	285	26/11/16	Maidenhead Olympic Celebration County Qualifier	Maidenhead	SE162099	3
100 Backstroke	1:21.80	1:22.80	302	04/03/17	Windsor Level 3 Last Chance County Qualifier	Maidenhead	SE170757	3
200 Backstroke	2:54.52	2:56.40	316	16/04/16	Staines Black Swan Regional Qualifier 2016	Walton-on-Thames	SE160751	3
200 Individual Medley	2:58.95	3:01.10	315	16/04/16	Staines Black Swan Regional Qualifier 2016	Walton-on-Thames	SE160751	3
100 Individual Medley	1:25.06	1:25.10	293	21/05/16	Maidenhead Level 4 Series	Maidenhead	SE160886	4