

Individual Best Times (All Time)

Shannon Nichols - (559546) - Ruislip Northwood Masters SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.15	29.40	480	22/04/17	Wycombe District Long Course Sprint Meet	Wycombe	SE170721	3
100 Freestyle	1:05.57	1:04.30	490	22/04/17	Wycombe District Long Course Sprint Meet	Wycombe	SE170721	3
200 Freestyle	2:35.99	2:33.70	378	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3
50 Breaststroke	45.87	45.20	256	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3
50 Butterfly	34.12	33.60	367	22/04/17	Wycombe District Long Course Sprint Meet	Wycombe	SE170721	3
100 Butterfly	1:27.19	1:26.30	257	02/07/16	Bishops Stortford End of Season LC Open Meet	Luton	ER160490	3
50 Backstroke	36.02	35.50	414	22/04/17	Wycombe District Long Course Sprint Meet	Wycombe	SE170721	3
100 Backstroke	1:18.94	1:17.90	383	22/04/17	Wycombe District Long Course Sprint Meet	Wycombe	SE170721	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.42	30.10	473	20/05/17	Hemel Hempstead Spring Development Meet	Hemel Hempstead	ER170858	3
100 Freestyle	1:04.78	1:06.10	466	18/03/17	Watford Regional Qualifier	Watford	ER170103	3
200 Freestyle	2:23.07	2:25.50	458	19/03/17	Watford Regional Qualifier	Watford	ER170103	3
400 Freestyle	5:01.21	5:05.80	452	01/10/17	BPSC Season Opener 2017	Basildon	ER171612	3
800 Freestyle	10:22.27	10:31.50	451	15/11/17	Watford & Hemel Hempstead Joint Club Champs	Watford	ER171356	3
50 Breaststroke	41.83	42.60	311	08/10/17	Hemel Hempstead Birthday Open	Hemel Hempstead	ER170859	3
100 Breaststroke	1:35.69	1:37.00	276	13/07/16	Watford Sprint Club Championships 2016	Watford	ER161560	4
200 Breaststroke	3:19.84	3:22.50	305	30/11/16	Watford 200 Club Champs	Watford	ER162422	4
50 Butterfly	32.98	33.60	403	20/05/18	HHSC Spring Development Meet	SportSpace	ER180666	3
100 Butterfly	1:14.54	1:15.60	381	26/11/17	Watford November 2017 County Qualifier	Garston	ER171250	3
200 Butterfly	3:06.96	3:08.60	261	23/09/17	Hemel Hempstead 200 Fly Fest	Hemel Hempstead	ER171353	3
50 Backstroke	34.70	35.30	385	18/03/17	Watford Regional Qualifier	Watford	ER170103	3
100 Backstroke	1:15.06	1:16.10	391	20/05/17	Hemel Hempstead Spring Development Meet	Hemel Hempstead	ER170858	3
200 Backstroke	2:42.59	2:44.60	391	18/10/17	Watford Club Championships 2017	Woodside LC	ER172216	4
200 Individual Medley	2:52.19	2:54.50	354	30/11/16	Watford 200 Club Champs	Watford	ER162422	4
400 Individual Medley	6:01.52	6:06.40	367	16/11/16	Watford & Hemel Hempstead Club Champs	Hemel Hempstead	ER162496	3
100 Individual Medley	1:17.14	1:17.10	393	08/10/17	Hemel Hempstead Birthday Open	Hemel Hempstead	ER170859	3