

Individual Best Times (All Time)

Shaminah Sherwani-Keeling - (709162) - Hemel Hempstead SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------|----------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle | 32.08 | 31.40 | 398 | 11/07/15 | Bishops Stortford End of Season LC Open Meet | Luton | ER150028 | 3 |
| 100 Freestyle | 1:42.47 | 1:41.60 | 128 | 10/04/10 | Bracknell & Wokingham | Aldershot | SE0251 | 3 |
| 800 Freestyle | 11:02.29 | 10:53.50 | 392 | 01/03/14 | Hertfordshire ASA County Championships | Luton | CC4079 | 1 |
| 50 Breaststroke | 1:05.57 | 1:05.10 | 87 | 10/04/10 | Bracknell & Wokingham | Aldershot | SE0251 | 3 |
| 50 Butterfly | 33.25 | 32.70 | 396 | 11/07/15 | Bishops Stortford End of Season LC Open Meet | Luton | ER150028 | 3 |
| 100 Backstroke | 1:17.58 | 1:16.50 | 403 | 11/07/15 | Bishops Stortford End of Season LC Open Meet | Luton | ER150028 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|---|-----------------|----------|-------|
| 50 Freestyle | 30.86 | 31.50 | 410 | 14/12/14 | Team Luton Development 2014 Meet | Luton | ER14555 | 3 |
| 100 Freestyle | 1:06.74 | 1:08.00 | 426 | 14/03/15 | Hertfordshire County Championships | Borehamwood | CC150272 | 2 |
| 200 Freestyle | 2:24.12 | 2:26.50 | 448 | 29/11/14 | Hemel Hempstead Club Championships | Hemel Hempstead | ER14693 | 4 |
| 400 Freestyle | 4:59.04 | 5:03.70 | 462 | 21/03/15 | Hertfordshire County Championships | Borehamwood | CC150273 | 2 |
| 800 Freestyle | 10:33.53 | 10:42.60 | 427 | 23/11/14 | Hemel Hempstead Club Championships | Hemel Hempstead | ER14692 | 4 |
| 50 Breaststroke | 45.70 | 46.40 | 239 | 29/06/14 | Hemel Hempstead SC Sprint Championships | Hemel Hempstead | ER4169 | 4 |
| 100 Breaststroke | 1:37.13 | 1:38.40 | 264 | 01/07/14 | Hemel Hempstead SC Sprint Championships | Hemel Hempstead | ER4169 | 4 |
| 200 Breaststroke | 3:34.52 | 3:37.00 | 246 | 05/10/14 | Maxwell Autumn Meet | Aylesbury | SE14110 | 3 |
| 50 Butterfly | 32.79 | 33.40 | 411 | 27/06/15 | The Terry Davies Alternative Nationals | Watford | ER150582 | 3 |
| 100 Butterfly | 1:15.56 | 1:16.60 | 366 | 16/05/15 | Hemel Hempstead 4th Spring Development Meet | Hemel Hempstead | ER150118 | 3 |
| 200 Butterfly | 3:07.41 | 3:09.10 | 259 | 21/05/16 | Hemel Hempstead 5th Spring Development Meet | Hemel Hempstead | ER160839 | 3 |
| 50 Backstroke | 34.86 | 35.40 | 380 | 21/03/15 | Hertfordshire County Championships | Borehamwood | CC150273 | 2 |
| 100 Backstroke | 1:14.68 | 1:15.70 | 397 | 27/06/15 | The Terry Davies Alternative Nationals | Watford | ER150582 | 3 |
| 200 Backstroke | 2:41.03 | 2:43.10 | 402 | 15/03/15 | Hertfordshire County Championships | Borehamwood | CC150272 | 2 |
| 200 Individual Medley | 2:45.66 | 2:48.00 | 398 | 22/03/15 | Hertfordshire County Championships | Borehamwood | CC150273 | 2 |
| 400 Individual Medley | 6:00.27 | 6:05.10 | 371 | 20/11/14 | Hemel Hempstead Club Championships | Hemel Hempstead | ER14692 | 4 |
| 100 Individual Medley | 1:17.31 | 1:17.30 | 390 | 16/05/15 | Hemel Hempstead 4th Spring Development Meet | Hemel Hempstead | ER150118 | 3 |