

Individual Best Times (All Time)

Rebecca Scott - (729275) - Hitchin SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|---------------|----------|-----------------|-----------|----------|--|--------------|----------|-------|
| 50 Freestyle | 29.05 | 28.30 | 536 | 27/03/16 | Basildon & Phoenix Easter LC Meet 2016 | Basildon | ER160006 | 1 |
| 100 Freestyle | 1:01.33 | 1:00.00 | 599 | 16/04/16 | Team Luton April Long Course Meet | Luton | ER160181 | 1 |
| 200 Freestyle | 2:11.66 | 2:09.00 | 629 | 17/04/16 | Team Luton April Long Course Meet | Luton | ER160181 | 1 |
| 400 Freestyle | 4:38.19 | 4:33.10 | 605 | 27/03/16 | Basildon & Phoenix Easter LC Meet 2016 | Basildon | ER160006 | 1 |
| 800 Freestyle | 10:00.01 | 9:50.30 | 527 | 01/03/14 | Hertfordshire ASA County Championships | Luton | CC4079 | 1 |
| 50 Butterfly | 33.55 | 33.00 | 386 | 07/02/15 | Wycombe February Sprint 2015 | High Wycombe | SE150282 | 3 |
| 50 Backstroke | 36.31 | 35.80 | 404 | 07/02/15 | Wycombe February Sprint 2015 | High Wycombe | SE150282 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|---|-------------|----------|-------|
| 50 Freestyle | 28.03 | 28.80 | 547 | 16/07/16 | Team Luton Fast & Furious III Sprint Meet | Luton | ER160864 | 3 |
| 100 Freestyle | 59.40 | 1:00.80 | 605 | 16/07/16 | Team Luton Fast & Furious III Sprint Meet | Luton | ER160864 | 3 |
| 200 Freestyle | 2:07.58 | 2:10.30 | 646 | 08/11/15 | ASA East Region Winter Championships 2015 | Luton | ER151653 | 2 |
| 400 Freestyle | 4:37.45 | 4:42.50 | 579 | 24/01/15 | Biggleswade 16th Open Meet | Biggleswade | ER150191 | 3 |
| 800 Freestyle | 9:41.40 | 9:51.30 | 553 | 28/02/15 | Hertfordshire County Championships | Borehamwood | CC150271 | 2 |
| 50 Breaststroke | 49.69 | 50.30 | 186 | 29/11/09 | Hitchin SC Open Meet | Hitchin | ER9398 | 3 |
| 50 Butterfly | 32.97 | 33.50 | 404 | 19/07/14 | Team Luton Sprint Meet | Luton | ER4582 | 3 |
| 100 Butterfly | 1:13.03 | 1:14.10 | 405 | 12/12/15 | National Arena League-London Div1&2 Rounds123 | Luton | ER152123 | 3 |
| 50 Backstroke | 34.35 | 34.90 | 397 | 19/07/14 | Team Luton Sprint Meet | Luton | ER4582 | 3 |
| 100 Backstroke | 1:13.80 | 1:14.90 | 411 | 29/11/15 | Hitchin County Qualifier Open Meet 2015 | Borehamwood | ER150795 | 3 |
| 100 Individual Medley | 1:15.82 | 1:15.80 | 414 | 24/11/13 | Hitchin Open Meet 2013 | Hitchin | ER3597 | 3 |