

Individual Best Times (All Time)

Scarlett Watson - (756851) - Epping Forest Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.12	31.50	397	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Freestyle	1:10.57	1:09.40	393	18/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
200 Freestyle	2:33.91	2:31.60	394	24/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
50 Breaststroke	46.15	45.50	252	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
50 Backstroke	39.07	38.60	324	13/05/17	BPSC Spring Long Course Meet	Basildon	ER170183	1
100 Backstroke	1:21.85	1:20.90	343	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.24	31.90	395	27/03/16	LBRSC Last Chance Regional Meet 2016	Fullwell Cross	LR160131	3
100 Freestyle	1:09.38	1:10.60	379	27/03/16	LBRSC Last Chance Regional Meet 2016	Fullwell Cross	LR160131	3
200 Freestyle	2:29.98	2:32.30	397	13/11/16	Epping Forest Club Championships	Loughton	ER161337	4
400 Freestyle	5:25.09	5:29.40	360	28/11/15	Harlow Penguins 4th Winter Open Meet	Harlow	ER152073	3
800 Freestyle	11:13.16	11:21.70	356	07/12/16	Epping Forest Club Championships	Loughton	ER161341	4
50 Breaststroke	43.82	44.50	271	04/12/16	Epping Forest District Yuletide Gala 2016	Loughton	ER161713	3
100 Breaststroke	1:40.03	1:41.30	242	06/11/16	Epping Forest Club Championships	Loughton	ER161338	4
200 Breaststroke	3:36.99	3:39.40	238	29/11/15	Epping Forest District SC	Loughton	ER151117	4
50 Butterfly	37.45	38.00	275	12/06/16	Epping Forest Club Championships	Loughton	ER161332	4
100 Butterfly	1:36.07	1:36.90	178	08/11/15	Epping Forest District SC 2015 Club Championships	Loughton	ER151118	4
200 Butterfly	3:34.02	3:35.50	174	13/09/15	Epping Forest District SC 2015 Club Championships	Loughton	ER151113	4
50 Backstroke	36.84	37.40	321	19/06/16	Epping Forest Club Championships	Loughton	ER161332	4
100 Backstroke	1:19.19	1:20.20	333	29/11/15	Epping Forest District SC	Loughton	ER151117	4
200 Backstroke	2:49.39	2:51.30	346	30/11/16	Epping Forest Club Championships	Loughton	ER161340	4
200 Individual Medley	2:59.86	3:02.00	311	12/06/16	Epping Forest Club Championships	Loughton	ER161332	4
400 Individual Medley	6:21.82	6:26.40	311	02/12/15	Epping Forest District Club Championships	Loughton	ER151121	4
100 Individual Medley	1:24.73	1:24.70	296	19/06/16	Epping Forest Club Championships	Loughton	ER161332	4