

# Individual Best Times (All Time)

Sam Gamble - (789248) - Hitchin SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.30	24.50	564	23/04/16	WDSC Long Course Sprint Meet	Wycombe	SE160110	3
100 Freestyle	56.50	55.00	570	02/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
200 Freestyle	2:06.17	2:03.40	528	04/05/14	ASA East Region Youth Championships	Luton	ERX406	1
50 Backstroke	29.45	28.80	511	29/04/17	ASA East Long Course Championships	Luton	ER170219	1
100 Backstroke	1:02.67	1:01.40	558	23/04/16	WDSC Long Course Sprint Meet	Wycombe	SE160110	3
200 Backstroke	2:24.10	2:21.80	468	26/01/14	Central Zonal Meet 2014	Corby	ZM4179	1
200 Individual Medley	2:26.59	2:23.90	470	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.72	25.50	542	18/07/15	Team Luton 2 Fast 2 Furious Sprint Meet	Luton	ER150706	3
100 Freestyle	54.54	56.00	555	08/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
200 Freestyle	1:59.15	2:02.00	580	06/12/14	ASA East Region Winter Championships	Luton	ERX432	2
400 Freestyle	4:22.37	4:27.70	529	10/05/14	Mid Beds Swim Squad L2 Open Meet	Biggleswade	ER4330	2
50 Breaststroke	31.93	32.90	477	06/11/16	East Swimming 2016 SC Championships	Luton	ER161979	2
100 Breaststroke	1:09.85	1:11.60	495	12/11/16	NASL London	Luton	ER162323	3
50 Butterfly	27.77	28.40	480	18/03/17	Watford Regional Qualifier	Watford	ER170103	3
50 Backstroke	28.04	28.70	490	19/03/17	Watford Regional Qualifier	Watford	ER170103	3
100 Backstroke	59.99	1:01.30	522	21/01/17	Herts County Champs & Age Group Champs	Borehamwood	ER170422	2
200 Backstroke	2:14.12	2:16.60	488	14/12/14	Team Luton Development 2014 Meet	Luton	ER14555	3
200 Individual Medley	2:17.64	2:20.50	505	23/01/16	Hertfordshire County Championships	Borehamwood	ER160307	2
100 Individual Medley	1:02.75	1:02.80	484	29/01/17	Herts County Champs & Age Group Champs	Borehamwood	ER170423	2