

Individual Best Times (All Time)

Amy Woods - (861200) - Lincoln Vulcans SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.38	30.70	425	13/05/17	City of Sheffield No Frills Meet	Sheffield	NE170249	1
100 Freestyle	1:05.55	1:04.30	490	05/01/19	City of Leeds New Year Meet 2019	Leeds	NE190132	3
200 Freestyle	2:23.96	2:21.50	481	15/12/18	City of Leeds Xmas Meet 2018	Leeds	NE180076	3
400 Freestyle	7:06.79	7:03.50	167	26/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	NE4592	3
50 Breaststroke	44.05	43.30	290	05/01/19	City of Leeds New Year Meet 2019	Leeds	NE190132	3
200 Breaststroke	4:41.68	4:39.80	116	11/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
50 Butterfly	31.53	30.90	465	06/01/19	City of Leeds New Year Meet 2019	Leeds	NE190132	3
100 Butterfly	1:11.03	1:10.00	476	15/12/18	City of Leeds Xmas Meet 2018	Leeds	NE180076	3
50 Backstroke	35.92	35.40	418	15/12/18	City of Leeds Xmas Meet 2018	Leeds	NE180076	3
100 Backstroke	1:15.60	1:14.50	436	16/12/18	City of Leeds Xmas Meet 2018	Leeds	NE180076	3
200 Backstroke	3:08.51	3:06.70	278	16/04/16	Lincoln Vulcans Long Course L1 Open Meet	Sheffield	EM160422	1
200 Individual Medley	3:45.59	3:43.80	174	10/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.62	30.30	463	27/01/19	Lincolnshire County Championships 2019	Grantham	EM190238	2
100 Freestyle	1:06.23	1:07.50	436	16/12/17	City of Leeds Xmas Meet 2017	Leeds	NE171857	3
200 Freestyle	2:22.24	2:24.70	466	20/01/19	Lincolnshire County Championships 2019	Grantham	EM190237	2
400 Freestyle	4:59.76	5:04.40	459	30/06/18	Lincoln Vulcans Club Championships	Grantham	EM180700	3
800 Freestyle	10:29.50	10:38.60	436	04/11/17	Lincoln Vulcans SC Distance Time Trials	Yarborough	EM172377	4
50 Breaststroke	42.23	43.00	303	17/11/18	Lincoln Vulcans Sprints Gala	Yarborough	EM180703	4
100 Breaststroke	1:32.62	1:34.00	305	14/07/18	Lincoln Vulcans Club Championships	Grantham	EM180701	3
200 Breaststroke	3:48.87	3:51.20	203	03/10/15	Leicester Penguins 2015 Open Meet	Braunstone	EM150783	3
50 Butterfly	32.03	32.60	440	17/11/18	Lincoln Vulcans Sprints Gala	Yarborough	EM180703	4
100 Butterfly	1:09.56	1:10.60	469	20/01/19	Lincolnshire County Championships 2019	Grantham	EM190237	2
200 Butterfly	2:38.88	2:40.90	426	30/06/18	Lincoln Vulcans Club Championships	Grantham	EM180700	3
50 Backstroke	34.12	34.70	405	20/01/19	Lincolnshire County Championships 2019	Grantham	EM190237	2
100 Backstroke	1:13.72	1:14.80	412	17/06/18	LVSC Grantham Level 3	Grantham	EM180537	3
200 Backstroke	2:38.02	2:40.10	426	14/07/18	Lincoln Vulcans Club Championships	Grantham	EM180701	3
200 Individual Medley	2:38.18	2:40.70	457	27/01/19	Lincolnshire County Championships 2019	Grantham	EM190238	2
400 Individual Medley	5:39.30	5:44.40	444	14/07/18	Lincoln Vulcans Club Championships	Grantham	EM180701	3
100 Individual Medley	1:14.10	1:14.10	443	20/01/19	Lincolnshire County Championships 2019	Grantham	EM190237	2