

Individual Best Times (All Time)

Sadie Milton - (883863) - Dover Lifeguard Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.36	30.70	426	05/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
100 Freestyle	1:07.33	1:06.10	452	06/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Freestyle	2:21.19	2:18.70	510	17/11/13	Crawley Not So Early Bird Meet	Crawley	SE3141	1
400 Freestyle	4:59.22	4:54.50	486	29/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
800 Freestyle	10:21.00	10:11.60	475	01/08/13	Swim Wales Summer Nationals	Swansea	WAL511	1
50 Breaststroke	40.64	39.90	369	22/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
100 Breaststroke	1:29.64	1:28.20	366	07/02/16	Kent Swimming Championships 2016	Crystal Palace	SE160330	1
200 Breaststroke	3:14.54	3:11.80	353	10/05/14	Beckenham International Open Meet	London	LR4343	1
50 Butterfly	32.78	32.20	413	03/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
100 Butterfly	1:11.75	1:10.70	462	03/05/14	ASA South East Region Youth Championships	Crawley	SER416	1
200 Butterfly	2:48.33	2:46.40	378	17/11/13	Crawley Not So Early Bird Meet	Crawley	SE3141	1
50 Backstroke	34.48	33.90	472	21/03/15	City of Cardiff Tiger Bay Meet	Cardiff	WL150509	3
100 Backstroke	1:13.26	1:12.20	479	30/03/14	ESSA SE Division Inter County Gala	Guildford	SE4413	1
200 Backstroke	2:37.04	2:34.90	482	21/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
200 Individual Medley	2:40.32	2:37.80	486	11/05/14	Beckenham International Open Meet	London	LR4343	1
400 Individual Medley	5:40.29	5:35.10	476	03/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	ER3634	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.30	31.00	433	22/02/15	2015 Kent County Swimming Championships	Gillingham	CC150171	2
100 Freestyle	1:04.64	1:05.90	469	14/09/13	Dover Lifeguard Club Championships	Dover	SE3500	4
200 Freestyle	2:17.14	2:19.60	520	21/09/13	Dover Lifeguard Club Championships	Dover	SE3500	4
400 Freestyle	4:46.37	4:51.20	526	06/10/13	East Invicta ASA Annual Championships	Canterbury	SE3485	3
800 Freestyle	9:59.43	10:09.00	505	07/01/14	Thanet County Qualifier	Hartsdown	SE4204	4
1500 Freestyle	19:57.63	20:14.80	436	08/07/13	Dover Lifeguard Club Championships	Dover	SE3500	4
50 Breaststroke	38.57	39.40	397	02/03/14	BG Kent ASA Swimming Championships	Gillingham	CC4062	2
100 Breaststroke	1:21.97	1:23.50	440	10/07/14	Dover Life Guard Club Championships	Dover	SE4707	4
200 Breaststroke	3:01.18	3:04.10	409	27/04/14	City of Canterbury Sprint Open Gala	Canterbury	SE4428	3
50 Butterfly	32.31	32.90	429	19/10/13	East Invicta ASA Annual Championships	Canterbury	SE3486	3
100 Butterfly	1:10.04	1:11.10	459	06/10/13	East Invicta ASA Annual Championships	Canterbury	SE3485	3
200 Butterfly	2:36.78	2:38.80	444	06/12/14	Gravesend & Northfleet Open Meet 2014	Gillingham	SE4515	3
50 Backstroke	33.38	34.00	432	27/04/14	City of Canterbury Sprint Open Gala	Canterbury	SE4428	3
100 Backstroke	1:10.04	1:11.20	481	21/09/13	Dover Lifeguard Club Championships	Dover	SE3500	4
200 Backstroke	2:27.87	2:30.10	520	26/04/14	Thanet Swim Club No Frills	Hartsdown	SE4501	3
200 Individual Medley	2:33.35	2:35.90	501	13/12/14	NASL Round 3	Maidstone	LR14707	3
400 Individual Medley	5:22.34	5:27.70	518	26/10/14	East Invicta Annual Championships	Canterbury	SE4372	3
100 Individual Medley	1:12.98	1:13.00	464	06/10/13	East Invicta ASA Annual Championships	Canterbury	SE3485	3