

Individual Best Times (All Time)

Rachael Scott - (891393) - Tynemouth SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.85	34.20	310	21/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	NE170490	1
100 Freestyle	1:18.72	1:17.60	283	17/04/16	Lincoln Vulcans Long Course L1 Open Meet	Sheffield	EM160422	1
200 Freestyle	2:45.04	2:42.90	319	16/04/16	Lincoln Vulcans Long Course L1 Open Meet	Sheffield	EM160422	1
400 Freestyle	5:35.36	5:31.10	345	22/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	NE170490	1
800 Freestyle	11:22.97	11:14.40	357	31/03/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
50 Breaststroke	46.39	45.70	248	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
100 Breaststroke	1:38.95	1:37.70	272	21/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	NE170490	1
200 Breaststroke	3:25.57	3:23.00	299	25/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170190	1
50 Butterfly	40.40	39.90	221	28/02/16	Northumberland & Durham County Champs	Sunderland	NE160072	1
50 Backstroke	46.31	45.90	195	16/01/16	City of Sunderland New Year Meet	Sunderland	NE160356	1
100 Backstroke	1:35.42	1:34.60	216	09/07/16	Richmond Dales Summer Madness Gala	Leeds	NE160287	3
200 Backstroke	3:23.06	3:21.40	223	28/02/16	Northumberland & Durham County Champs	Sunderland	NE160072	1
200 Individual Medley	3:10.63	3:08.50	289	28/02/16	Northumberland & Durham County Champs	Sunderland	NE160072	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.65	34.30	316	14/10/17	BOSSS Winter Swim Festival 2017	Billingham	NE172049	2
100 Freestyle	1:13.19	1:14.30	323	15/10/17	BOSSS Winter Swim Festival 2017	Billingham	NE172050	2
200 Freestyle	2:36.13	2:38.30	352	15/07/17	Richmond Dales Summer Madness Gala	Leeds	NE170388	3
400 Freestyle	5:28.33	5:32.60	349	09/10/16	City of Sunderland Short Course Qualifier	Sunderland	NE162066	2
800 Freestyle	11:13.45	11:22.00	356	13/01/17	Tynemouth Club Championships	Tynemouth	NE170401	4
50 Breaststroke	44.61	45.30	257	15/10/17	BOSSS Winter Swim Festival 2017	Billingham	NE172050	2
100 Breaststroke	1:36.43	1:37.70	270	19/11/16	Tynemouth Winter Gala	Tynemouth	NE161575	3
200 Breaststroke	3:20.70	3:23.30	301	19/11/16	Tynemouth Winter Gala	Tynemouth	NE161575	3
50 Butterfly	39.56	40.00	234	20/11/16	Tynemouth Winter Gala	Tynemouth	NE161575	3
100 Butterfly	1:26.27	1:27.10	245	25/06/17	Tynemouth Club Championships	Tynemouth	NE170403	4
200 Butterfly	4:35.76	4:36.90	81	09/02/14	Durham City Very Last Chance Qualifier	Durham	NE4299	3
50 Backstroke	43.28	43.70	198	12/12/15	Tynemouth Club Championships	Tynemouth	NE150822	4
100 Backstroke	1:30.81	1:31.70	220	17/12/16	Tynemouth Club Championships	Tynemouth	NE160606	4
200 Backstroke	3:15.37	3:17.10	225	22/03/15	Tynemouth ASC Club Championships	Tynemouth	NE150819	4
200 Individual Medley	2:57.93	3:00.10	321	15/07/17	Richmond Dales Summer Madness Gala	Leeds	NE170388	3
400 Individual Medley	6:21.11	6:25.70	313	19/11/16	Tynemouth Winter Gala	Tynemouth	NE161575	3
100 Individual Medley	1:26.64	1:26.60	277	17/12/16	Tynemouth Club Championships	Tynemouth	NE160606	4