

# Individual Best Times (All Time)

Abbie Phillips - (961330) - Grantham SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.57	29.90	460	09/04/17	Derventio Excel 11th LC Open Meet	Sheffield	EM170259	1
100 Freestyle	1:08.57	1:07.30	428	07/10/17	Lincoln Vulcans Long Course Open Meet	Sheffield	EM171188	1
200 Freestyle	2:31.48	2:29.20	413	07/10/17	Lincoln Vulcans Long Course Open Meet	Sheffield	EM171188	1
50 Breaststroke	39.10	38.30	414	16/04/17	BPSC Easter Meet 2017	Basildon	ER170182	1
100 Breaststroke	1:20.37	1:18.80	508	28/05/17	ASA EM Region Youth Champs 2017	Sheffield	EM170474	1
200 Breaststroke	2:56.68	2:53.70	471	08/04/17	Derventio Excel 11th LC Open Meet	Sheffield	EM170259	1
50 Butterfly	30.42	29.80	517	29/05/17	ASA EM Region Youth Champs 2017	Sheffield	EM170474	1
100 Butterfly	1:07.39	1:06.30	557	28/05/17	ASA EM Region Youth Champs 2017	Sheffield	EM170474	1
200 Butterfly	2:30.62	2:28.50	528	27/05/17	ASA EM Region Youth Champs 2017	Sheffield	EM170474	1
50 Backstroke	37.37	36.80	371	16/01/16	City of Coventry January Meet	Coventry	WM160245	3
100 Backstroke	1:17.26	1:16.20	408	16/04/17	BPSC Easter Meet 2017	Basildon	ER170182	1
200 Individual Medley	2:48.94	2:46.60	416	06/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
400 Individual Medley	5:38.06	5:32.80	486	28/05/17	ASA EM Region Youth Champs 2017	Sheffield	EM170474	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.19	30.90	438	18/06/17	Grantham Club Championships	Grantham	EM170995	3
100 Freestyle	1:03.96	1:05.30	484	01/10/17	Cambridge Grand Prix	Cambridge	ER170267	2
200 Freestyle	2:19.37	2:21.80	495	20/01/18	Lincolnshire County Championships 2018	Grantham	EM180022	2
400 Freestyle	4:57.19	5:01.90	471	29/10/17	Grantham Club Championships	Grantham	EM172114	3
800 Freestyle	9:49.69	9:59.40	530	18/02/17	Lincolnshire County Championships 2017	Grantham	EM170028	2
50 Breaststroke	37.50	38.30	432	05/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
100 Breaststroke	1:19.86	1:21.40	476	04/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
200 Breaststroke	2:50.61	2:53.70	490	21/01/17	Lincolnshire County Championships 2017	Grantham	EM170026	2
50 Butterfly	30.78	31.40	496	05/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
100 Butterfly	1:07.82	1:08.90	506	21/01/17	Lincolnshire County Championships 2017	Grantham	EM170026	2
200 Butterfly	2:28.47	2:30.60	522	05/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
50 Backstroke	33.17	33.80	441	12/11/17	Grantham Club Championships	Grantham	EM172115	3
100 Backstroke	1:11.98	1:13.10	443	05/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
200 Backstroke	2:39.46	2:41.50	414	04/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
200 Individual Medley	2:37.04	2:39.50	467	10/07/16	Grantham Club Championships 2016	Grantham	EM161051	3
400 Individual Medley	5:19.50	5:25.00	532	13/11/16	Grantham Club Championships	Grantham	EM162349	4
100 Individual Medley	1:12.44	1:12.40	474	21/01/17	Lincolnshire County Championships 2017	Grantham	EM170026	2