

# Individual Best Times (All Time)

Amy Bain - (966799) - Black Lion SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.61	28.90	506	10/02/18	Kent Swimming Championships 2018	London	SE180335	1
100 Freestyle	1:04.49	1:03.20	515	28/01/17	Kent Swimming Championships	Crystal Palace	SE170172	1
200 Freestyle	2:28.17	2:25.80	441	04/01/15	BWFSC Level 1 Long Course Meet	London	LR150167	1
50 Butterfly	33.44	32.90	389	11/02/18	Kent Swimming Championships 2018	London	SE180335	1
50 Backstroke	32.48	31.90	565	10/02/18	Kent Swimming Championships 2018	London	SE180335	1
100 Backstroke	1:10.61	1:09.50	535	27/01/18	Kent Swimming Championships 2018	Crystal Palace	SE180333	1
200 Backstroke	2:31.22	2:29.00	539	27/01/18	Kent Swimming Championships 2018	Crystal Palace	SE180333	1
200 Individual Medley	2:52.21	2:49.90	392	04/01/15	BWFSC Level 1 Long Course Meet	London	LR150167	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.43	29.20	524	18/03/18	Dartford Spring Meet	Medway	SE180241	3
100 Freestyle	1:01.63	1:03.00	542	07/10/18	BLSC Club Championships 2018	Medway Park	SE181824	4
200 Freestyle	2:15.30	2:17.80	541	14/10/18	BLSC Club Championships 2018	Medway Park	SE181825	4
400 Freestyle	5:05.31	5:09.90	434	10/01/15	Dover LG Club & City of Canterbury Icebreaker	Canterbury	SE150074	3
800 Freestyle	10:07.22	10:16.70	486	06/11/16	Black Lion Club Championships	Gillingham	SE161683	4
50 Breaststroke	42.53	43.30	296	11/06/17	Dartford Dash	Gillingham	SE171024	3
100 Breaststroke	1:38.00	1:39.30	257	09/05/15	Medway ASA Championships 2015	Gillingham	SE150197	4
200 Breaststroke	3:33.82	3:36.30	249	27/10/13	Black Lion Club Championships	Gillingham	SE3620	4
50 Butterfly	32.17	32.80	435	21/04/18	M21eme meeting international	Lumbres	GBR718	3
100 Butterfly	1:16.36	1:17.30	354	07/05/16	Medway ASA Championships 2016	Gillingham	SE160205	4
50 Backstroke	31.36	32.00	521	12/11/17	BLSC Club Championships 2017	Medway Park	SE172220	4
100 Backstroke	1:06.23	1:07.40	569	24/03/18	Medway ASA Championships 2018	Gillingham	SE180425	4
200 Backstroke	2:23.62	2:25.90	567	17/03/18	Dartford Spring Meet	Medway	SE180241	3
200 Individual Medley	2:39.46	2:41.90	446	01/05/16	Black Lion L3 Spring Open Meet	Gillingham	SE160064	3
400 Individual Medley	6:20.43	6:25.00	315	14/11/13	Black Lion Club Championships	Gillingham	SE3621	4
100 Individual Medley	1:13.48	1:13.50	454	21/04/18	M21eme meeting international	Lumbres	GBR718	3