

Individual Best Times (All Time)

Amelia Keown - (967560) - City of Leeds SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.93	34.30	308	23/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
100 Freestyle	1:18.97	1:17.90	280	03/12/16	Bo Barnsley 21st Annual Christmas Sprint	Sheffield	NE160960	3
200 Freestyle	2:53.60	2:51.60	274	25/06/16	City of Leeds B Grade Meet 2016	Leeds	NE160163	3
400 Freestyle	6:09.60	6:05.80	258	25/06/16	City of Leeds B Grade Meet 2016	Leeds	NE160163	3
50 Breaststroke	44.16	43.40	287	27/11/16	City of Sheffield Snow Frills Meet	Sheffield	NE160213	3
100 Breaststroke	1:36.63	1:35.30	292	03/12/16	Bo Barnsley 21st Annual Christmas Sprint	Sheffield	NE160960	3
200 Breaststroke	3:18.88	3:16.20	330	27/11/16	City of Sheffield Snow Frills Meet	Sheffield	NE160213	3
50 Butterfly	37.80	37.30	269	27/11/16	City of Sheffield Snow Frills Meet	Sheffield	NE160213	3
100 Butterfly	1:44.71	1:44.00	148	21/11/15	Sheffield City SC 27th Annual B Grade Sprints Meet	Sheffield	NE150784	3
50 Backstroke	40.92	40.40	282	24/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
100 Backstroke	1:25.60	1:24.70	300	08/01/17	City of Leeds New Year Meet 2017	Leeds	NE170154	3
200 Backstroke	2:59.56	2:57.70	322	08/01/17	City of Leeds New Year Meet 2017	Leeds	NE170154	3
200 Individual Medley	3:04.09	3:01.90	321	24/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
400 Individual Medley	6:47.77	6:43.40	277	08/01/17	City of Leeds New Year Meet 2017	Leeds	NE170154	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.27	35.90	274	06/11/16	Spensborough Bonfire Bash	Leeds	NE160854	3
100 Freestyle	1:24.85	1:25.80	207	11/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
200 Freestyle	3:13.36	3:15.20	185	26/04/15	Harrogate District Spa Town Meet	Harrogate	NE150215	3
50 Breaststroke	43.97	44.70	268	06/11/16	Spensborough Bonfire Bash	Leeds	NE160854	3
100 Breaststroke	1:34.02	1:35.40	291	01/10/16	Yorkshire SA Winter Competition	Leeds	NE162071	2
200 Breaststroke	3:24.07	3:26.60	286	11/06/16	Harrogate Summer Meet	Harrogate	NE160246	3
50 Butterfly	37.39	37.90	277	02/04/16	Spa Town Meet	Harrogate	NE160247	3
100 Butterfly	1:42.94	1:43.70	144	11/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
50 Backstroke	40.85	41.30	236	06/11/16	Spensborough Bonfire Bash	Leeds	NE160854	3
100 Backstroke	1:26.71	1:27.60	253	03/04/16	Spa Town Meet	Harrogate	NE160247	3
200 Backstroke	3:01.56	3:03.40	281	11/06/16	Harrogate Summer Meet	Harrogate	NE160246	3
200 Individual Medley	3:06.60	3:08.70	278	12/06/16	Harrogate Summer Meet	Harrogate	NE160246	3
400 Individual Medley	6:23.15	6:27.70	308	11/06/16	Harrogate Summer Meet	Harrogate	NE160246	3
100 Individual Medley	1:27.19	1:27.20	272	06/11/16	Spensborough Bonfire Bash	Leeds	NE160854	3