

Individual Best Times (All Time)

Aiyana Lawson - (526347) - City Of Milton Keynes - 200 Backstroke - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:24.02	625	H	27/05/18	DX 2nd Long Course Open Meet	Sheffield	Co Milton K	1
2:24.03	624	F	06/08/17	Swim England National Summer Meet (50m)	Sheffield	Co Milton K	1
2:24.91	613	H	30/04/16	ASA South East Region Swimming Championships	Portsmouth	Co Milton K	1
2:24.94	613	H	06/08/17	Swim England National Summer Meet (50m)	Sheffield	Co Milton K	1
2:24.97	612	H	26/05/19	City of Cardiff International Open Meet	Cardiff	Co Milton K	1
2:25.62	604	H	25/03/17	City of Sheffield Premier Meet	Sheffield	Co Milton K	1
2:25.98	600	H	05/05/18	Swim England South East Championships 2018	Wycombe	Co Milton K	1
2:26.91	588	H	30/04/16	ASA South East Region Swimming Championships	Portsmouth	Co Milton K	1
2:27.67	579	H	08/03/15	Bedfordshire ASA County Championships	Luton		1
2:28.55	569	F	16/05/15	Northampton Spring Festival	Corby		1
2:28.71	567	H	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Co Milton K	1
2:29.07	563	H	17/04/16	Team Luton April Long Course Meet	Luton	Co Milton K	1
2:29.09	563	H	29/07/16	British Summer Championships	Sheffield	Co Milton K	1
2:29.18	562	F	12/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Co Milton K	1
2:29.26	561	H	14/01/17	16th City of Derby Long Course Open Meet	Sheffield	Co Milton K	1
2:29.58	557	F	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	Bedford SS	1
2:29.62	557	H	21/04/19	Beckenham Easter International Open 2019	London	Co Milton K	1
2:30.27	550	F	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	Bedford SS	1
2:30.40	548	H	29/04/17	ASA South East Region Championships 2017	Wycombe	Co Milton K	1
2:30.72	545	H	04/08/18	Swim England National Summer Meet	Sheffield	Co Milton K	1
2:31.23	539	H	18/04/15	British Championships 2015	London		1
2:31.70	534	H	16/05/15	Northampton Spring Festival	Corby		1
2:31.70	534	H	23/05/15	ASA East Region Summer Championships	Norwich		1
2:32.37	527	H	17/05/14	Northampton SC Spring Festival Open Meet	Corby	Bedford SS	1
2:32.52	526	F	10/03/18	WDSC Long Course Premier Open Meet	Wycombe	Co Milton K	1
2:33.43	516	H	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	Bedford SS	1
2:34.55	505	F	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	Bedford SS	1

2:34.33	503	F	13/06/14	BG ASA East Region BACUAT Championships 2014	Norwich	Bedford SS	1
2:35.02	501	H	26/01/13	ASA Central Region Zonal Competition	Corby	Bedford SS	1
2:35.21	499	H	31/05/15	City of Sunderland Last Chance Qualifier Meet	Sunderland		1
2:35.22	499	F	23/05/15	ASA East Region Summer Championships	Norwich		1
2:35.34	498	F	17/05/14	Northampton SC Spring Festival Open Meet	Corby	Bedford SS	1
2:35.53	496	H	24/07/13	BG ASA National Age Groups 2013	Sheffield	Bedford SS	1
2:36.14	490	H	07/08/15	ASA Summer Nationals 2015	Sheffield		1
2:36.28	489	H	24/05/14	Team Luton Last Chance National Qualifier 2014	Luton	Bedford SS	1
2:36.70	485	H	16/11/13	Team Luton Autumn LC Open Meet	Luton	Bedford SS	1
2:37.39	478	H	09/06/13	BGASA East Region Age Group Champs	Norwich	Bedford SS	1
2:38.26	471	H	25/01/14	Central Zonal Meet 2014	Corby	Bedford SS	1
2:38.49	469	H	18/01/15	City of Sunderland New Year Meet	Sunderland		1
2:38.62	467	F	09/06/13	BGASA East Region Age Group Champs	Norwich	Bedford SS	1
2:39.19	462	H	18/11/12	Team Luton Inaugural Long Course Meet	Luton	Bedford SS	1
2:39.68	458	F	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	Bedford SS	1
2:41.30	444	H	15/12/12	Northampton SC Winter Festival Open Meet	Corby	Bedford SS	1
2:41.93	439	H	07/12/13	ASA East Regionals Winter Championships	Norwich	Bedford SS	1
2:43.00	431	H	19/05/12	Northampton SC May Open Meet	Corby	Bedford SS	1
2:43.11	430	H	09/06/12	Midland Age Group Championships	Coventry	Bedford SS	1
2:43.33	428	F	09/06/12	Midland Age Group Championships	Coventry	Bedford SS	1
2:46.57	404	H	14/07/12	Northampton SC Summer Festival Meet 2012	Corby	Bedford SS	4
2:48.68	389		18/03/12	Northamptonshire County Championships	Corby	Bedford SS	1
2:51.41	370	H	06/04/12	Portsmouth Northsea Easter Festival	Portsmouth	Bedford SS	1
2:54.54	351	H	11/06/11	BG Midlands Age Group Championships	Coventry	Bedford SS	1
2:56.43	340	H	21/05/11	Northampton May Open Meet	Corby	Bedford SS	1
2:58.82	326	H	17/12/11	Northampton Winter Festival Open Meet	Corby	Bedford SS	1
2:59.96	320		20/03/11	Northamptonshire County Championships	Corby	Bedford SS	1
3:02.31	308	H	09/07/11	Northampton SC Summer Festival Open Meet	Corby	Bedford SS	4
3:33.09	192		13/03/10	Northants County Champs	Corby	Bedford SS	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:24.97	612	H	26/05/19	City of Cardiff International Open Meet	Cardiff	Co Milton K	1
2:29.62	557	H	21/04/19	Beckenham Easter International Open 2019	London	Co Milton K	1
2:30.72	545	H	04/08/18	Swim England National Summer Meet	Sheffield	Co Milton K	1
2:24.02	625	H	27/05/18	DX 2nd Long Course Open Meet	Sheffield	Co Milton K	1
2:25.98	600	H	05/05/18	Swim England South East Championships 2018	Wycombe	Co Milton K	1
2:28.71	567	H	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Co Milton K	1
2:32.52	526	F	10/03/18	WDSC Long Course Premier Open Meet	Wycombe	Co Milton K	1
2:24.03	624	F	06/08/17	Swim England National Summer Meet (50m)	Sheffield	Co Milton K	1
2:24.94	613	H	06/08/17	Swim England National Summer Meet (50m)	Sheffield	Co Milton K	1
2:30.40	548	H	29/04/17	ASA South East Region Championships 2017	Wycombe	Co Milton K	1
2:25.62	604	H	25/03/17	City of Sheffield Premier Meet	Sheffield	Co Milton K	1
2:29.26	561	H	14/01/17	16th City of Derby Long Course Open Meet	Sheffield	Co Milton K	1
2:29.09	563	H	29/07/16	British Summer Championships	Sheffield	Co Milton K	1
2:26.91	588	H	30/04/16	ASA South East Region Swimming Championships	Portsmouth	Co Milton K	1
2:24.91	613	H	30/04/16	ASA South East Region Swimming Championships	Portsmouth	Co Milton K	1
2:29.07	563	H	17/04/16	Team Luton April Long Course Meet	Luton	Co Milton K	1
2:29.18	562	F	12/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Co Milton K	1
2:36.14	490	H	07/08/15	ASA Summer Nationals 2015	Sheffield		1
2:35.21	499	H	31/05/15	City of Sunderland Last Chance Qualifier Meet	Sunderland		1
2:35.22	499	F	23/05/15	ASA East Region Summer Championships	Norwich		1
2:31.70	534	H	23/05/15	ASA East Region Summer Championships	Norwich		1

2:28.55	569	F	16/05/15	Northampton Spring Festival	Corby		1
2:31.70	534	H	16/05/15	Northampton Spring Festival	Corby		1
2:31.23	539	H	18/04/15	British Championships 2015	London		1
2:30.27	550	F	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	Bedford SS	1
2:27.67	579	H	08/03/15	Bedfordshire ASA County Championships	Luton		1
2:29.58	557	F	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	Bedford SS	1
2:38.49	469	H	18/01/15	City of Sunderland New Year Meet	Sunderland		1
2:34.55	505	F	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	Bedford SS	1
2:33.43	516	H	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	Bedford SS	1
2:36.28	489	H	24/05/14	Team Luton Last Chance National Qualifier 2014	Luton	Bedford SS	1
2:35.34	498	F	17/05/14	Northampton SC Spring Festival Open Meet	Corby	Bedford SS	1
2:32.37	527	H	17/05/14	Northampton SC Spring Festival Open Meet	Corby	Bedford SS	1
2:39.68	458	F	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	Bedford SS	1
2:38.26	471	H	25/01/14	Central Zonal Meet 2014	Corby	Bedford SS	1
2:41.93	439	H	07/12/13	ASA East Regionals Winter Championships	Norwich	Bedford SS	1
2:36.70	485	H	16/11/13	Team Luton Autumn LC Open Meet	Luton	Bedford SS	1
2:35.53	496	H	24/07/13	BG ASA National Age Groups 2013	Sheffield	Bedford SS	1
2:38.62	467	F	09/06/13	BGASA East Region Age Group Champs	Norwich	Bedford SS	1
2:37.39	478	H	09/06/13	BGASA East Region Age Group Champs	Norwich	Bedford SS	1
2:35.02	501	H	26/01/13	ASA Central Region Zonal Competition	Corby	Bedford SS	1
2:41.30	444	H	15/12/12	Northampton SC Winter Festival Open Meet	Corby	Bedford SS	1
2:39.19	462	H	18/11/12	Team Luton Inaugural Long Course Meet	Luton	Bedford SS	1
2:46.57	404	H	14/07/12	Northampton SC Summer Festival Meet 2012	Corby	Bedford SS	4
2:43.33	428	F	09/06/12	Midland Age Group Championships	Coventry	Bedford SS	1
2:43.11	430	H	09/06/12	Midland Age Group Championships	Coventry	Bedford SS	1
2:43.00	431	H	19/05/12	Northampton SC May Open Meet	Corby	Bedford SS	1
2:51.41	370	H	06/04/12	Portsmouth Northsea Easter Festival	Portsmouth	Bedford SS	1
2:48.68	389		18/03/12	Northamptonshire County Championships	Corby	Bedford SS	1
2:58.82	326	H	17/12/11	Northampton Winter Festival Open Meet	Corby	Bedford SS	1
3:02.31	308	H	09/07/11	Northampton SC Summer Festival Open Meet	Corby	Bedford SS	4
2:54.54	351	H	11/06/11	BG Midlands Age Group Championships	Coventry	Bedford SS	1
2:56.43	340	H	21/05/11	Northampton May Open Meet	Corby	Bedford SS	1
2:59.96	320		20/03/11	Northamptonshire County Championships	Corby	Bedford SS	1
3:33.09	192		13/03/10	Northants County Champs	Corby	Bedford SS	1