

Individual Best Times (All Time)

Alexandra Livingstone - (457357) - Carnforth & Dist Otters - 50 Backstroke - Short 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 |
|-------|--------|-------|----------|--|------------|-----------------|-------|
| 30.51 | 566 | H | 08/06/19 | Carnforth & District Otters ASC Club Gala 1 2019 | Lancaster | Carnforth | 4 |
| 30.52 | 566 | H | 03/11/18 | Swim England NWR Winter Championships | Manchester | Carnforth | 2 |
| 30.57 | 563 | F | 03/11/18 | Swim England NWR Winter Championships | Manchester | Carnforth | 2 |
| 31.04 | 538 | F | 30/09/17 | North Lancashire L2 Age Group Champs 2017 | Blackpool | Carnforth | 2 |
| 31.09 | 535 | H | 30/09/17 | North Lancashire L2 Age Group Champs 2017 | Blackpool | Carnforth | 2 |
| 31.13 | 533 | H | 29/09/18 | North Lancashire Level 2 Age Groups & Championship | Darwen LC | Carnforth | 2 |
| 31.26 | 527 | F | 29/09/18 | North Lancashire Level 2 Age Groups & Championship | Darwen LC | Carnforth | 2 |
| 31.31 | 524 | H | 13/07/19 | City of Salford Summer Spectacular 2019 | Broughton | Carnforth | 3 |
| 31.33 | 523 | H | 23/07/17 | City of Salford Summer Spectacular 2017 | Broughton | Carnforth | 3 |
| 31.36 | 521 | H | 05/11/16 | ASA North West Region Winter Championships | Manchester | Carnforth | 2 |
| 31.36 | 521 | F | 05/11/16 | ASA North West Region Winter Championships | Manchester | Carnforth | 2 |
| 31.37 | 521 | H | 09/06/18 | PSC Summer Spectacular - L3 Open Meet | Darwen | Carnforth | 3 |
| 31.37 | 521 | H | 18/11/18 | Wigan BEST Future Stars Open Meet | Wigan | Carnforth | 2 |
| 31.53 | 513 | H | 22/07/18 | City of Salford Summer Spectacular 2018 | Broughton | Carnforth | 3 |
| 31.56 | 512 | F | 01/10/16 | North Lancs L2 Age Groups & Champs | Blackpool | Carnforth | 2 |
| 31.93 | 494 | H | 01/10/16 | North Lancs L2 Age Groups & Champs | Blackpool | Carnforth | 2 |
| 31.98 | 492 | H | 12/07/21 | Carnforth & District | Salt Ayre | Carnforth | 0 |
| 32.00 | 491 | F | 03/10/15 | North Lancashire Level 2 Meet | Blackpool | | 2 |
| 32.24 | 480 | H | 11/06/16 | Preston Summer Spectacular 2016 Open Meet | Darwen | Carnforth | 3 |
| 32.25 | 479 | H | 03/10/15 | North Lancashire Level 2 Meet | Blackpool | | 2 |
| 32.73 | 459 | H | 07/11/15 | ASA North West Region Winter Championships | Liverpool | | 2 |
| 33.57 | 425 | H | 11/01/15 | North Lancashire Age Groups & Youth Championships | Blackpool | | 2 |
| 34.26 | 400 | H | 12/07/15 | 14th Biddulph Open Meet | Biddulph | | 3 |
| 34.65 | 386 | F | 16/11/14 | Wigan BEST Future Stars Open Meet | Wigan | Carnforth | 2 |
| 34.73 | 384 | H | 27/07/14 | City of Salford Summer Spectacular 2014 | Wigan | | 3 |
| 36.89 | 320 | H | 01/02/14 | North Lancashire Age Groups, Youth & Champs | Blackpool | Carnforth | 3 |
| 36.96 | 318 | H | 26/10/13 | North Lancashire SWDA Level 2 Meet | Blackpool | Carnforth | 2 |

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|-------|-----|---|----------|---|-----------|-----------|---|
| 38.09 | 291 | H | 03/02/13 | North Lancashire AG & Youth Champs | Blackpool | Carnforth | 3 |
| 39.17 | 267 | H | 25/05/13 | Blackpool "Rocks" Level 3 Open Meet | Blackpool | Carnforth | 3 |
| 39.33 | 264 | H | 21/07/13 | City of Salford SC Summer Olympic | Salford | Carnforth | 3 |
| 39.66 | 258 | H | 05/02/12 | North Lancashire Age Groups & Youth Meet | Blackpool | Carnforth | 3 |
| 39.92 | 253 | H | 08/07/12 | City of Salford SC Summer Spectacular | Salford | Carnforth | 3 |
| 42.82 | 205 | H | 06/11/11 | North Lancashire Level 3 Open Meet | Blackpool | Carnforth | 3 |
| 44.18 | 186 | H | 16/07/11 | The City of Salford Summer Spectacular | Salford | Carnforth | 3 |
| 45.40 | 172 | H | 03/10/10 | North Lancs SWP ASSOC Meet | Blackpool | Carnforth | 3 |
| 46.39 | 161 | F | 24/09/11 | Ulverston ASC Graded Level 3 Meet | Kendal | Carnforth | 3 |
| 46.83 | 156 | F | 25/09/10 | Ulverston Graded Open Meet | Kendal | Carnforth | 3 |
| 48.42 | 141 | H | 06/02/11 | North Lancashire Age Group & Youth Champs | Blackpool | Carnforth | 3 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|-------|--------|-------|----------|--|------------|-----------------|-------|
| 31.98 | 492 | H | 12/07/21 | Carnforth & District | Salt Ayre | Carnforth | 0 |
| 31.31 | 524 | H | 13/07/19 | City of Salford Summer Spectacular 2019 | Broughton | Carnforth | 3 |
| 30.51 | 566 | H | 08/06/19 | Carnforth & District Otters ASC Club Gala 1 2019 | Lancaster | Carnforth | 4 |
| 31.37 | 521 | H | 18/11/18 | Wigan BEST Future Stars Open Meet | Wigan | Carnforth | 2 |
| 30.57 | 563 | F | 03/11/18 | Swim England NWR Winter Championships | Manchester | Carnforth | 2 |
| 30.52 | 566 | H | 03/11/18 | Swim England NWR Winter Championships | Manchester | Carnforth | 2 |
| 31.26 | 527 | F | 29/09/18 | North Lancashire Level 2 Age Groups & Championship | Darwen LC | Carnforth | 2 |
| 31.13 | 533 | H | 29/09/18 | North Lancashire Level 2 Age Groups & Championship | Darwen LC | Carnforth | 2 |
| 31.53 | 513 | H | 22/07/18 | City of Salford Summer Spectacular 2018 | Broughton | Carnforth | 3 |
| 31.37 | 521 | H | 09/06/18 | PSC Summer Spectacular - L3 Open Meet | Darwen | Carnforth | 3 |
| 31.04 | 538 | F | 30/09/17 | North Lancashire L2 Age Group Champs 2017 | Blackpool | Carnforth | 2 |
| 31.09 | 535 | H | 30/09/17 | North Lancashire L2 Age Group Champs 2017 | Blackpool | Carnforth | 2 |
| 31.33 | 523 | H | 23/07/17 | City of Salford Summer Spectacular 2017 | Broughton | Carnforth | 3 |
| 31.36 | 521 | F | 05/11/16 | ASA North West Region Winter Championships | Manchester | Carnforth | 2 |
| 31.36 | 521 | H | 05/11/16 | ASA North West Region Winter Championships | Manchester | Carnforth | 2 |
| 31.56 | 512 | F | 01/10/16 | North Lancs L2 Age Groups & Champs | Blackpool | Carnforth | 2 |
| 31.93 | 494 | H | 01/10/16 | North Lancs L2 Age Groups & Champs | Blackpool | Carnforth | 2 |
| 32.24 | 480 | H | 11/06/16 | Preston Summer Spectacular 2016 Open Meet | Darwen | Carnforth | 3 |
| 32.73 | 459 | H | 07/11/15 | ASA North West Region Winter Championships | Liverpool | Carnforth | 2 |
| 32.00 | 491 | F | 03/10/15 | North Lancashire Level 2 Meet | Blackpool | Carnforth | 2 |
| 32.25 | 479 | H | 03/10/15 | North Lancashire Level 2 Meet | Blackpool | Carnforth | 2 |
| 34.26 | 400 | H | 12/07/15 | 14th Biddulph Open Meet | Biddulph | Carnforth | 3 |
| 33.57 | 425 | H | 11/01/15 | North Lancashire Age Groups & Youth Championships | Blackpool | Carnforth | 2 |
| 34.65 | 386 | F | 16/11/14 | Wigan BEST Future Stars Open Meet | Wigan | Carnforth | 2 |
| 34.73 | 384 | H | 27/07/14 | City of Salford Summer Spectacular 2014 | Wigan | Carnforth | 3 |
| 36.89 | 320 | H | 01/02/14 | North Lancashire Age Groups, Youth & Champs | Blackpool | Carnforth | 3 |
| 36.96 | 318 | H | 26/10/13 | North Lancashire SWPA Level 3 Meet | Blackpool | Carnforth | 3 |
| 39.33 | 264 | H | 21/07/13 | City of Salford SC Summer Olympic | Salford | Carnforth | 3 |
| 39.17 | 267 | H | 25/05/13 | Blackpool "Rocks" Level 3 Open Meet | Blackpool | Carnforth | 3 |
| 38.09 | 291 | H | 03/02/13 | North Lancashire AG & Youth Champs | Blackpool | Carnforth | 3 |
| 39.92 | 253 | H | 08/07/12 | City of Salford SC Summer Spectacular | Salford | Carnforth | 3 |
| 39.66 | 258 | H | 05/02/12 | North Lancashire Age Groups & Youth Meet | Blackpool | Carnforth | 3 |
| 42.82 | 205 | H | 06/11/11 | North Lancashire Level 3 Open Meet | Blackpool | Carnforth | 3 |
| 46.39 | 161 | F | 24/09/11 | Ulverston ASC Graded Level 3 Meet | Kendal | Carnforth | 3 |
| 44.18 | 186 | H | 16/07/11 | The City of Salford Summer Spectacular | Salford | Carnforth | 3 |
| 48.42 | 141 | H | 06/02/11 | North Lancashire Age Group & Youth Champs | Blackpool | Carnforth | 3 |
| 45.40 | 172 | H | 03/10/10 | North Lancs SWP ASSOC Meet | Blackpool | Carnforth | 3 |
| 46.83 | 156 | F | 25/09/10 | Ulverston Graded Open Meet | Kendal | Carnforth | 3 |

