

# Individual Best Times (All Time)

Aiyana Lawson - (526347) - City Of Milton Keynes - 400 Freestyle - 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 |
|---------|--------|-------|----------|-------------------------------------------------|---------------|-----------------|-------|
| 4:31.25 | 620    | F     | 05/12/15 | Maxwell December 2015 L3 Meet                   | Aylesbury     |                 | 3     |
| 4:36.32 | 586    | F     | 03/04/16 | CMKSC Annual L3 Spring Open Meet                | Milton Keynes |                 | 3     |
| 4:37.08 | 581    | H     | 24/10/15 | Flitwick Dolphins Open Meet 2015                | Biggleswade   |                 | 3     |
| 4:37.91 | 576    | H     | 22/03/14 | Bedfordshire Age Group & County Champs          | Luton         | Bedford SS      | 2     |
| 4:38.29 | 574    | F     | 15/01/17 | Oxfordshire & North Bucks County Championships  | Aylesbury     | Co Milton K     | 2     |
| 4:38.79 | 571    | F     | 17/01/16 | Oxfordshire & North Bucks County Champs         | Aylesbury     | Co Milton K     | 2     |
| 4:39.69 | 565    | H     | 09/01/15 | City of Cambridge Winter Open Short Course      | Parkside      |                 | 2     |
| 4:40.27 | 562    | H     | 06/12/14 | ASA East Region Winter Championships            | Luton         |                 | 2     |
| 4:40.85 | 558    | H     | 02/10/15 | Cambridge L2 Regional & National SC Qualifier   | Cambridge     |                 | 2     |
| 4:41.46 | 554    | H     | 29/10/16 | Flitwick Dolphins Open Meet 2016                | Biggleswade   | Co Milton K     | 3     |
| 4:41.75 | 553    | H     | 02/10/16 | Leicester Penguins 2016 Open Meet               | Braunstone    | Co Milton K     | 3     |
| 4:42.13 | 551    | H     | 29/11/14 | Nuneaton & Bedworth Open Meet                   | Nuneaton      |                 | 2     |
| 4:44.02 | 540    | H     | 06/10/13 | Leicester Penguins Open Meet 2013               | Braunstone    | Bedford SS      | 3     |
| 4:44.46 | 537    | F     | 24/11/13 | Watford Middle Distance & 50m Sprint Open       | Watford       | Bedford SS      | 3     |
| 4:49.91 | 507    | H     | 16/03/13 | Bedfordshire County Championships               | Luton         | Bedford SS      | 2     |
| 4:50.01 | 507    | F     | 19/12/14 | City of Peterborough County Qualifier Open Meet | Peterborough  | Bedford SS      | 3     |
| 4:50.17 | 506    | H     | 28/04/13 | Team Luton Spring Open Meet 2013                | Luton         | Bedford SS      | 3     |
| 4:53.00 | 491    |       | 06/10/12 | Leicester Penguins 27th Open Meet               | Braunstone    | Bedford SS      | 2     |
| 5:10.09 | 415    | H     | 21/01/12 | Windsor Level 2 Open Meet                       | Maidenhead    | Bedford SS      | 2     |
| 5:18.84 | 381    | F     | 19/11/11 | City of Milton Keynes 502400's Meet             | Bletchley     | Bedford SS      | 2     |
| 5:37.07 | 323    | H     | 05/12/10 | Stafford Apex Open Meet                         | Stafford      | Bedford SS      | 2     |
| 5:48.53 | 292    | H     | 24/10/10 | Chase Roebuck Open Meet                         | Stafford      | Bedford SS      | 2     |
| 5:53.31 | 280    |       | 22/01/11 | Biggleswade 12th Open Meet                      | Biggleswade   | Bedford SS      | 3     |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|------|--------|-------|------|------|-------|-----------------|-------|
|------|--------|-------|------|------|-------|-----------------|-------|

|         |     |   |          |                                                 |               |             |   |
|---------|-----|---|----------|-------------------------------------------------|---------------|-------------|---|
| 4:38.29 | 574 | F | 15/01/17 | Oxfordshire & North Bucks County Championships  | Aylesbury     | Co Milton K | 2 |
| 4:41.46 | 554 | H | 29/10/16 | Flitwick Dolphins Open Meet 2016                | Biggleswade   | Co Milton K | 3 |
| 4:41.75 | 553 | H | 02/10/16 | Leicester Penguins 2016 Open Meet               | Braunstone    | Co Milton K | 3 |
| 4:36.32 | 586 | F | 03/04/16 | CMKSC Annual L3 Spring Open Meet                | Milton Keynes |             | 3 |
| 4:38.79 | 571 | F | 17/01/16 | Oxfordshire & North Bucks County Champs         | Aylesbury     | Co Milton K | 2 |
| 4:31.25 | 620 | F | 05/12/15 | Maxwell December 2015 L3 Meet                   | Aylesbury     |             | 3 |
| 4:37.08 | 581 | H | 24/10/15 | Flitwick Dolphins Open Meet 2015                | Biggleswade   |             | 3 |
| 4:40.85 | 558 | H | 02/10/15 | Cambridge L2 Regional & National SC Qualifier   | Cambridge     |             | 2 |
| 4:39.69 | 565 | H | 09/01/15 | City of Cambridge Winter Open Short Course      | Parkside      |             | 2 |
| 4:50.01 | 507 | F | 19/12/14 | City of Peterborough County Qualifier Open Meet | Peterborough  | Bedford SS  | 3 |
| 4:40.27 | 562 | H | 06/12/14 | ASA East Region Winter Championships            | Luton         |             | 2 |
| 4:42.13 | 551 | H | 29/11/14 | Nuneaton & Bedworth Open Meet                   | Nuneaton      |             | 2 |
| 4:37.91 | 576 | H | 22/03/14 | Bedfordshire Age Group & County Champs          | Luton         | Bedford SS  | 2 |
| 4:44.46 | 537 | F | 24/11/13 | Watford Middle Distance & 50m Sprint Open       | Watford       | Bedford SS  | 3 |
| 4:44.02 | 540 | H | 06/10/13 | Leicester Penguins Open Meet 2013               | Braunstone    | Bedford SS  | 3 |
| 4:50.17 | 506 | H | 28/04/13 | Team Luton Spring Open Meet 2013                | Luton         | Bedford SS  | 3 |
| 4:49.91 | 507 | H | 16/03/13 | Bedfordshire County Championships               | Luton         | Bedford SS  | 2 |
| 4:53.00 | 491 |   | 06/10/12 | Leicester Penguins 27th Open Meet               | Braunstone    | Bedford SS  | 2 |
| 5:10.09 | 415 | H | 21/01/12 | Windsor Level 2 Open Meet                       | Maidenhead    | Bedford SS  | 2 |
| 5:18.84 | 381 | F | 19/11/11 | City of Milton Keynes 502400's Meet             | Bletchley     | Bedford SS  | 2 |
| 5:53.31 | 280 |   | 22/01/11 | Biggleswade 12th Open Meet                      | Biggleswade   | Bedford SS  | 3 |
| 5:37.07 | 323 | H | 05/12/10 | Stafford Apex Open Meet                         | Stafford      | Bedford SS  | 2 |
| 5:48.53 | 292 | H | 24/10/10 | Chase Roebuck Open Meet                         | Stafford      | Bedford SS  | 2 |