

Individual Best Times (All Time)

Shannon Stott - (558830) - City of Sheffield Swim Squad Ltd - 200 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
2:23.06	574	F	03/07/16	City of St Albans Club Championships	St Albans	Co St Albans	4
2:23.85	565	H	18/12/16	Hatfield Christmas Gala	Hatfield	Co St Albans	3
2:24.12	562	F	26/01/16	Hertfordshire County Championships	Borehamwood	Co St Albans	2
2:24.19	561	H	25/09/16	Team Luton September Short Course Meet	Luton	Co St Albans	2
2:24.81	554	F	29/01/17	Herts County Champs & Age Group Champs	Borehamwood	Co St Albans	2
2:25.39	547	F	29/11/15	City of St Albans Invitational Meet	St Albans	Co St Albans	4
2:25.84	542	F	26/11/16	St Albans Open Meet	St Albans	Co St Albans	3
2:28.52	513	F	20/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	Co St Albans	2
2:28.59	512	F	25/01/15	City of St Albans Club Championships	St Albans	Co St Albans	4
2:29.22	506	H	16/11/14	Team Luton Autumn Short Course Meet	Luton		2
2:30.01	498	F	15/03/15	Hertfordshire County Championships	Borehamwood	Co St Albans	2
2:34.03	460	F	09/03/14	Hertfordshire ASA County Championships	Borehamwood	Co St Albans	2
2:35.06	451	F	24/11/13	Watford Middle Distance & 50m Sprint Open	Watford	Co St Albans	3
2:38.18	425	F	30/06/13	Watford SC Alternative Nationals Open Meet	Watford	Co St Albans	3
2:40.04	410	F	20/10/13	Hemel Hempstead 100th Birthday Open Meet	Hemel Hempstead	Co St Albans	3
2:40.95	403	F	18/01/14	City of St Albans Club Championships Round 1	St Albans	Co St Albans	4
2:42.61	391	F	21/04/13	City of Milton Keynes SC Spring Open	Bletchley	Co St Albans	2
2:43.18	387	F	17/03/13	Hertfordshire County Championships	Borehamwood	Co St Albans	2
2:44.24	379	F	16/12/12	Borough of Harrow SC Christmas Cracker	London	Co St Albans	3
2:49.97	342	F	26/01/13	City of St Albans ASC Club Championships	St Albans	Co St Albans	4
2:50.75	337	F	18/03/12	Hertfordshire County Championships	Borehamwood	Co St Albans	2
2:51.88	331	F	01/07/12	WSC Alternative Nationals	Watford	Co St Albans	3
2:53.46	322	F	12/02/12	Ealing Short Course Open Meet	Ealing	Co St Albans	3
2:53.82	320	H	13/05/12	Hatfield SC UK Challenge	Hatfield	Co St Albans	2
2:57.52	300	F	16/07/11	Plymouth Leander Non National Qualifiers O	Plymouth	Co St Albans	3
2:57.77	299	F	22/01/12	Biggleswade Open Meet	Biggleswade	Co St Albans	3
2:59.18	288	F	27/11/10	Hatfield Winter Wednesday	Hatfield	Co St Albans	2

2:39.10	292	F	27/11/10	Hatfield Winter Wonderland	Hatfield	Co St Albans	2
3:00.49	286	F	06/03/11	Hertfordshire County Championships	Borehamwood	Co St Albans	2
3:03.47	272	F	10/07/11	Watford SC Alternative Nationals Open	Watford	Co St Albans	3
3:05.70	262	F	12/09/10	Hatfield Club Champs	Hatfield	Co St Albans	4
3:09.77	246		17/10/10	Barnet Cophall 200 Meet	Barnet	Co St Albans	3
3:11.11	241		23/01/11	Biggleswade 12th Open Meet	Biggleswade	Co St Albans	3
3:13.75	231	F	13/03/10	Hertfordshire Champs	Borehamwood	Co St Albans	2
3:19.45	212	F	24/07/10	Plymouth Leander Open	Plymouth	Co St Albans	3
3:23.94	198		21/11/09	Milton Keynes 502400 Open	Milton Keynes	Co St Albans	2

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