

# Individual Best Times (All Time)

Simone Amos - (804440) - Saxon Crown (Lewisham) SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:05.49	1:04.20	492	31/01/16	Kent Swimming Championships 2016	Crystal Palace	SE160329	1
200 Freestyle	2:20.22	2:17.70	521	31/01/16	Kent Swimming Championships 2016	Crystal Palace	SE160329	1
400 Freestyle	5:00.27	4:55.60	481	04/05/15	London Region Summer Championships	Crystal Palace	LR150561	1
800 Freestyle	10:11.35	10:01.80	498	15/05/16	Team Luton May Long Course Meet	Luton	ER160180	1
100 Breaststroke	1:29.40	1:28.00	369	07/02/16	Kent Swimming Championships 2016	Crystal Palace	SE160330	1
100 Butterfly	1:14.55	1:13.50	412	06/02/16	Kent Swimming Championships 2016	Crystal Palace	SE160330	1
200 Butterfly	2:43.44	2:41.50	413	06/02/16	Kent Swimming Championships 2016	Crystal Palace	SE160330	1
100 Backstroke	1:15.60	1:14.50	436	30/01/16	Kent Swimming Championships 2016	Crystal Palace	SE160329	1
200 Backstroke	2:38.43	2:36.30	469	30/01/16	Kent Swimming Championships 2016	Crystal Palace	SE160329	1
200 Individual Medley	2:41.97	2:39.50	472	10/04/16	London Region Summer Championships	London	LR160414	1
400 Individual Medley	5:42.78	5:37.60	466	23/01/16	Kent Swimming Championships 2016	Crystal Palace	SE160328	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.36	31.00	430	30/11/15	Saxon Crown SC Club Championships 2015	Glass Mill	LR152246	4
100 Freestyle	1:05.19	1:06.50	457	15/11/15	Saxon Crown SC Club Championships 2015	Glass Mill	LR152247	4
200 Freestyle	2:18.03	2:20.50	510	23/11/15	Saxon Crown SC Club Championships 2015	Glass Mill	LR152245	4
400 Freestyle	4:47.74	4:52.60	519	22/11/15	Saxon Crown SC Club Championships 2015	Downham	LR152241	4
800 Freestyle	9:57.03	10:06.60	511	17/10/15	Saxon Crown Short but Long Distance Meet	Lewisham	LR151591	3
50 Breaststroke	38.76	39.60	392	01/10/16	Saxon Crown 2016 Club Championships	Glass Mill	LR162226	4
100 Breaststroke	1:25.81	1:27.30	383	29/11/15	Saxon Crown Club Championships 2015	Glass Mill	LR152248	4
50 Butterfly	33.28	33.80	393	01/10/16	Saxon Crown 2016 Club Championships	Glass Mill	LR162226	4
100 Butterfly	1:11.44	1:12.50	433	05/12/16	Saxon Crown 2016 Club Championships	Downham	LR162244	4
200 Butterfly	2:39.03	2:41.00	425	02/11/15	Saxon Crown SC Club Championships 2015	Glass Mill	LR152242	4
50 Backstroke	35.19	35.80	369	01/10/16	Saxon Crown 2016 Club Championships	Glass Mill	LR162226	4
100 Backstroke	1:12.94	1:14.00	426	05/12/16	Saxon Crown 2016 Club Championships	Downham	LR162244	4
200 Backstroke	2:31.26	2:33.40	486	09/11/15	Saxon Crown SC Club Championships 2015	Glass Mill	LR152243	4
200 Individual Medley	2:35.13	2:37.70	484	15/11/15	Saxon Crown SC Club Championships 2015	Glass Mill	LR152247	4
400 Individual Medley	5:26.37	5:31.70	499	01/11/15	Saxon Crown SC Club Championships 2015	Downham	LR152240	4
100 Individual Medley	1:15.76	1:15.80	415	07/03/15	2015 Kent County Swimming Championships	Gillingham	CC150173	2