

Individual Best Times (All Time)

Verity Allen - (933320) - Blythe Barracudas SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.78	32.10	373	17/04/16	Team Luton April Long Course Meet	Luton	ER160181	1
100 Freestyle	1:12.70	1:11.50	359	20/02/16	Warwickshire ASA Championships	Coventry	WM160089	1
200 Freestyle	2:38.97	2:36.80	357	06/03/16	Warwickshire ASA Championships	Coventry	WM160091	1
400 Freestyle	5:54.83	5:50.80	291	09/01/16	United Bristol New Year Open Meet	Bristol	SW160136	1
50 Breaststroke	38.54	37.70	433	29/05/16	West Midlands ASA Championships	Coventry	WM160483	1
100 Breaststroke	1:25.78	1:24.30	417	06/03/16	Warwickshire ASA Championships	Coventry	WM160091	1
200 Breaststroke	3:09.10	3:06.30	384	20/02/16	Warwickshire ASA Championships	Coventry	WM160089	1
50 Butterfly	35.74	35.20	319	16/04/16	Team Luton April Long Course Meet	Luton	ER160181	1
50 Backstroke	40.22	39.70	297	10/01/16	United Bristol New Year Open Meet	Bristol	SW160136	1
100 Backstroke	1:31.08	1:30.20	249	21/03/15	Warwickshire County Championships and Age Group	Coventry	CC150057	1
200 Individual Medley	2:57.87	2:55.60	356	05/03/16	Warwickshire ASA Championships	Coventry	WM160091	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.89	32.50	371	28/03/16	City of Birmingham 23rd Open Meet	Birmingham	WM160128	2
100 Freestyle	1:11.77	1:12.90	343	27/03/16	City of Birmingham 23rd Open Meet	Birmingham	WM160128	2
200 Freestyle	2:41.95	2:44.10	316	26/03/16	City of Birmingham 23rd Open Meet	Birmingham	WM160128	2
400 Freestyle	5:30.33	5:34.60	343	27/03/16	City of Birmingham 23rd Open Meet	Birmingham	WM160128	2
50 Breaststroke	38.08	38.90	413	03/07/16	Boldmere Water Carnival	Stechford	WM161270	3
100 Breaststroke	1:24.59	1:26.10	400	21/11/15	Stockport Metro November Meet 2015	Stockport	NW151137	2
200 Breaststroke	3:01.98	3:04.90	404	27/03/16	City of Birmingham 23rd Open Meet	Birmingham	WM160128	2
50 Butterfly	36.00	36.50	310	26/03/16	City of Birmingham 23rd Open Meet	Birmingham	WM160128	2
50 Backstroke	39.72	40.20	256	05/04/15	City of Birmingham 22nd Open Meet	Stechford	WM150467	2
100 Backstroke	1:20.08	1:21.10	322	26/03/16	City of Birmingham 23rd Open Meet	Birmingham	WM160128	2
200 Individual Medley	2:52.77	2:55.00	350	28/03/16	City of Birmingham 23rd Open Meet	Birmingham	WM160128	2
400 Individual Medley	6:08.83	6:13.60	346	25/03/16	City of Birmingham 23rd Open Meet	Birmingham	WM160128	2
100 Individual Medley	1:21.81	1:21.80	329	06/12/15	Wyre Forest Christmas County Qualifier 2015	Wolverhampton	WM150897	3