

# Individual Best Times (All Time)

Phoebe McNicholas - (1114762) - City of Sheffield Swim Squad Ltd

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.02	27.30	598	25/02/24	BUCS Long Course Swimming Championships 2023-24	Sheffield	NE240419	1
100 Freestyle	1:01.44	1:00.10	596	23/06/24	City of Sheffield Team Steel Meet 2024	Sheffield	NE240091	1
200 Freestyle	3:03.95	3:02.00	230	10/01/16	City of Leeds New Year Meet 2016	Leeds	NE160165	3
400 Freestyle	6:07.68	6:03.80	262	14/02/15	Yorkshire County Championships	Leeds	NE150622	1
50 Breaststroke	34.12	33.20	624	23/06/24	City of Sheffield Team Steel Meet 2024	Sheffield	NE240091	1
100 Breaststroke	1:16.35	1:14.70	592	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
200 Breaststroke	2:48.84	2:45.70	540	11/02/23	Yorkshire Swimming Association Championships 2023	Leeds	NE230055	1
50 Butterfly	29.35	28.70	576	17/02/24	Yorkshire SA Championships 2024	Sheffield	NE240026	1
100 Butterfly	1:08.59	1:07.50	529	14/05/23	Rotherham Metro Springtime Long Course Meet 2023	Sheffield	NE230500	3
50 Backstroke	34.18	33.60	485	22/04/23	Stocksbridge Pentaqua Spring Open Meet 2023	Sheffield	NE230163	3
100 Backstroke	1:27.45	1:26.50	281	15/04/17	Stocksbridge Spring Open Meet	Sheffield	NE170314	3
200 Individual Medley	2:32.10	2:29.50	570	23/04/22	Stocksbridge Pentaqua Spring Open Meet 2022	Sheffield	NE220476	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.11	27.90	605	09/07/23	Borough of Barnsley SC 14th Annual Summer Sizzler	Leeds	NE230839	3
100 Freestyle	1:00.52	1:01.90	572	17/09/22	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE220520	3
200 Freestyle	2:15.58	2:18.10	538	15/10/22	Stocksbridge & District Pentaqua SC Club Champs	Stocksbridge	NE221216	4
400 Freestyle	6:14.64	6:18.40	235	17/10/14	Borough of Barnsley SC Club Championships 2014	Dearnside	NE14130	4
50 Breaststroke	33.28	34.20	619	08/10/23	Yorkshire SA Winter Competitions 2023	Leeds	NE230684	2
100 Breaststroke	1:14.06	1:15.70	596	04/11/23	NE Regional Open Championships (25m) 2023	Sheffield	NE231348	2
200 Breaststroke	2:42.53	2:45.70	567	06/11/22	SE North East Open Championships (25m) 2022	Sheffield	NE221572	2
50 Butterfly	29.26	29.90	578	09/07/23	Borough of Barnsley SC 14th Annual Summer Sizzler	Leeds	NE230839	3
100 Butterfly	1:07.22	1:08.30	519	08/10/23	Yorkshire SA Winter Competitions 2023	Leeds	NE230684	2
50 Backstroke	33.35	33.90	434	08/10/23	Yorkshire SA Winter Competitions 2023	Leeds	NE230684	2
100 Backstroke	1:12.95	1:14.00	425	30/09/23	Stocksbridge & District Pentaqua Club Champs 2023	Stocksbridge	NE231705	4
200 Individual Medley	2:27.66	2:30.30	562	30/09/23	Stocksbridge & District Pentaqua Club Champs 2023	Stocksbridge	NE231705	4
100 Individual Medley	1:07.32	1:07.30	591	17/11/23	BUCS Short Course Swimming Championships 2023	Sheffield	NE232392	2