

Individual Best Times (All Time)

Rosie Sykes - (1117689) - City of Sheffield Swim Squad Ltd

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle | 29.87 | 29.20 | 493 | 26/03/17 | City of Sheffield Premier Meet | Sheffield | NE170248 | 1 |
| 100 Freestyle | 1:03.27 | 1:01.90 | 545 | 23/07/17 | City of Sheffield Summer Meet | Sheffield | NE170250 | 3 |
| 200 Freestyle | 2:17.77 | 2:15.20 | 549 | 22/07/17 | City of Sheffield Summer Meet | Sheffield | NE170250 | 3 |
| 400 Freestyle | 4:49.44 | 4:44.50 | 537 | 27/05/17 | ASA North East Region Championships | Sunderland | NE170146 | 1 |
| 50 Breaststroke | 43.78 | 43.10 | 295 | 25/09/16 | City of Sheffield Swim Squad 34th Annual Teaspoon | Sheffield | NE160268 | 3 |
| 100 Breaststroke | 1:52.38 | 1:51.20 | 185 | 11/12/14 | CO Sheffield December Time Trials | Sheffield | NE14717 | 4 |
| 50 Butterfly | 31.54 | 30.90 | 464 | 23/07/17 | City of Sheffield Summer Meet | Sheffield | NE170250 | 3 |
| 100 Butterfly | 1:11.53 | 1:10.50 | 466 | 28/05/16 | ASANER Regional Championships 2016 | Sheffield | NE160067 | 1 |
| 200 Butterfly | 2:37.97 | 2:36.00 | 458 | 23/07/16 | City of Sheffield Swim Squad Summer Meet 2016 | Sheffield | NE160211 | 3 |
| 50 Backstroke | 32.73 | 32.10 | 552 | 27/05/17 | ASA North East Region Championships | Sunderland | NE170146 | 1 |
| 100 Backstroke | 1:10.00 | 1:08.80 | 549 | 20/05/17 | ASA North East Region Championships | Sunderland | NE170146 | 1 |
| 200 Backstroke | 2:31.72 | 2:29.50 | 534 | 27/11/16 | City of Sheffield Snow Frills Meet | Sheffield | NE160213 | 3 |
| 200 Individual Medley | 2:41.27 | 2:38.80 | 478 | 24/07/16 | City of Sheffield Swim Squad Summer Meet 2016 | Sheffield | NE160211 | 3 |
| 400 Individual Medley | 5:43.67 | 5:38.50 | 463 | 16/04/16 | City of Liverpool Spring Open Meet 2016 | Liverpool | NW160231 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|---|--------------|----------|-------|
| 50 Freestyle | 29.33 | 30.00 | 477 | 21/10/17 | Yorkshire SA Winter Competition | Sheffield | NE171863 | 2 |
| 100 Freestyle | 1:04.59 | 1:05.90 | 470 | 06/11/16 | ASA North East Region Age Group Championships | Sunderland | NE162069 | 2 |
| 200 Freestyle | 2:21.92 | 2:24.30 | 469 | 22/04/18 | Borough of Kirklees Spring Open Meet | Huddersfield | NE180621 | 3 |
| 400 Freestyle | 5:15.45 | 5:19.90 | 394 | 31/10/15 | City of Salford Potential Olympians 2015 | Salford | NW150730 | 3 |
| 50 Breaststroke | 45.48 | 46.20 | 242 | 21/06/15 | 22nd Annual Open Meet | Sheffield | EM150628 | 3 |
| 100 Breaststroke | 1:37.32 | 1:38.60 | 263 | 25/10/15 | Retford Early Bird | Retford | EM151484 | 3 |
| 200 Breaststroke | 3:29.27 | 3:31.80 | 265 | 31/10/15 | City of Salford Potential Olympians 2015 | Salford | NW150730 | 3 |
| 50 Butterfly | 32.28 | 32.90 | 430 | 06/11/16 | ASA North East Region Age Group Championships | Sunderland | NE162069 | 2 |
| 100 Butterfly | 1:12.02 | 1:13.10 | 422 | 15/10/16 | Yorkshire SA Winter Competition | Leeds | NE162072 | 2 |
| 200 Butterfly | 2:44.46 | 2:46.40 | 384 | 06/11/16 | ASA North East Region Age Group Championships | Sunderland | NE162069 | 2 |
| 50 Backstroke | 33.31 | 33.90 | 435 | 22/04/18 | Borough of Kirklees Spring Open Meet | Huddersfield | NE180621 | 3 |
| 100 Backstroke | 1:10.82 | 1:11.90 | 465 | 16/10/16 | Yorkshire SA Winter Competition | Leeds | NE162072 | 2 |
| 200 Backstroke | 2:32.69 | 2:34.90 | 472 | 05/11/16 | ASA North East Region Age Group Championships | Sunderland | NE162069 | 2 |
| 200 Individual Medley | 2:39.48 | 2:41.90 | 446 | 15/10/16 | Yorkshire SA Winter Competition | Leeds | NE162072 | 2 |
| 400 Individual Medley | 5:39.61 | 5:44.70 | 443 | 05/11/16 | ASA North East Region Age Group Championships | Sunderland | NE162069 | 2 |
| 100 Individual Medley | 1:20.50 | 1:20.50 | 345 | 21/06/15 | 22nd Annual Open Meet | Sheffield | EM150628 | 3 |