

Individual Best Times (All Time)

Henry Day - (1121410) - Altrincham SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.72	34.30	213	12/07/14	Preston SC Guild Summer Spectacular	Darwen	NW4320	3
100 Freestyle	1:12.39	1:13.50	237	07/02/15	Cheshire County Championships 2015	Macclesfield	CC150092	2
50 Breaststroke	43.64	44.40	186	19/09/15	Trafford Borough Early Bird Sprint Meet	Stretford	NW151660	3
100 Breaststroke	1:40.07	1:41.30	168	06/12/14	Preston Christmas Countdown Open Meet	Darwen	NW14658	3
200 Breaststroke	3:40.72	3:43.10	161	12/01/14	Greater Manchester Clubs Age Groups	Manchester	NW4001	3
50 Butterfly	38.23	38.70	184	17/05/15	Trafford Metro 1st Annual Invitation Open Meet	Sale	NW150955	3
100 Butterfly	1:32.47	1:33.30	137	19/09/15	Trafford Borough Early Bird Sprint Meet	Stretford	NW151660	3
100 Individual Medley	1:23.68	1:23.70	204	07/02/15	Cheshire County Championships 2015	Macclesfield	CC150092	2