

Individual Best Times (All Time)

Emily Hyder - (1203725) - Ramsbottom SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.28	30.60	430	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
100 Freestyle	1:07.61	1:06.40	447	01/10/23	COMAST Arena Manchester Winter Regional Qualifier	Manchester	NW231963	3
200 Freestyle	2:26.28	2:23.90	459	17/12/23	City of Leeds Xmas Cracker Meet 2023	John Charles Aqu Cen	NE231008	3
400 Freestyle	5:11.23	5:06.70	432	01/10/23	COMAST Arena Manchester Winter Regional Qualifier	Manchester	NW231963	3
800 Freestyle	10:57.59	10:48.70	400	15/12/23	City of Leeds Xmas Cracker Meet 2023	John Charles Aqu Cen	NE231008	3
200 Individual Medley	2:54.29	2:52.00	378	01/10/23	COMAST Arena Manchester Winter Regional Qualifier	Manchester	NW231963	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.46	31.10	426	10/09/23	Trafford Borough Early Bird Meet 2023	Stretford	NW231636	3
100 Freestyle	1:07.16	1:08.40	418	02/03/24	City of Salford Spring Meet 2024	Salford	NW240303	3
200 Freestyle	2:23.60	2:26.00	453	03/03/24	City of Salford Spring Meet 2024	Salford	NW240303	3
400 Freestyle	5:01.25	5:05.90	452	02/03/24	City of Salford Spring Meet 2024	Salford	NW240303	3
50 Breaststroke	53.48	54.10	149	15/12/19	Flixton Trafford Borough Christmas Cracker	Stretford	NW192010	3
100 Breaststroke	1:56.88	1:58.00	151	15/12/19	Flixton Trafford Borough Christmas Cracker	Stretford	NW192010	3
200 Breaststroke	3:45.69	3:48.00	211	28/11/21	Ramsbottom ASC Level 4 Meet	Bury	NW211516	4
50 Butterfly	35.39	35.90	326	10/09/23	Trafford Borough Early Bird Meet 2023	Stretford	NW231636	3
50 Backstroke	37.88	38.40	296	18/06/23	Ramsbottom Summer Splash Meet 2023	Castle LC	NW230826	3
200 Individual Medley	2:50.86	2:53.20	362	18/06/23	Ramsbottom Summer Splash Meet 2023	Castle LC	NW230826	3
100 Individual Medley	1:20.55	1:20.60	345	10/09/23	Trafford Borough Early Bird Meet 2023	Stretford	NW231636	3