

# Individual Best Times (All Time)

Zara Mann - (1206453) - Preston Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.27	27.50	582	12/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230073	1
100 Freestyle	1:00.52	59.10	623	21/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
200 Freestyle	2:12.28	2:09.60	620	06/04/24	Derby Excel April Meet	Sheffield	EM240430	1
400 Freestyle	4:52.90	4:48.10	518	28/01/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230071	1
50 Breaststroke	36.29	35.40	518	25/03/23	SE North West Regional Summer Championships 2023	Liverpool	NW230689	1
100 Breaststroke	1:21.67	1:20.10	484	15/04/23	City of Leeds SC National Qualifier Meet 2023	Leeds	NE230087	1
200 Breaststroke	3:04.81	3:01.90	412	23/01/22	Lancs County Age Groups & Championships 2022	Wavertree LC	NW220239	1
50 Butterfly	30.91	30.30	493	21/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
100 Butterfly	1:17.49	1:16.50	367	23/01/22	Lancs County Age Groups & Championships 2022	Wavertree LC	NW220239	1
50 Backstroke	32.45	31.80	567	28/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
100 Backstroke	1:12.59	1:11.50	492	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
200 Backstroke	2:51.83	2:49.90	368	11/01/20	Lancashire County Age Groups & County Champs	Manchester	NW200180	1
200 Individual Medley	2:29.83	2:27.20	596	07/04/24	Derby Excel April Meet	Sheffield	EM240430	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.75	28.50	564	05/11/23	SE NW Regional Winter Championships 2023	Manchester	NW231877	2
100 Freestyle	59.95	1:01.30	588	25/06/23	Preston SC Summer Spectacular Meet 2023	Darwen	NW230702	3
200 Freestyle	2:12.27	2:14.90	580	24/06/23	Preston SC Summer Spectacular Meet 2023	Darwen	NW230702	3
400 Freestyle	4:52.02	4:56.80	496	20/11/22	Stockport Metro November Short Course Open Meet 22	Stockport	NW220396	2
50 Breaststroke	35.73	36.60	500	17/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231624	2
100 Breaststroke	1:18.80	1:20.40	495	02/12/23	Preston SC Xmas Cracker 2023	Darwen	NW231907	3
200 Breaststroke	3:02.84	3:05.70	398	05/12/21	Preston SC Christmas Countdown	Darwen	NW211318	3
50 Butterfly	31.28	31.90	473	25/06/23	Preston SC Summer Spectacular Meet 2023	Darwen	NW230702	3
100 Butterfly	1:12.21	1:13.30	419	18/09/22	North Lancs S&WPA Level 2 Meet	Blackpool	NW221654	2
200 Butterfly	3:02.06	3:03.80	283	27/10/19	Blackpool Lights 2019	Blackpool	NW191509	3
50 Backstroke	31.99	32.60	491	17/09/22	North Lancs S&WPA Level 2 Meet	Blackpool	NW221654	2
100 Backstroke	1:09.25	1:10.40	497	16/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231624	2
200 Backstroke	2:38.53	2:40.60	422	06/11/22	Preston SC Club CHampionships 2022	Preston	NW222186	4
200 Individual Medley	2:29.73	2:32.30	539	28/05/23	Blackpool Rocks Meet 2023	Blackpool	NW230130	3
100 Individual Medley	1:08.00	1:08.00	573	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2