

# Individual Best Times (All Time)

Freya Hickson - (1240364) - Blackpool Aquatics ASC

Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                       | Venue     | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|--------------------------------------------|-----------|----------|-------|
| 50 Freestyle          | 34.89   | 35.50           | 283       | 28/10/17 | Blackpool Lights 2017                      | Blackpool | NW170831 | 3     |
| 100 Freestyle         | 1:17.21 | 1:18.30         | 275       | 28/10/17 | Blackpool Lights 2017                      | Blackpool | NW170831 | 3     |
| 200 Freestyle         | 3:05.02 | 3:06.90         | 211       | 26/11/17 | Blackpool Aquatics Club Championships 2017 | Blackpool | NW172469 | 4     |
| 50 Breaststroke       | 43.81   | 44.50           | 271       | 29/10/17 | Blackpool Lights 2017                      | Blackpool | NW170831 | 3     |
| 100 Breaststroke      | 1:41.69 | 1:42.90         | 230       | 15/07/17 | North Lancs Level 3 Development Meet 2017  | Blackpool | NW171037 | 3     |
| 200 Breaststroke      | 3:38.79 | 3:41.20         | 232       | 26/11/17 | Blackpool Aquatics Club Championships 2017 | Blackpool | NW172469 | 4     |
| 50 Backstroke         | 40.75   | 41.20           | 237       | 29/10/17 | Blackpool Lights 2017                      | Blackpool | NW170831 | 3     |
| 100 Backstroke        | 1:48.75 | 1:49.50         | 128       | 13/12/15 | Blackpool Aquatics Club Championships 2015 | Blackpool | NW152251 | 4     |
| 100 Individual Medley | 1:27.74 | 1:27.70         | 267       | 28/10/17 | Blackpool Lights 2017                      | Blackpool | NW170831 | 3     |