

# Individual Best Times (All Time)

Emma Flannery - (1245251) - City of Salford SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.37	26.60	641	07/04/22	British Championships 2022	Sheffield	BSW020	1
100 Freestyle	1:00.75	59.40	616	20/03/22	Derventio eXcel March Open Meet	Sheffield	EM220103	1
200 Freestyle	2:18.95	2:16.40	535	31/07/21	North West Summer Festival of Swimming	Manchester	NW210293	1
50 Breaststroke	39.17	38.40	412	09/02/19	Lancs County WPSA Age Groups & Championships 2019	Manchester	NW190177	1
100 Breaststroke	1:25.12	1:23.60	427	27/01/19	Lancs County WPSA Age Groups & Championships 2019	Manchester	NW190175	1
50 Butterfly	30.71	30.10	503	25/01/20	Lancashire County Age Groups & County Champs	Manchester	NW200179	1
50 Backstroke	33.85	33.30	499	25/01/20	Lancashire County Age Groups & County Champs	Manchester	NW200179	1
100 Backstroke	1:18.15	1:17.10	394	04/02/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180032	1
200 Individual Medley	2:43.12	2:40.70	462	26/01/19	Lancs County WPSA Age Groups & Championships 2019	Manchester	NW190175	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.83	27.60	624	07/11/21	NW Winter Regional Swimming Championships (25m)	Manchester	NW211011	2
100 Freestyle	58.79	1:00.20	624	07/11/21	NW Winter Regional Swimming Championships (25m)	Manchester	NW211011	2
200 Freestyle	2:14.93	2:17.50	546	15/03/20	City of Salford Spring Meet 2020	Broughton	NW200635	3
400 Freestyle	5:06.91	5:11.50	428	17/03/18	Greater Manchester Age Group Meet 2018	Wigan	NW180040	3
50 Breaststroke	38.12	38.90	412	17/11/18	Wigan BEST Future Stars Open Meet	Wigan	NW182020	2
100 Breaststroke	1:24.01	1:25.50	409	14/07/19	City of Salford Summer Spectacular 2019	Broughton	NW191466	3
200 Breaststroke	3:03.64	3:06.50	393	27/10/18	City of Salford Potential Olympians 2018	Broughton	NW181000	3
50 Butterfly	30.92	31.50	490	03/11/19	Swim England North West Winter Championships 2019	Manchester	NW192984	2
50 Backstroke	33.92	34.50	412	18/11/18	Wigan BEST Future Stars Open Meet	Wigan	NW182020	2
100 Backstroke	1:11.75	1:12.90	447	22/09/19	City of Salford Club Championships 2019	Broughton	NW191468	4
200 Individual Medley	2:37.69	2:40.20	461	13/07/19	City of Salford Summer Spectacular 2019	Broughton	NW191466	3
100 Individual Medley	1:15.90	1:15.90	412	18/11/17	Wigan BEST Future Stars Open Meet	Wigan	NW171049	2