

# Individual Best Times (All Time)

Mia Mason - (1253904) - Flixton SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.27	27.50	582	26/06/22	City of Sheffield Swim Squad Team Steel Meet 2022	Sheffield	NE220037	1
100 Freestyle	59.57	58.20	654	16/03/24	City of Manchester International Swim Meet 2024	Manchester	NW240474	1
200 Freestyle	2:08.61	2:05.90	675	17/03/24	City of Manchester International Swim Meet 2024	Manchester	NW240474	1
400 Freestyle	4:33.15	4:28.00	639	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
800 Freestyle	10:52.37	10:43.40	410	02/02/19	Lancs County WPSA Age Groups & Championships 2019	Wavertree	NW190176	1
1500 Freestyle	19:18.02	19:00.10	502	08/02/20	Lancashire County Age Groups & County Champs	Manchester	NW200181	1
50 Breaststroke	36.74	35.90	499	05/12/21	City of Manchester Aquatics Arena Snowpen 2021	Manchester	NW211519	3
100 Breaststroke	1:18.60	1:17.00	543	25/06/22	City of Sheffield Swim Squad Team Steel Meet 2022	Sheffield	NE220037	1
200 Breaststroke	2:54.05	2:51.00	493	12/01/20	Lancashire County Age Groups & County Champs	Manchester	NW200180	1
50 Butterfly	30.41	29.80	518	10/03/24	Edinburgh International 2024	Edinburgh	SCO2160	1
100 Butterfly	1:08.04	1:06.90	542	06/05/22	Swansea Aquatics Long Course Open Meet 2022	Swansea	WL220093	1
200 Butterfly	2:34.34	2:32.30	491	26/03/23	SE North West Regional Summer Championships 2023	Liverpool	NW230689	1
50 Backstroke	35.04	34.50	450	29/01/22	Lancs County Age Groups & Championships 2022	Wavertree LC	NW220240	1
100 Backstroke	1:11.65	1:10.50	512	10/06/23	Arena Manchester Summer Open 2023	Manchester	NW231332	3
200 Backstroke	2:57.56	2:55.70	333	26/05/18	2018 SENW Summer Championships	Manchester	NW180834	1
200 Individual Medley	2:25.42	2:22.70	652	28/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
400 Individual Medley	5:13.45	5:07.80	610	10/02/24	Lancashire County Championships 2024	Manchester	NW240297	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.04	28.80	546	07/11/21	NW Winter Regional Swimming Championships (25m)	Manchester	NW211011	2
100 Freestyle	58.24	59.70	642	17/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
200 Freestyle	2:04.30	2:07.10	698	16/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
400 Freestyle	4:25.04	4:30.30	664	17/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
800 Freestyle	10:11.91	10:21.30	474	17/11/18	FLIXTON CLUB CHAMPIONSHIP DISTANCE MEET	Stretford	NW182548	4
1500 Freestyle	19:22.67	19:40.30	476	08/12/19	Flixton Club Championship Distance Meet S3	Urmston	NW193291	4
50 Breaststroke	36.89	37.70	454	20/12/20	Flixton	Stretford	LEX941	0
100 Breaststroke	1:17.44	1:19.00	522	19/11/22	Stockport Metro November Short Course Open Meet 22	Stockport	NW220396	2
200 Breaststroke	2:48.07	2:51.20	513	01/12/19	PSC Christmas Countdown	Darwen	NW192522	3
50 Butterfly	29.98	30.60	537	21/10/23	Loughborough Swimming International SC Meet 2023	Moorways SV	EM231601	2
100 Butterfly	1:06.12	1:07.30	546	05/11/22	SE NW Winter Regional Swimming Championships	Liverpool	NW221980	2
200 Butterfly	2:33.74	2:35.80	470	12/06/22	Preston SC Summer Spectacular	Darwen	NW220659	3
50 Backstroke	33.02	33.60	447	08/03/20	Satellite Spring Meet 2020	Macclesfield	NW200784	3
100 Backstroke	1:12.27	1:13.40	438	08/03/20	Satellite Spring Meet 2020	Macclesfield	NW200784	3
200 Backstroke	2:37.67	2:39.80	429	17/11/19	Flixton Club Championship Distance Meet	Irlam and Cadishead	NW192985	4
200 Individual Medley	2:20.96	2:23.70	646	05/11/23	SE NW Regional Winter Championships 2023	Manchester	NW231877	2
400 Individual Medley	5:02.94	5:08.70	624	16/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
100 Individual Medley	1:10.70	1:10.70	510	08/03/20	Satellite Spring Meet 2020	Macclesfield	NW200784	3