

Individual Best Times (All Time)

Ava Grimshaw - (1295442) - Great Harwood Otters SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.04	31.40	400	16/12/23	City of Leeds Xmas Cracker Meet 2023	John Charles Aqu Cen	NE231008	3
100 Freestyle	1:09.91	1:08.70	404	28/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
200 Freestyle	2:34.81	2:32.50	387	12/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230073	1
50 Butterfly	33.66	33.10	382	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
100 Butterfly	1:14.32	1:13.30	415	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
50 Backstroke	34.59	34.00	468	27/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
100 Backstroke	1:14.58	1:13.50	454	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
200 Backstroke	2:39.44	2:37.30	460	16/12/23	City of Leeds Xmas Cracker Meet 2023	John Charles Aqu Cen	NE231008	3
200 Individual Medley	2:49.14	2:46.80	414	28/01/24	Lancashire County Championships 2024	Manchester	NW240296	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.03	31.70	403	01/10/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231624	2
100 Freestyle	1:07.50	1:08.70	412	17/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231624	2
200 Freestyle	2:25.54	2:27.90	435	25/05/24	Blackpool Rocks 2024	Blackpool	NW240523	3
400 Freestyle	5:14.66	5:19.10	397	06/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
50 Breaststroke	45.25	45.90	246	13/11/22	Spennborough SC Bonfire Bash 2022	John Charles	NE221056	3
50 Butterfly	33.18	33.70	396	16/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231624	2
100 Butterfly	1:14.56	1:15.60	380	17/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231623	2
50 Backstroke	33.58	34.20	425	03/03/24	Burnley Bobcats 2024	Darwen	NW240098	3
100 Backstroke	1:10.91	1:12.00	463	25/05/24	Blackpool Rocks 2024	Blackpool	NW240523	3
200 Backstroke	2:34.70	2:36.80	454	02/03/24	Burnley Bobcats 2024	Darwen	NW240098	3
200 Individual Medley	2:46.21	2:48.60	394	25/06/23	Preston SC Summer Spectacular Meet 2023	Darwen	NW230702	3
100 Individual Medley	1:20.21	1:20.20	349	12/11/23	Spennborough SC Bonfire Bash 2023	Leeds	NE230780	3