

Individual Best Times (All Time)

Lauren Cusick - (1316211) - Aquabears Of Rochdale SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.35	27.60	577	27/03/22	SE North West Summer Regional Swimming Champs	Liverpool	NW220368	1
100 Freestyle	1:02.18	1:00.80	575	13/03/22	Stockport Metro Spring Long Course Open Meet 2022	Stockport	NW220367	1
200 Freestyle	2:34.39	2:32.10	390	04/02/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180032	1
800 Freestyle	12:31.28	12:23.50	268	07/01/17	City of Leeds New Year Meet 2017	Leeds	NE170154	3
50 Breaststroke	34.83	33.90	586	26/03/22	SE North West Summer Regional Swimming Champs	Liverpool	NW220368	1
100 Breaststroke	1:17.74	1:16.10	561	30/01/22	Lancs County Age Groups & Championships 2022	Wavertree LC	NW220240	1
200 Breaststroke	3:20.21	3:17.50	324	20/01/18	Lancs County WPSA Age Groups & Championships	Wavertree	NW180030	1
50 Butterfly	30.08	29.40	535	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
100 Butterfly	1:12.97	1:11.90	439	11/03/23	Stockport Metro Spring Long Course Open Meet 2023	Stockport	NW230479	1
50 Backstroke	31.61	31.00	613	30/09/23	COMAST Arena Manchester Winter Regional Qualifier	Manchester	NW231963	3
100 Backstroke	1:09.43	1:08.30	562	21/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
200 Backstroke	2:55.74	2:53.80	344	28/01/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180031	1
200 Individual Medley	2:42.09	2:39.60	471	22/01/22	Lancs County Age Groups & Championships 2022	Wavertree LC	NW220239	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.55	28.30	576	19/11/22	Stockport Metro November Short Course Open Meet 22	Stockport	NW220396	2
100 Freestyle	1:00.61	1:02.00	569	20/11/22	Stockport Metro November Short Course Open Meet 22	Stockport	NW220396	2
200 Freestyle	2:20.19	2:22.60	487	28/05/22	Blackpool Rocks 2022	Blackpool	NW220394	3
400 Freestyle	5:27.87	5:32.10	351	03/03/18	Greater Manchester Age Group Meet 2018	Wigan	NW180039	3
50 Breaststroke	33.68	34.60	597	03/12/22	National Winter Championships 2022	Sheffield	ENG027	2
100 Breaststroke	1:18.38	1:20.00	503	05/11/22	SE NW Winter Regional Swimming Championships	Liverpool	NW221980	2
200 Breaststroke	3:17.63	3:20.30	315	30/09/17	Greater Manchester Autumn Meet 2017	Wigan	NW170835	3
50 Butterfly	29.37	30.00	571	05/11/23	SE NW Regional Winter Championships 2023	Manchester	NW231877	2
100 Butterfly	1:12.05	1:13.10	422	28/05/22	Blackpool Rocks 2022	Blackpool	NW220394	3
50 Backstroke	31.24	31.90	528	04/11/23	SE NW Regional Winter Championships 2023	Manchester	NW231877	2
100 Backstroke	1:09.03	1:10.20	502	23/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
200 Backstroke	2:48.76	2:50.70	350	03/03/18	Greater Manchester Age Group Meet 2018	Wigan	NW180039	3
200 Individual Medley	2:34.57	2:37.10	490	28/05/22	Blackpool Rocks 2022	Blackpool	NW220394	3
100 Individual Medley	1:29.92	1:29.90	248	06/11/16	Spennborough Bonfire Bash	Leeds	NE160854	3