

# Individual Best Times (All Time)

Lauren Wrightson - (1352421) - Bridlington SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.93	31.30	404	17/02/24	Yorkshire SA Championships 2024	Sheffield	NE240026	1
50 Breaststroke	38.36	37.50	439	17/02/24	Yorkshire SA Championships 2024	Sheffield	NE240026	1
100 Breaststroke	1:29.35	1:27.90	369	04/02/24	Yorkshire SA Championships 2024	Leeds	NE240024	1
200 Breaststroke	3:15.82	3:13.10	346	11/02/23	Yorkshire Swimming Association Championships 2023	Leeds	NE230055	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.15	30.80	439	16/09/23	Barracudas Autumn Equinox County Qualifier 2023	Beverley	NE230454	3
100 Freestyle	1:10.60	1:11.80	360	29/10/22	Hull & District Spooky Sprints	Beverley Leisure	NE221405	3
200 Freestyle	2:41.28	2:43.40	319	29/11/23	Bridlington SC Club Champs 2023	Bridlington	NE232473	4
400 Freestyle	5:37.68	5:41.80	321	20/11/23	Bridlington SC Club Champs 2023	Bridlington	NE232431	4
800 Freestyle	11:45.29	11:53.50	310	07/07/23	Bridlington ASC Seaside Special 2023	Bridlington	NE230762	3
50 Breaststroke	36.72	37.60	461	16/09/23	Barracudas Autumn Equinox County Qualifier 2023	Beverley	NE230454	3
100 Breaststroke	1:24.35	1:25.80	404	27/11/23	Bridlington SC Club Champs 2023	Bridlington	NE232473	4
200 Breaststroke	3:11.04	3:13.80	349	22/11/23	Bridlington SC Club Champs 2023	Bridlington	NE232472	4
50 Butterfly	37.52	38.00	274	03/06/23	Hull & District Development Meet 2 2023	Bridlington	NE230838	4
100 Butterfly	1:31.47	1:32.30	206	20/11/23	Bridlington SC Club Champs 2023	Bridlington	NE232431	4
200 Butterfly	3:29.93	3:31.40	184	27/11/23	Bridlington SC Club Champs 2023	Bridlington	NE232473	4
50 Backstroke	37.01	37.50	317	09/07/23	Bridlington ASC Seaside Special 2023	Bridlington	NE230762	3
100 Backstroke	1:25.27	1:26.20	266	07/12/22	Bridlington ASC Club Championships 2022	Bridlington	NE222086	4
200 Backstroke	3:02.14	3:04.00	278	28/11/22	Bridlington ASC Club Championships 2022	Bridlington	NE222085	4
200 Individual Medley	2:57.38	2:59.60	324	22/11/23	Bridlington SC Club Champs 2023	Bridlington	NE232472	4
100 Individual Medley	1:20.41	1:20.40	347	09/07/23	Bridlington ASC Seaside Special 2023	Bridlington	NE230762	3