

Individual Best Times (All Time)

Aimee Harling - (1384508) - Blackpool Aquatics ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.66	32.00	377	12/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230073	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.64	32.30	380	19/11/22	Blackpool Lights 2022	Palatine LC	NW221182	3
100 Freestyle	1:13.05	1:14.20	325	19/11/22	Blackpool Lights 2022	Palatine LC	NW221182	3
200 Freestyle	2:36.40	2:38.60	350	25/07/23	Blackpool Aquatics Freestyle Time Trials 2023	Blackpool	NW231627	4
400 Freestyle	7:06.75	7:10.00	159	08/12/19	Blackpool Aquatics Club Champs 2019	Blackpool	NW193025	4
50 Breaststroke	45.12	45.80	248	24/11/22	Blackpool Aquatics SC Club Championships 2022	Blackpool	NW222180	4
100 Breaststroke	2:01.16	2:02.20	136	10/12/19	Blackpool Aquatics Club Champs 2019	Blackpool	NW193026	4
50 Butterfly	38.94	39.40	245	28/05/23	Blackpool Rocks Meet 2023	Blackpool	NW230130	3
50 Backstroke	40.16	40.70	248	04/12/22	Blackpool Aquatics SC Club Championships 2022	Blackpool	NW222181	4
100 Backstroke	1:34.68	1:35.50	194	03/10/21	North Lancs S&WPA No Frills Level 3 Meet	Blackpool	NW210705	3
200 Backstroke	3:38.33	3:39.90	161	08/12/19	Blackpool Aquatics Club Champs 2019	Blackpool	NW193025	4
200 Individual Medley	3:08.11	3:10.20	271	19/11/22	Blackpool Lights 2022	Palatine LC	NW221182	3
100 Individual Medley	1:26.58	1:26.60	278	20/11/22	Blackpool Lights 2022	Palatine LC	NW221182	3