

Individual Best Times (All Time)

Phoebe Grogan - (1392801) - Atherton and Leigh ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.65	28.90	504	26/11/22	City of Sheffield Swim Squad Snow Frills 2022	Ponds Forge	NE221740	3
100 Freestyle	1:05.65	1:04.40	488	13/03/22	Stockport Metro Spring Long Course Open Meet 2022	Stockport	NW220367	1
200 Freestyle	2:27.14	2:24.80	451	06/02/22	Lancs County Age Groups & Championships 2022	Wavertree LC	NW220241	1
50 Butterfly	32.09	31.50	441	01/05/22	SE North West Summer Regional Swimming Champs	Liverpool	NW220369	1
50 Backstroke	34.22	33.60	483	04/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
100 Backstroke	1:13.85	1:12.80	467	17/04/22	City of Leeds SC National Qualifier 2022	John Charles AC	NE220061	1
200 Backstroke	2:39.76	2:37.70	457	27/11/22	City of Sheffield Swim Squad Snow Frills 2022	Ponds Forge	NE221740	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.56	30.30	466	16/10/22	Wigan BEST SC Future Stars Open Meet	Wigan	NW221978	2
100 Freestyle	1:05.56	1:06.80	450	28/11/21	Wigan Best SC Future Stars Open Meet	Wigan	NW211012	2
200 Freestyle	2:26.75	2:29.10	424	27/11/21	Wigan Best SC Future Stars Open Meet	Wigan	NW211012	2
400 Freestyle	5:14.06	5:18.50	399	09/01/22	Wigan SC Distance Meet 2022	Wigan	NW220334	4
50 Butterfly	32.62	33.20	417	15/10/22	Wigan BEST SC Future Stars Open Meet	Wigan	NW221978	2
100 Butterfly	1:54.02	1:54.70	106	24/03/19	Greater Manchester Age Group Meet 2019	Wigan Life Centre	NW190168	3
50 Backstroke	34.31	34.90	398	01/10/22	BCM SWPA Greater Manchester Autumn Meet 2022	Wigan	NW221310	3
100 Backstroke	1:13.60	1:14.70	414	15/10/22	Wigan BEST SC Future Stars Open Meet	Wigan	NW221978	2
200 Backstroke	2:36.99	2:39.10	434	16/10/22	Wigan BEST SC Future Stars Open Meet	Wigan	NW221978	2
200 Individual Medley	2:48.41	2:50.70	378	21/07/21	Wigan BEST	Hindley	LEX3533	0
100 Individual Medley	1:31.99	1:32.00	231	30/11/19	PSC Christmas Countdown	Darwen	NW192522	3