

Individual Best Times (All Time)

Harriet McCormack - (1418543) - Grantham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.71	31.00	412	14/01/24	Buxton LC Qualifier 2024	Derby	EM240028	3
100 Freestyle	1:10.81	1:09.60	389	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
200 Freestyle	2:34.51	2:32.20	389	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
400 Freestyle	5:26.81	5:22.50	373	14/01/24	Buxton LC Qualifier 2024	Derby	EM240028	3
800 Freestyle	11:48.23	11:40.00	320	05/03/23	Richmond Dales ASC April Fool Gala 2023	Leeds	NE230257	3
1500 Freestyle	22:38.60	22:23.30	311	08/04/23	SE East Midlands Region Distance Time Trial 2023	Loughborough	EM230556	1
50 Breaststroke	42.85	42.10	315	13/01/24	Buxton LC Qualifier 2024	Derby	EM240028	3
100 Breaststroke	1:35.84	1:34.50	299	04/06/23	Nova June Sprint Meet 2023	Nottingham	EM230180	3
200 Breaststroke	3:25.74	3:23.20	298	14/01/24	Buxton LC Qualifier 2024	Derby	EM240028	3
50 Butterfly	35.22	34.70	333	14/01/24	Buxton LC Qualifier 2024	Derby	EM240028	3
100 Butterfly	1:19.52	1:18.60	339	04/06/23	Nova June Sprint Meet 2023	Nottingham	EM230180	3
200 Butterfly	3:01.21	2:59.50	303	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Backstroke	37.31	36.80	373	14/01/24	Buxton LC Qualifier 2024	Derby	EM240028	3
100 Backstroke	1:21.41	1:20.40	349	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
200 Backstroke	3:00.00	2:58.10	320	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
200 Individual Medley	2:52.65	2:50.30	389	14/01/24	Buxton LC Qualifier 2024	Derby	EM240028	3
400 Individual Medley	6:20.57	6:15.90	340	14/05/23	Rotherham Metro Springtime Long Course Meet 2023	Sheffield	NE230500	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.86	31.50	410	02/12/23	Grantham SC Christmas Snowstorm 2023	Grantham	EM232055	3
100 Freestyle	1:07.67	1:08.90	409	04/02/24	Lincolnshire County Championships 2024	Louth	EM240006	2
200 Freestyle	2:27.32	2:29.70	419	07/10/23	Deepings SC Rob Welbourn Open Meet 2023	Grantham	EM230682	3
400 Freestyle	5:16.45	5:20.90	390	03/12/23	Grantham SC Christmas Snowstorm 2023	Grantham	EM232055	3
800 Freestyle	10:43.98	10:52.90	407	20/01/24	Lincolnshire County Championships 2024	Grantham	EM240004	2
1500 Freestyle	20:38.97	20:55.50	393	21/01/24	Lincolnshire County Championships 2024	Grantham	EM240004	2
50 Breaststroke	41.55	42.30	318	07/10/23	Deepings SC Rob Welbourn Open Meet 2023	Grantham	EM230682	3
100 Breaststroke	1:30.40	1:31.80	328	09/06/24	Lincoln Vulcans & Grantham SC L3 Meet 2024	Grantham	EM240821	3
200 Breaststroke	3:11.98	3:14.70	344	28/01/24	Lincolnshire County Championships 2024	Grantham	EM240005	2
50 Butterfly	33.99	34.50	369	28/04/24	Etwall Eagles Spring Short Course Sprints 2024	Matlock	EM240657	4
100 Butterfly	1:14.70	1:15.70	378	07/10/23	Deepings SC Rob Welbourn Open Meet 2023	Grantham	EM230682	3
200 Butterfly	2:47.88	2:49.80	361	03/12/23	Grantham SC Christmas Snowstorm 2023	Grantham	EM232055	3
50 Backstroke	36.79	37.30	323	02/12/23	Grantham SC Christmas Snowstorm 2023	Grantham	EM232055	3
100 Backstroke	1:19.13	1:20.10	333	23/09/23	Grantham SC Club Championships 2023	Grantham	EM231236	4
200 Backstroke	2:47.84	2:49.80	355	16/09/23	Grantham SC Club Championships 2023	Grantham	EM231235	4
200 Individual Medley	2:48.04	2:50.40	381	09/06/24	Lincoln Vulcans & Grantham SC L3 Meet 2024	Grantham	EM240821	3
400 Individual Medley	5:54.23	5:59.20	390	27/01/24	Lincolnshire County Championships 2024	Grantham	EM240005	2
100 Individual Medley	1:17.81	1:17.80	383	16/07/23	Grantham SC Summer Sprintastic 2023	Grantham	EM231057	3