

# Individual Best Times (All Time)

Amelia Cowburn - (1425367) - Fleetwood & District SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:22.20	1:21.20	248	21/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.09	37.70	236	26/05/24	Blackpool Rocks 2024	Blackpool	NW240523	3
100 Freestyle	1:22.82	1:23.80	223	26/05/24	Blackpool Rocks 2024	Blackpool	NW240523	3
200 Freestyle	3:01.12	3:03.00	225	25/05/24	Blackpool Rocks 2024	Blackpool	NW240523	3
50 Backstroke	44.65	45.10	180	25/05/24	Blackpool Rocks 2024	Blackpool	NW240523	3
200 Backstroke	3:29.57	3:31.20	182	26/05/24	Blackpool Rocks 2024	Blackpool	NW240523	3