

Individual Best Times (All Time)

Robyn Sallis - (1435137) - Leyland Barracudas Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.19	28.50	529	04/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
100 Freestyle	1:03.03	1:01.70	552	04/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
200 Freestyle	2:20.67	2:18.20	516	11/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
400 Freestyle	5:02.87	4:58.20	469	28/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
800 Freestyle	11:01.41	10:52.60	393	16/03/24	City of Manchester International Swim Meet 2024	Manchester	NW240474	1
50 Breaststroke	44.45	43.70	282	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Butterfly	31.93	31.30	447	14/04/24	City of Leeds National Qualifier 2024	Leeds	NE240117	1
100 Butterfly	1:13.14	1:12.10	436	13/04/24	City of Leeds National Qualifier 2024	Leeds	NE240117	1
50 Backstroke	35.11	34.50	447	27/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
100 Backstroke	1:16.86	1:15.80	414	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
200 Backstroke	3:03.64	3:01.80	301	22/05/22	City of Sheffield No Frills Meet	Sheffield	NE220613	3
200 Individual Medley	2:50.77	2:48.40	402	09/09/23	City of Leeds September Sprints Meet 2023	Leeds	NE230402	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.03	29.70	492	23/03/24	Carnforth LAST-GASP for Regionals 2024	Lancaster	NW240698	3
100 Freestyle	1:03.72	1:05.00	490	18/11/23	Carnforth WHAM! Winter Home Advantage Meet 2023	Lancaster	NW232541	4
200 Freestyle	2:19.29	2:21.80	496	16/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
400 Freestyle	4:53.70	4:58.40	488	17/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
800 Freestyle	10:17.60	10:26.90	461	05/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
50 Breaststroke	42.11	42.90	305	17/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231623	2
50 Butterfly	31.94	32.50	444	18/11/23	Carnforth WHAM! Winter Home Advantage Meet 2023	Lancaster	NW232541	4
100 Butterfly	1:11.70	1:12.80	428	17/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
200 Butterfly	3:15.04	3:16.70	230	07/01/23	Burnley Bobcats Last Chance County Qualifier Meet	Darwen	NW230024	3
50 Backstroke	34.02	34.60	408	16/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
100 Backstroke	1:14.94	1:16.00	392	18/11/23	Carnforth WHAM! Winter Home Advantage Meet 2023	Lancaster	NW232541	4
200 Backstroke	2:42.33	2:44.40	393	28/10/23	Bobcats Monster Splash 2023	Darwen	NW231427	3
200 Individual Medley	2:47.08	2:49.40	387	01/10/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231624	2
100 Individual Medley	1:25.54	1:25.50	288	16/07/22	North Lancs S&WPA 1 Day Sprint Meet	Blackpool	NW221306	3