

# Individual Best Times (All Time)

Emelia Cox - (1482752) - Carlisle Aquatics

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:09.46	1:08.20	412	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Breaststroke	39.91	39.10	390	16/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
200 Breaststroke	3:07.90	3:05.10	392	04/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
50 Butterfly	34.32	33.80	360	16/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
50 Backstroke	37.51	37.00	367	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
100 Backstroke	1:21.48	1:20.50	348	16/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.19	31.90	397	25/06/23	Kendal ASC 7th Mint Open Gala 2023	Kendal	NW230810	3
100 Freestyle	1:09.00	1:10.20	386	25/06/23	Kendal ASC 7th Mint Open Gala 2023	Kendal	NW230810	3
50 Breaststroke	39.24	40.00	377	23/03/24	Carnforth LAST-GASP for Regionals 2024	Lancaster	NW240698	3
100 Breaststroke	1:25.90	1:27.40	382	08/06/24	Copeland ASC 27th Graded Gala 2024	Whitehaven	NW241218	3
200 Breaststroke	3:06.08	3:08.90	378	23/03/24	Carnforth LAST-GASP for Regionals 2024	Lancaster	NW240698	3
50 Butterfly	33.69	34.20	378	03/09/23	Carlisle Aquatics Annual Club Champs Galas 2023	Carlisle	NW231287	4
100 Butterfly	1:19.37	1:20.30	315	08/06/24	Copeland ASC 27th Graded Gala 2024	Whitehaven	NW241218	3
200 Butterfly	3:06.01	3:07.70	265	02/12/23	Cumbria Winter Meet L3 2023	Copeland	NW232162	3
50 Backstroke	36.02	36.60	344	17/09/23	Carlisle Aquatics Annual Club Champs Galas 2023	Carlisle	NW231289	4
100 Backstroke	1:19.24	1:20.20	332	23/03/24	Carnforth LAST-GASP for Regionals 2024	Lancaster	NW240698	3
200 Backstroke	2:50.20	2:52.20	341	21/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2
200 Individual Medley	2:45.72	2:48.10	397	03/02/24	Cumbria County Championships & Age Groups 2024	Workington	NW240299	2
100 Individual Medley	1:17.18	1:17.20	392	20/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2