

# Individual Best Times (All Time)

Emily Forster - (1510383) - City of Sunderland ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.23	29.50	476	28/04/24	SE North East Regional Age Group Championships	Leeds	NE240251	1
100 Freestyle	1:05.00	1:03.70	503	12/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
200 Freestyle	2:18.53	2:16.00	540	27/04/24	SE North East Regional Age Group Championships	Leeds	NE240251	1
400 Freestyle	4:44.01	4:39.00	569	11/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
800 Freestyle	9:46.22	9:36.30	565	12/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
1500 Freestyle	18:32.00	18:13.30	567	12/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
50 Breaststroke	49.56	48.90	203	01/04/23	City of Sunderland National Qualifier Meet 2023	Sunderland	NE230413	1
100 Breaststroke	1:33.37	1:32.00	324	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
200 Breaststroke	3:15.01	3:12.30	350	21/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
50 Butterfly	37.62	37.10	273	02/04/23	City of Sunderland National Qualifier Meet 2023	Sunderland	NE230413	1
50 Backstroke	36.90	36.40	385	11/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
100 Backstroke	1:18.91	1:17.90	383	14/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
200 Backstroke	2:42.63	2:40.60	434	13/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
200 Individual Medley	2:44.80	2:42.40	448	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
400 Individual Medley	5:44.62	5:39.50	459	17/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.20	30.90	437	24/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
100 Freestyle	1:04.85	1:06.10	465	11/06/24	City of Sunderland ASC Club Champs 2024	Sunderland	NE241355	4
200 Freestyle	2:17.26	2:19.80	519	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
400 Freestyle	4:40.19	4:45.20	562	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
800 Freestyle	9:34.10	9:44.10	575	22/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
1500 Freestyle	18:13.41	18:32.10	573	24/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
50 Breaststroke	43.85	44.60	270	16/07/23	Gateshead & Whickham ASC Summer Meet 2023	Gateshead	NE231253	3
100 Breaststroke	1:29.41	1:30.80	339	24/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
200 Breaststroke	3:19.02	3:21.70	309	15/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
50 Butterfly	34.95	35.50	339	10/12/23	York City BC Winter Swim Extravaganza 2023	Leeds	NE231704	3
100 Butterfly	1:15.48	1:16.50	367	11/06/24	City of Sunderland ASC Club Champs 2024	Sunderland	NE241355	4
50 Backstroke	36.06	36.60	343	10/12/23	York City BC Winter Swim Extravaganza 2023	Leeds	NE231704	3
100 Backstroke	1:17.00	1:18.00	362	10/12/23	York City BC Winter Swim Extravaganza 2023	Leeds	NE231704	3
200 Backstroke	2:38.56	2:40.70	422	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
200 Individual Medley	2:41.19	2:43.60	432	11/02/24	Durham City Aquatics Valentine Gala	Durham	NE240405	3
400 Individual Medley	5:31.84	5:37.10	475	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
100 Individual Medley	1:28.21	1:28.20	262	10/12/22	York City Baths Winter Swim Extravaganza 2022	Leeds	NE221658	3