

Individual Best Times (All Time)

Betsy White - (1527526) - Bolton Metro Swimming Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.96	29.30	489	12/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230073	1
100 Freestyle	1:05.71	1:04.40	487	05/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
200 Freestyle	2:24.98	2:22.60	471	11/03/23	Derventio eXcel Early March Meet 2023	Sheffield	EM230151	1
400 Freestyle	5:20.87	5:16.50	394	24/06/23	City of Leeds Summer Meet 2023	Leeds	NE230115	3
100 Breaststroke	1:34.82	1:33.50	309	30/09/23	COMAST Arena Manchester Winter Regional Qualifier	Manchester	NW231963	3
200 Breaststroke	3:18.78	3:16.10	331	29/01/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230071	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.99	30.70	446	02/07/23	Bolton Metro SS Summer Sprint Meet 2023	Bolton	NW231117	3
100 Freestyle	1:05.66	1:06.90	448	18/03/23	City of Salford SC Spring Meet 2023	Broughton	NW230207	3
200 Freestyle	2:26.90	2:29.20	423	08/01/23	Burnley Bobcats Last Chance County Qualifier Meet	Darwen	NW230024	3
50 Breaststroke	41.16	41.90	327	02/07/23	Bolton Metro SS Summer Sprint Meet 2023	Bolton	NW231117	3
100 Breaststroke	1:32.28	1:33.60	308	02/07/23	Bolton Metro SS Summer Sprint Meet 2023	Bolton	NW231117	3
200 Breaststroke	3:11.29	3:14.00	348	18/03/23	City of Salford SC Spring Meet 2023	Broughton	NW230207	3
50 Butterfly	35.37	35.90	327	02/07/23	Bolton Metro SS Summer Sprint Meet 2023	Bolton	NW231117	3
100 Butterfly	1:31.30	1:32.10	207	25/09/22	Bolton Metro SS L3 Meet 2022	Bolton	NW222089	3
50 Backstroke	37.00	37.50	317	08/01/23	Burnley Bobcats Last Chance County Qualifier Meet	Darwen	NW230024	3
100 Backstroke	1:20.09	1:21.10	321	02/07/23	Bolton Metro SS Summer Sprint Meet 2023	Bolton	NW231117	3
100 Individual Medley	1:43.34	1:43.30	163	12/12/20	Horwich	Horwich Leisure	LEX799	0