

# Individual Best Times (All Time)

Isla Liptrot - (1584541) - City of Liverpool SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.06	31.40	399	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
100 Freestyle	1:08.90	1:07.70	422	28/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
200 Freestyle	2:28.33	2:26.00	440	10/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
400 Freestyle	5:02.21	4:57.50	472	28/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
50 Breaststroke	45.19	44.50	268	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
100 Breaststroke	1:36.44	1:35.10	294	10/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
200 Breaststroke	3:21.49	3:18.80	318	28/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
50 Butterfly	35.03	34.50	339	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
100 Butterfly	1:18.07	1:17.10	358	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
50 Backstroke	36.42	35.90	401	28/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
100 Backstroke	1:13.51	1:12.40	474	05/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
200 Backstroke	2:34.16	2:32.00	509	28/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
200 Individual Medley	2:42.98	2:40.50	463	27/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
400 Individual Medley	5:46.40	5:41.30	452	05/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.47	32.10	386	22/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
100 Freestyle	1:06.72	1:08.00	427	22/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
200 Freestyle	2:20.67	2:23.10	482	23/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
400 Freestyle	5:04.81	5:09.40	436	26/11/23	Warriors of Warrington Percy Mason Memorial Meet	Warrington	NW231116	3
50 Breaststroke	44.02	44.70	267	28/10/23	Bobcats Monster Splash 2023	Darwen	NW231427	3
100 Breaststroke	1:33.30	1:34.60	298	25/11/23	Warriors of Warrington Percy Mason Memorial Meet	Warrington	NW231116	3
200 Breaststroke	3:11.03	3:13.80	349	23/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
50 Butterfly	35.98	36.50	311	29/10/23	Bobcats Monster Splash 2023	Darwen	NW231427	3
100 Butterfly	1:18.40	1:19.40	327	23/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
200 Butterfly	2:41.02	2:43.00	409	22/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
50 Backstroke	36.88	37.40	320	29/10/23	Bobcats Monster Splash 2023	Darwen	NW231427	3
100 Backstroke	1:11.65	1:12.80	449	23/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
200 Backstroke	2:29.83	2:32.00	500	22/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
200 Individual Medley	2:45.39	2:47.80	399	26/11/23	Warriors of Warrington Percy Mason Memorial Meet	Warrington	NW231116	3
400 Individual Medley	5:42.24	5:47.30	433	03/03/24	City of Salford Spring Meet 2024	Salford	NW240303	3
100 Individual Medley	1:24.17	1:24.20	302	21/05/23	Wigan & Tyldesley Starter Meet 2023	Wigan	NW230129	3