

Individual Best Times (All Time)

Emily Kirk - (1585995) - Armthorpe & District SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---|-----------|----------|-------|
| 50 Freestyle | 36.03 | 35.40 | 281 | 02/03/24 | Worksop Dolphins The Dukeries Open Meet 2024 | Sheffield | EM240326 | 3 |
| 100 Freestyle | 1:23.51 | 1:22.50 | 237 | 02/03/24 | Worksop Dolphins The Dukeries Open Meet 2024 | Sheffield | EM240326 | 3 |
| 50 Breaststroke | 47.14 | 46.50 | 236 | 02/03/24 | Worksop Dolphins The Dukeries Open Meet 2024 | Sheffield | EM240326 | 3 |
| 100 Breaststroke | 1:43.21 | 1:42.00 | 239 | 02/03/24 | Worksop Dolphins The Dukeries Open Meet 2024 | Sheffield | EM240326 | 3 |
| 50 Butterfly | 41.85 | 41.40 | 198 | 02/03/24 | Worksop Dolphins The Dukeries Open Meet 2024 | Sheffield | EM240326 | 3 |
| 50 Backstroke | 48.83 | 48.40 | 166 | 18/02/23 | Yorkshire Swimming Association Championships 2023 | Sheffield | NE230056 | 1 |
| 200 Individual Medley | 3:21.63 | 3:19.70 | 244 | 02/03/24 | Worksop Dolphins The Dukeries Open Meet 2024 | Sheffield | EM240326 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|---|----------|----------|-------|
| 50 Freestyle | 35.21 | 35.80 | 276 | 24/03/24 | Adwick DMASA John Harriman Championships 2024 | Adwick | NE240232 | 4 |
| 100 Freestyle | 1:21.85 | 1:22.90 | 231 | 17/03/24 | Beverley Barracudas Spring Equinox Meet 2024 | Beverley | NE240513 | 3 |
| 50 Breaststroke | 44.40 | 45.10 | 260 | 24/03/24 | Adwick DMASA John Harriman Championships 2024 | Adwick | NE240232 | 4 |
| 100 Breaststroke | 1:43.33 | 1:44.50 | 219 | 17/03/24 | Beverley Barracudas Spring Equinox Meet 2024 | Beverley | NE240513 | 3 |
| 50 Butterfly | 38.44 | 38.90 | 255 | 15/06/24 | Team Jorvik Viking Sprints 2024 | Leeds | NE240721 | 3 |
| 50 Backstroke | 39.66 | 40.20 | 258 | 24/03/24 | Adwick DMASA John Harriman Championships 2024 | Adwick | NE240232 | 4 |
| 100 Backstroke | 1:34.11 | 1:35.00 | 198 | 03/12/23 | Doncaster Dartes Swim-Along-A-Santa Meet 2023 | Leeds | NE232085 | 3 |
| 200 Individual Medley | 3:19.42 | 3:21.40 | 228 | 03/12/23 | Doncaster Dartes Swim-Along-A-Santa Meet 2023 | Leeds | NE232085 | 3 |
| 100 Individual Medley | 1:26.59 | 1:26.60 | 277 | 15/06/24 | Team Jorvik Viking Sprints 2024 | Leeds | NE240721 | 3 |