

Individual Best Times (All Time)

Ella Rice- Salisbury - (1595863) - Carnforth & Dist Otters

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.17	29.50	479	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
100 Freestyle	1:07.65	1:06.40	446	28/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
50 Breaststroke	41.15	40.40	355	09/09/23	City of Leeds September Sprints Meet 2023	Leeds	NE230402	3
100 Breaststroke	1:31.59	1:30.20	343	10/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
50 Butterfly	33.43	32.90	390	09/09/23	City of Leeds September Sprints Meet 2023	Leeds	NE230402	3
50 Backstroke	35.40	34.80	436	28/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
200 Individual Medley	2:49.32	2:47.00	413	09/09/23	City of Leeds September Sprints Meet 2023	Leeds	NE230402	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.88	29.60	500	23/03/24	Carnforth LAST-GASP for Regionals 2024	Lancaster	NW240698	3
100 Freestyle	1:03.79	1:05.10	488	23/03/24	Carnforth LAST-GASP for Regionals 2024	Lancaster	NW240698	3
200 Freestyle	2:25.43	2:27.80	436	03/03/24	Burnley Bobcats 2024	Darwen	NW240098	3
800 Freestyle	11:17.19	11:25.70	350	05/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
50 Breaststroke	38.01	38.80	415	23/03/24	Carnforth LAST-GASP for Regionals 2024	Lancaster	NW240698	3
100 Breaststroke	1:26.13	1:27.60	379	01/10/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231624	2
200 Breaststroke	3:19.99	3:22.60	304	25/06/23	Kendal ASC 7th Mint Open Gala 2023	Kendal	NW230810	3
50 Butterfly	32.07	32.70	439	23/03/24	Carnforth LAST-GASP for Regionals 2024	Lancaster	NW240698	3
100 Butterfly	1:18.46	1:19.40	326	29/10/23	Bobcats Monster Splash 2023	Darwen	NW231427	3
200 Butterfly	3:18.08	3:19.70	220	02/03/24	Burnley Bobcats 2024	Darwen	NW240098	3
50 Backstroke	34.12	34.70	405	03/03/24	Burnley Bobcats 2024	Darwen	NW240098	3
200 Individual Medley	2:43.36	2:45.80	415	23/03/24	Carnforth LAST-GASP for Regionals 2024	Lancaster	NW240698	3
400 Individual Medley	6:16.45	6:21.10	325	07/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
100 Individual Medley	1:17.14	1:17.10	393	21/10/23	Barrow ASC Halloween Meet 2023	Barrow in Furness	NW232161	3