

# Individual Best Times (All Time)

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## Long Course

| Stroke          | LC Time | Converted to SC | LC WA Pts | Date     | Meet   | Venue | Licence  | Level |
|-----------------|---------|-----------------|-----------|----------|--|-------|----------|-------|
| 50 Freestyle    | 44.29   | 43.80           | 105       | 24/03/24 | Corby ASC Annual LC Open Meet 2024           | Corby | EM240206 | 3     |
| 50 Breaststroke | 1:00.48 | 1:00.00         | 78        | 22/06/24 | Corby ASC, NV & Rushden 50m Club Champs 2024 | Corby | EM241167 | 4     |
| 50 Backstroke   | 56.07   | 55.70           | 74        | 22/06/24 | Corby ASC, NV & Rushden 50m Club Champs 2024 | Corby | EM241167 | 4     |

## Short Course

| Stroke       | SC Time | Converted to LC | SC WA Pts | Date     | Meet                            | Venue | License  | Level |
|--------------|---------|-----------------|-----------|----------|---------------------------------|-------|----------|-------|
| 50 Freestyle | 45.97   | 46.40           | 84        | 06/01/24 | Northampton SC Time Trials 2024 | Corby | EM240205 | 4     |