

# Individual Best Times (All Time)

Emily Cairns - (404736) - Tynemouth SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.76	32.10	374	05/07/15	City of Sunderland Summer Splash 2015	Sunderland	NE151248	3
100 Freestyle	1:08.67	1:07.40	426	04/07/15	City of Sunderland Summer Splash 2015	Sunderland	NE151248	3
200 Freestyle	2:23.91	2:21.50	482	05/07/15	City of Sunderland Summer Splash 2015	Sunderland	NE151248	3
400 Freestyle	5:03.83	4:59.20	464	17/01/16	City of Sunderland New Year Meet	Sunderland	NE160356	1
800 Freestyle	10:19.83	10:10.40	478	29/05/15	City of Sunderland Last Chance Qualifier Meet	Sunderland	NE151004	1
50 Breaststroke	40.77	40.00	365	01/02/14	NDSA Championships	Sunderland	CC4064	1
100 Breaststroke	1:27.91	1:26.50	388	09/03/14	Northumberland & Durham SA County Champs	Sunderland	CC4066	1
200 Breaststroke	3:05.14	3:02.30	410	28/02/15	Northumberland & Durham County Championships	Sunderland	NE150631	1
50 Butterfly	42.62	42.20	188	14/01/12	City of Sunderland New Year Meet	Sunderland	NE2185	3
50 Backstroke	38.35	37.80	343	06/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
100 Backstroke	1:20.24	1:19.20	364	30/05/15	City of Sunderland Last Chance Qualifier Meet	Sunderland	NE151004	1
200 Backstroke	2:50.23	2:48.30	378	04/07/15	City of Sunderland Summer Splash 2015	Sunderland	NE151248	3
200 Individual Medley	2:45.89	2:43.50	439	17/01/15	City of Sunderland New Year Meet	Sunderland	NE150366	1
400 Individual Medley	6:01.25	5:56.30	398	08/03/14	Northumberland & Durham SA County Champs	Sunderland	CC4066	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.53	32.20	384	10/10/15	Tynemouth ASC Autumn NER Qualifier	Tynemouth	NE151452	3
100 Freestyle	1:06.54	1:07.80	430	10/10/15	Tynemouth ASC Autumn NER Qualifier	Tynemouth	NE151452	3
200 Freestyle	2:23.26	2:25.70	456	20/03/16	North Tyneside Mad March Hare Extravaganza	Staney	NE160153	3
400 Freestyle	4:55.31	5:00.00	480	20/03/16	North Tyneside Mad March Hare Extravaganza	Staney	NE160153	3
800 Freestyle	10:18.99	10:28.30	458	09/10/15	Tynemouth ASC Autumn NER Qualifier	Tynemouth	NE151452	3
50 Breaststroke	38.19	39.00	409	15/11/14	Borough Of Stockton Swim Scheme Meet	Billingham	NE14131	3
100 Breaststroke	1:25.51	1:27.00	387	14/12/13	Tynemouth ASC Club Championships	Tynemouth	NE3816	4
200 Breaststroke	3:01.50	3:04.40	407	18/10/14	Tynemouth ASC Autumn Gala	Tynemouth	NE14444	3
50 Butterfly	38.42	38.90	255	12/02/13	Tynemouth ASC Time Trials	Tynemouth	NE3058	4
100 Butterfly	1:20.15	1:21.10	306	12/12/15	Tynemouth Club Championships	Tynemouth	NE150822	4
50 Backstroke	35.92	36.50	347	11/07/15	Newcastle Swim Team Summer Gala	Tynemouth	NE151334	3
100 Backstroke	1:16.69	1:17.70	366	13/12/14	Tynemouth Club Championships	Tynemouth	NE14593	4
200 Backstroke	2:42.36	2:44.40	393	12/07/15	Newcastle Swim Team Summer Gala	Tynemouth	NE151334	3
200 Individual Medley	2:43.54	2:45.90	413	14/12/13	Tynemouth ASC Club Championships	Tynemouth	NE3816	4
400 Individual Medley	5:46.87	5:51.90	416	09/02/14	Tynemouth ASC Club Championships	Tynemouth	NE4065	4
100 Individual Medley	1:20.44	1:20.40	346	10/05/14	Tynemouth ASC Open Sprints & Teams	Tynemouth	NE4312	3