

Individual Best Times (All Time)

Stephanie Slater - (40724) - Preston Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.58	26.80	627	15/05/10	City of Manchester Open Meet	Manchester	NW0322	1
100 Freestyle	1:00.04	58.60	638	18/04/10	Stockport Metro Open Meet	Stockport	NW0112	1
50 Breaststroke	31.93	30.90	761	30/03/10	British Gas Championships	Sheffield	ASA099	1
100 Breaststroke	1:10.69	1:08.90	746	17/03/09	British Gas Champs (50m)	Sheffield	ASA089	1
200 Breaststroke	2:36.52	2:33.10	678	19/03/09	British Gas Champs (50m)	Sheffield	ASA089	1
50 Butterfly	29.66	29.00	558	17/04/10	Stockport Metro Open Meet	Stockport	NW0112	1
100 Butterfly	1:05.74	1:04.60	601	17/04/10	Stockport Metro Open Meet	Stockport	NW0112	1
50 Backstroke	37.82	37.30	358	21/12/13	City of Manchester Aquatics Snow'pen Meet	Manchester	NW3449	1
100 Backstroke	1:17.42	1:16.40	406	04/08/14	2014 IPC Swimming European Championships	Eindhoven	DIS101	1
200 Individual Medley	2:23.48	2:20.70	679	18/04/10	Stockport Metro Open Meet	Stockport	NW0112	1
400 Individual Medley	5:30.63	5:25.30	519	08/04/06	Stockport Metro Meet	Stockport	NW6133	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.37	28.10	588	07/11/09	North West Region Champs	Manchester	NWR904	2
100 Freestyle	1:05.05	1:06.30	460	13/02/05	North Lancs Open AG Champs	Lancaster	L2N263	2
200 Freestyle	2:19.54	2:22.00	494	13/02/05	North Lancs Open AG Champs	Lancaster	L2N263	2
400 Freestyle	5:12.46	5:16.90	405	31/01/04	North Lancs Bagcats & Youth AG	Salt Ayre	L2N058	2
800 Freestyle	10:23.64	10:32.80	448	25/01/04	North Lancs Bagcats & Youth AG	Salt Ayre	L2N058	2
50 Breaststroke	32.25	33.20	680	14/11/09	BUCS Championship (25m)	Sheffield	BUC001	2
100 Breaststroke	1:10.51	1:12.30	691	21/10/07	ASA Inter-Counties Div 1	Sheffield	ASA074	1
200 Breaststroke	2:38.80	2:42.10	608	08/11/09	North West Region Champs	Manchester	NWR904	2
50 Butterfly	31.37	32.00	469	28/01/07	North Lancs Age Groups	Blackpool	NW7092	2
100 Butterfly	1:12.56	1:13.60	413	23/11/13	DSE National Short Course Meet	Sheffield	DIS096	2
200 Butterfly	2:53.08	2:54.90	330	25/01/04	North Lancs Bagcats & Youth AG	Salt Ayre	L2N058	2
50 Backstroke	33.33	33.90	434	28/01/07	North Lancs Age Groups	Blackpool	NW7092	2
100 Backstroke	1:14.14	1:15.20	405	30/01/05	North Lancs Open AG Champs	Lancaster	L2N263	2
200 Backstroke	2:43.67	2:45.70	383	24/01/04	North Lancs Bagcats & Youth AG	Salt Ayre	L2N058	2
200 Individual Medley	2:25.86	2:28.50	583	28/01/07	North Lancs Age Groups	Blackpool	NW7092	2
400 Individual Medley	5:25.67	5:31.00	502	02/10/05	North Lancs Open Age Champ	Blackpool	NW5057	2
100 Individual Medley	1:15.19	1:15.20	424	23/11/13	DSE National Short Course Meet	Sheffield	DIS096	2