

Individual Best Times (All Time)

Samantha-Jo Hollings - (490846) - Preston Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.19	27.40	587	20/04/14	City of Leeds National Qualifying Meet 2014	Leeds	NE4025	1
100 Freestyle	1:00.01	58.60	639	01/06/14	City of Sheffield No Frills Meet	Sheffield	NE4315	1
200 Freestyle	2:11.70	2:09.00	629	07/02/15	Derventio Excel February Festival	Sheffield	EM150033	1
400 Freestyle	4:35.80	4:30.70	621	01/06/14	City of Sheffield No Frills Meet	Sheffield	NE4315	1
800 Freestyle	9:40.12	9:30.10	583	14/12/12	City of Manchester Snow Pen 2012	Manchester	NW2496	1
50 Breaststroke	40.37	39.60	376	12/05/12	City of Manchester Aquatics Swim Team Open	Manchester	NW2307	1
50 Butterfly	31.24	30.60	478	25/01/14	Northern Area Zonal Meet 2014	Sheffield	ZM4403	1
100 Butterfly	1:08.30	1:07.20	535	21/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
200 Butterfly	2:31.37	2:29.30	521	25/01/14	Northern Area Zonal Meet 2014	Sheffield	ZM4403	1
50 Backstroke	36.21	35.70	408	10/04/11	Lancashire County Championships	Manchester	CC1018	1
100 Backstroke	1:16.26	1:15.20	424	02/06/12	North West Region Age Group Championships	Manchester	NWR211	1
200 Backstroke	2:39.37	2:37.30	461	12/05/12	City of Manchester Aquatics Swim Team Open	Manchester	NW2307	1
200 Individual Medley	2:34.72	2:32.20	541	09/06/13	BG NWR 2013 Age Group Championships	Manchester	NWR307	1
400 Individual Medley	5:30.37	5:25.00	521	04/03/12	Lancashire County Championships	Liverpool	CC2015	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.09	27.80	606	16/07/16	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE160533	3
100 Freestyle	59.56	1:00.90	600	17/07/16	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE160533	3
200 Freestyle	2:11.84	2:14.40	585	18/11/12	North Lancs Inter Association Meet	Blackpool	NW2744	2
400 Freestyle	4:34.81	4:39.90	596	23/11/13	Preston SC Club Championships	Preston	NW3729	4
800 Freestyle	9:28.77	9:38.80	591	19/01/14	North Lancashire Age Groups 2014	Blackpool	NW4147	3
50 Breaststroke	38.26	39.10	407	21/01/12	North Lancashire Age Group & Youth Champs	Blackpool	NW2020	3
100 Breaststroke	1:28.75	1:30.20	346	17/06/12	Preston Guild Summer Open	Preston	NW2193	3
200 Breaststroke	3:02.50	3:05.40	400	14/10/12	Preston SC Club Championships	Preston	NW2723	4
50 Butterfly	31.37	32.00	469	17/07/16	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE160533	3
100 Butterfly	1:09.19	1:10.30	476	18/11/12	North Lancs Inter Association Meet	Blackpool	NW2744	2
200 Butterfly	2:26.88	2:29.00	540	30/11/13	Cumbria S & WPA Interassociation	Blackpool	NW3905	2
50 Backstroke	34.91	35.50	378	17/06/12	Preston Guild Summer Open	Preston	NW2193	3
100 Backstroke	1:13.85	1:14.90	410	21/01/12	North Lancashire Age Group & Youth Champs	Blackpool	NW2020	3
200 Backstroke	2:33.14	2:35.30	468	17/11/12	North Lancs Inter Association Meet	Blackpool	NW2744	2
200 Individual Medley	2:29.49	2:32.10	541	01/12/13	Cumbria S & WPA Interassociation	Blackpool	NW3905	2
400 Individual Medley	5:14.95	5:20.50	555	02/02/13	North Lancashire AG & Youth Champs	Blackpool	NW3161	3
100 Individual Medley	1:37.29	1:37.30	195	10/10/09	North Lancs Assoc Meet	Blackpool	NW9475	3