

Individual Best Times (All Time)

Indah Higson - (515032) - Preston Swimming Club

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|----------|-----------------|-----------|----------|--|------------|---------|-------|
| 50 Freestyle | 31.15 | 30.50 | 435 | 09/03/13 | Lancashire Age Group County Championships | Manchester | CC3061 | 1 |
| 100 Freestyle | 1:06.80 | 1:05.50 | 463 | 10/03/13 | Lancashire Age Group County Championships | Manchester | CC3061 | 1 |
| 200 Freestyle | 2:25.08 | 2:22.70 | 470 | 10/03/13 | Lancashire Age Group County Championships | Manchester | CC3061 | 1 |
| 400 Freestyle | 5:01.06 | 4:56.40 | 477 | 02/06/13 | BG North West Region 2013 Age Group Champs | Manchester | NWR306 | 1 |
| 800 Freestyle | 10:13.84 | 10:04.30 | 492 | 16/03/13 | Lancashire County Championships | Liverpool | CC3062 | 1 |
| 50 Breaststroke | 40.44 | 39.70 | 374 | 15/03/14 | Lancashire County Championships | Manchester | CC4087 | 1 |
| 100 Breaststroke | 1:25.26 | 1:23.80 | 425 | 10/03/13 | Lancashire Age Group County Championships | Manchester | CC3061 | 1 |
| 200 Breaststroke | 3:07.81 | 3:05.00 | 392 | 02/06/13 | BG North West Region 2013 Age Group Champs | Manchester | NWR306 | 1 |
| 50 Backstroke | 34.40 | 33.80 | 476 | 16/03/14 | Lancashire County Championships | Manchester | CC4087 | 1 |
| 100 Backstroke | 1:13.06 | 1:12.00 | 483 | 01/06/13 | BG North West Region 2013 Age Group Champs | Manchester | NWR306 | 1 |
| 200 Backstroke | 2:43.99 | 2:41.90 | 423 | 16/03/13 | Lancashire County Championships | Liverpool | CC3062 | 1 |
| 200 Individual Medley | 2:43.40 | 2:41.00 | 459 | 09/06/13 | BG NWR 2013 Age Group Championships | Manchester | NWR307 | 1 |
| 400 Individual Medley | 5:51.20 | 5:46.20 | 433 | 17/03/13 | Lancashire County Championships | Liverpool | CC3062 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|---|-----------|---------|-------|
| 50 Freestyle | 30.41 | 31.10 | 428 | 27/04/14 | Harrogate Spa Town Graded Meet | Harrogate | NE4181 | 3 |
| 100 Freestyle | 1:04.90 | 1:06.20 | 464 | 03/02/13 | North Lancashire AG & Youth Champs | Blackpool | NW3161 | 3 |
| 200 Freestyle | 2:20.62 | 2:23.10 | 482 | 22/06/13 | Preston Guild Summer Spectacular Meet | Darwen | NW3330 | 3 |
| 400 Freestyle | 4:55.71 | 5:00.40 | 478 | 28/10/12 | Harrogate Autumn Open Meet | Harrogate | NE2564 | 3 |
| 800 Freestyle | 10:01.14 | 10:10.70 | 500 | 20/01/13 | North Lancashire AG & Youth Champs | Blackpool | NW3160 | 3 |
| 50 Breaststroke | 38.60 | 39.40 | 397 | 23/06/13 | Preston Guild Summer Spectacular Meet | Darwen | NW3330 | 3 |
| 100 Breaststroke | 1:24.28 | 1:25.80 | 405 | 01/02/14 | North Lancashire Age Groups, Youth & Champs | Blackpool | NW4148 | 3 |
| 200 Breaststroke | 3:03.45 | 3:06.30 | 394 | 02/02/13 | North Lancashire AG & Youth Champs | Blackpool | NW3161 | 3 |
| 50 Butterfly | 35.38 | 35.90 | 327 | 16/06/12 | Preston Guild Summer Open | Preston | NW2193 | 3 |
| 100 Butterfly | 1:19.31 | 1:20.30 | 316 | 02/11/13 | Preston SC Club Championships | Preston | NW3729 | 4 |
| 200 Butterfly | 4:10.45 | 4:11.70 | 108 | 02/10/10 | North Lancs SWP ASSOC Meet | Blackpool | NW0517 | 3 |
| 50 Backstroke | 34.84 | 35.40 | 380 | 01/02/14 | North Lancashire Age Groups, Youth & Champs | Blackpool | NW4148 | 3 |
| 100 Backstroke | 1:12.08 | 1:13.20 | 441 | 19/01/13 | North Lancashire AG & Youth Champs | Blackpool | NW3160 | 3 |
| 200 Backstroke | 2:35.64 | 2:37.80 | 446 | 18/01/14 | North Lancashire Age Groups 2014 | Blackpool | NW4147 | 3 |
| 200 Individual Medley | 2:38.79 | 2:41.30 | 451 | 19/01/13 | North Lancashire AG & Youth Champs | Blackpool | NW3160 | 3 |
| 400 Individual Medley | 5:38.84 | 5:44.00 | 446 | 02/11/13 | Preston SC Club Championships | Preston | NW3729 | 4 |
| 100 Individual Medley | 1:15.18 | 1:15.20 | 424 | 16/06/12 | Preston Guild Summer Open | Preston | NW2193 | 3 |