

Individual Best Times (All Time)

Emma Jackson - (740355) - Clitheroe Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.15	29.40	480	25/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	NE230349	1
100 Freestyle	1:07.63	1:06.40	446	27/01/19	Lancs County WPSA Age Groups & Championships 2019	Manchester	NW190175	1
200 Freestyle	2:36.56	2:34.30	374	12/03/17	Jorvik Spring Festival LC Meet	Leeds	NE170344	3
50 Breaststroke	44.40	43.70	283	19/02/17	City of Liverpool Splash & Dash	Liverpool	NW170202	3
50 Butterfly	36.25	35.70	306	19/02/17	City of Liverpool Splash & Dash	Liverpool	NW170202	3
50 Backstroke	36.49	35.90	398	19/02/17	City of Liverpool Splash & Dash	Liverpool	NW170202	3
100 Backstroke	1:22.30	1:21.30	338	12/03/17	Jorvik Spring Festival LC Meet	Leeds	NE170344	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.61	30.30	464	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
100 Freestyle	1:04.54	1:05.80	471	15/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
200 Freestyle	2:21.89	2:24.30	469	30/03/19	Burnley Bobcats Last Chance Regional Qualifier	Darwen	NW190306	3
50 Breaststroke	40.80	41.60	336	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
100 Breaststroke	1:42.24	1:43.50	226	08/12/13	Preston Christmas Countdown 2013	Blackburn	NW3331	3
200 Breaststroke	3:40.96	3:43.30	225	20/07/14	City of Bradford SC End of Season A B Graded Meet	Shipley	NE4363	3
50 Butterfly	33.66	34.20	379	15/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
100 Butterfly	1:29.55	1:30.40	219	26/10/14	North Lancashire Gala	Blackpool	NW4921	3
50 Backstroke	34.31	34.90	398	09/06/18	PSC Summer Spectacular - L3 Open Meet	Darwen	NW180480	3
100 Backstroke	1:16.03	1:17.10	376	20/03/16	Wirral Metro Spring Meet 2016 (L3)	Birkenhead	NW160270	3
200 Backstroke	2:44.85	2:46.90	375	31/10/15	Blackpool 'Lights' Level 3 Development Meet	Blackpool	NW150536	3
200 Individual Medley	2:54.37	2:56.60	341	19/04/15	Satellites of Macclesfield 28th Open Meet	Macclesfield	NW150328	3
100 Individual Medley	1:16.79	1:16.80	398	04/05/19	Blackpool Rocks 2019	Blackpool	NW190260	3