

# Individual Best Times (All Time)

Aimee Banks - (774835) - Carnforth & Dist Otters

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.57	27.80	564	28/04/19	2019 SENW Summer Championships	Manchester	NW190232	1
100 Freestyle	1:01.01	59.60	608	01/05/16	ASA North West Region Summer Championships	Manchester	NW160337	1
200 Freestyle	2:12.06	2:09.40	624	08/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
400 Freestyle	5:12.09	5:07.60	429	15/03/14	Lancashire County Championships	Manchester	CC4087	1
50 Butterfly	31.39	30.80	471	20/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
50 Backstroke	32.41	31.80	569	01/05/16	ASA North West Region Summer Championships	Manchester	NW160337	1
100 Backstroke	1:08.25	1:07.10	592	01/05/16	ASA North West Region Summer Championships	Manchester	NW160337	1
200 Backstroke	2:26.34	2:24.00	595	30/04/16	ASA North West Region Summer Championships	Manchester	NW160337	1
200 Individual Medley	3:06.28	3:04.10	310	03/03/12	Lancashire County Championships	Liverpool	CC2015	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.09	28.80	543	15/12/18	CARNFORTH CHRISTMAS GALA 2018	Salt Ayre	NW182800	4
100 Freestyle	1:00.30	1:01.70	578	01/10/16	North Lancs L2 Age Groups & Champs	Blackpool	NW161714	2
200 Freestyle	2:09.89	2:12.50	612	05/11/16	ASA North West Region Winter Championships	Manchester	NW160340	2
400 Freestyle	4:38.08	4:43.10	575	02/10/16	North Lancs L2 Age Groups & Champs	Blackpool	NW161714	2
50 Breaststroke	40.64	41.40	340	01/02/14	North Lancashire Age Groups, Youth & Champs	Blackpool	NW4148	3
100 Breaststroke	1:37.97	1:39.30	257	02/02/13	North Lancashire AG & Youth Champs	Blackpool	NW3161	3
200 Breaststroke	3:34.84	3:37.30	245	27/10/12	North Lancs SC L3 Meet	Blackpool	NW2607	3
50 Butterfly	30.58	31.20	506	15/10/16	North Lancs Level 2 Age Groups & Champs	Blackpool	NW161715	2
100 Butterfly	1:09.23	1:10.30	475	05/11/16	ASA North West Region Winter Championships	Manchester	NW160340	2
200 Butterfly	3:14.54	3:16.20	232	27/10/12	North Lancs SC L3 Meet	Blackpool	NW2607	3
50 Backstroke	31.19	31.80	530	15/12/18	CARNFORTH CHRISTMAS GALA 2018	Salt Ayre	NW182800	4
100 Backstroke	1:07.20	1:08.40	544	02/10/16	North Lancs L2 Age Groups & Champs	Blackpool	NW161714	2
200 Backstroke	2:24.59	2:26.90	556	05/11/16	ASA North West Region Winter Championships	Manchester	NW160340	2
200 Individual Medley	2:34.79	2:37.30	487	16/07/16	City of Salford Summer Spectacular	Salford	NW160714	3
100 Individual Medley	1:10.39	1:10.40	517	15/12/18	CARNFORTH CHRISTMAS GALA 2018	Salt Ayre	NW182800	4