

# Individual Best Times (All Time)

Emily Barnes - (801571) - Trafford Metro Bor SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.44	31.80	385	15/03/14	Lancashire County Championships	Manchester	CC4087	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.88	32.50	372	24/11/13	Blackpool Aquatics Club Championships	Blackpool	NW3902	4
100 Freestyle	1:09.57	1:10.80	376	24/05/14	Blackpool Rocks Level 3 Open Meet	Blackpool	NW4243	3
200 Freestyle	2:46.91	2:49.00	288	24/11/13	Blackpool Aquatics Club Championships	Blackpool	NW3902	4
50 Breaststroke	42.17	42.90	304	27/10/12	North Lancs SC L3 Meet	Blackpool	NW2607	3
100 Breaststroke	1:34.40	1:35.70	288	28/10/12	North Lancs SC L3 Meet	Blackpool	NW2607	3
200 Breaststroke	3:31.71	3:34.20	256	21/09/13	Blackpool "Lights" Level 3 Development Meet	Blackpool	NW3230	3
50 Butterfly	38.93	39.40	245	18/01/14	North Lancashire Age Groups 2014	Blackpool	NW4147	3
100 Butterfly	1:39.54	1:40.30	160	24/11/13	Blackpool Aquatics Club Championships	Blackpool	NW3902	4
50 Backstroke	38.18	38.70	289	24/05/14	Blackpool Rocks Level 3 Open Meet	Blackpool	NW4243	3
100 Backstroke	1:26.37	1:27.30	256	07/12/14	Blackpool Club Champs	Blackpool	NW14649	4
200 Individual Medley	3:04.93	3:07.10	286	27/10/13	North Lancashire SWPA Level 3 Meet	Blackpool	NW3684	3
100 Individual Medley	1:25.50	1:25.50	288	27/10/12	North Lancs SC L3 Meet	Blackpool	NW2607	3