

Individual Best Times (All Time)

Emily Norton - (802490) - Borough of Barnsley SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|--|-----------|---------|-------|
| 50 Freestyle | 31.97 | 31.30 | 402 | 21/09/14 | City of Sheffield 32nd Annual Teaspoon Gala | Sheffield | NE4318 | 3 |
| 100 Freestyle | 1:09.22 | 1:08.00 | 416 | 17/05/14 | Rotherham Metro SC Level One Long Course Meet | Sheffield | NE4110 | 1 |
| 200 Freestyle | 2:28.95 | 2:26.60 | 434 | 30/11/13 | City of Sheffield Snow Frills Gala | Sheffield | NE3174 | 3 |
| 400 Freestyle | 5:06.42 | 5:01.80 | 453 | 06/10/13 | The Robin Hood Open Meet 2013 | Sheffield | EM3375 | 1 |
| 50 Breaststroke | 40.97 | 40.20 | 360 | 21/09/14 | City of Sheffield 32nd Annual Teaspoon Gala | Sheffield | NE4318 | 3 |
| 100 Breaststroke | 1:30.29 | 1:28.90 | 358 | 05/07/14 | Borough of Barnsley SC 7th Annual Summer Sizzler | Sheffield | NE4704 | 3 |
| 50 Butterfly | 35.36 | 34.80 | 329 | 21/09/14 | City of Sheffield 32nd Annual Teaspoon Gala | Sheffield | NE4318 | 3 |
| 50 Backstroke | 37.29 | 36.70 | 373 | 12/04/14 | Sports Aid Open Meet 2014 | Leeds | NE4126 | 1 |
| 100 Backstroke | 1:20.30 | 1:19.30 | 363 | 13/04/14 | Sports Aid Open Meet 2014 | Leeds | NE4126 | 1 |
| 200 Backstroke | 2:48.10 | 2:46.10 | 393 | 16/02/14 | Yorkshire SA County Championship | Leeds | CC4067 | 1 |
| 200 Individual Medley | 2:50.41 | 2:48.10 | 405 | 05/07/14 | Borough of Barnsley SC 7th Annual Summer Sizzler | Sheffield | NE4704 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle | 30.76 | 31.40 | 414 | 05/07/15 | Borough of Barnsley 8th Annual Summer Sizzler | Sheffield | NE150893 | 3 |
| 100 Freestyle | 1:05.99 | 1:07.20 | 441 | 10/10/15 | Yorkshire Winter Competition | Sheffield | NE151548 | 2 |
| 200 Freestyle | 2:23.98 | 2:26.40 | 449 | 21/09/13 | Borough of Barnsley Club Championships | Goldthorpe | NE3609 | 4 |
| 400 Freestyle | 4:58.70 | 5:03.40 | 464 | 27/04/14 | Harrogate Spa Town Graded Meet | Harrogate | NE4181 | 3 |
| 800 Freestyle | 11:00.96 | 11:09.70 | 376 | 19/10/12 | Borough of Barnsley Time Trail | Barnsley | NE2431 | 4 |
| 50 Breaststroke | 39.54 | 40.30 | 369 | 05/07/15 | Borough of Barnsley 8th Annual Summer Sizzler | Sheffield | NE150893 | 3 |
| 100 Breaststroke | 1:23.75 | 1:25.20 | 412 | 05/07/15 | Borough of Barnsley 8th Annual Summer Sizzler | Sheffield | NE150893 | 3 |
| 200 Breaststroke | 3:05.03 | 3:07.90 | 384 | 10/01/14 | Borough of Barnsley Time Trials | Rotherham | NE4165 | 4 |
| 50 Butterfly | 35.07 | 35.60 | 335 | 05/07/15 | Borough of Barnsley 8th Annual Summer Sizzler | Sheffield | NE150893 | 3 |
| 50 Backstroke | 36.14 | 36.70 | 341 | 02/05/14 | Borough of Barnsley Time Trials | Rotherham | NE4165 | 4 |
| 100 Backstroke | 1:16.88 | 1:17.90 | 363 | 12/10/13 | Yorkshire Winter Competition | Sheffield | NE3973 | 2 |
| 200 Backstroke | 2:42.29 | 2:44.30 | 393 | 12/01/14 | Harrogate SC Janus Meet | Harrogate | NE4178 | 3 |
| 200 Individual Medley | 2:43.06 | 2:45.50 | 417 | 13/10/13 | Yorkshire Winter Competition | Sheffield | NE3973 | 2 |