

Individual Best Times (All Time)

Emily Rickards - (835822) - Nottingham Leander SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	41.12	40.30	356	15/09/19	The Robin Hood Open Meet 2019	Sheffield	EM191754	3
100 Breaststroke	1:29.03	1:27.60	373	15/09/19	The Robin Hood Open Meet 2019	Sheffield	EM191754	3
200 Breaststroke	3:05.58	3:02.70	407	02/02/19	Nottinghamshire ASA County Championships 2019	Harvey Hadden	EM190204	1
50 Backstroke	36.56	36.00	396	20/01/19	Nottinghamshire ASA County Championships 2019	Harvey Hadden	EM190203	1
100 Backstroke	1:19.82	1:18.80	370	04/02/18	Nottinghamshire ASA County Championships 2018	Nottingham	EM180322	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.44	33.10	353	29/09/19	7th MAD Open Meet	Matlock	EM191817	3
100 Freestyle	1:10.99	1:12.20	354	03/03/19	Worksop Dolphins The 11th Spring Open Meet	Worksop	EM191220	3
200 Freestyle	2:36.24	2:38.50	351	17/11/19	Nottingham Leander 2019 Club Championships	Hucknall	EM192321	4
400 Freestyle	5:39.89	5:44.00	315	18/11/18	Nottingham Leander Club Championships	Hucknall	EM181614	4
50 Breaststroke	39.71	40.50	364	29/09/19	7th MAD Open Meet	Matlock	EM191817	3
100 Breaststroke	1:23.63	1:25.10	414	14/03/20	Notts Sports Centre League 2020 - Division 1	Hucknall LC	EM200576	4
200 Breaststroke	3:00.79	3:03.70	412	17/11/19	Nottingham Leander 2019 Club Championships	Hucknall	EM192321	4
50 Butterfly	39.27	39.80	239	29/10/17	Nottingham Leander Club Championships	Hucknall	EM172310	4
100 Butterfly	1:52.53	1:53.20	110	29/11/14	Nottingham Leander Club Championships	Nottingham	EM14585	4
50 Backstroke	35.89	36.40	348	17/11/18	Nottingham Leander Club Championships	Hucknall	EM181614	4
100 Backstroke	1:18.38	1:19.40	343	29/09/19	7th MAD Open Meet	Matlock	EM191817	3
200 Backstroke	2:49.38	2:51.30	346	04/03/18	The 10th Spring Open Meet	Worksop	EM180407	3
200 Individual Medley	3:15.17	3:17.20	243	24/09/16	4th MAD Open Meet	Matlock	EM161019	3
100 Individual Medley	1:17.78	1:17.80	383	27/10/18	Sports Centre League 2018 - Division 1	Nottingham Uni Pool	EM180568	4