

# Individual Best Times (All Time)

Emma Pomfret - (848617) - Blackpool Aquatics ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.34	31.70	389	04/02/17	Lancashire County Championships	Manchester	NW170200	1
100 Freestyle	1:12.84	1:11.70	357	08/07/17	Summer Non National Qualifier Graded Meet	Manchester	NW170108	3
50 Breaststroke	42.28	41.50	328	04/02/17	Lancashire County Championships	Manchester	NW170200	1
100 Breaststroke	1:34.86	1:33.50	308	09/04/17	Derventio Excel 11th LC Open Meet	Sheffield	EM170259	1
200 Breaststroke	3:27.67	3:25.10	290	28/01/17	Lancashire County Championships	Manchester	NW170199	1
50 Butterfly	38.13	37.60	263	08/07/17	Summer Non National Qualifier Graded Meet	Manchester	NW170108	3
50 Backstroke	39.39	38.90	317	14/07/18	Manchester Summer Non National Qualifier Graded	Manchester	NW180651	3
200 Backstroke	3:09.55	3:07.80	274	23/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160229	1
200 Individual Medley	3:00.71	2:58.50	339	28/01/17	Lancashire County Championships	Manchester	NW170199	1
400 Individual Medley	6:33.68	6:29.20	308	20/01/18	Lancs County WPSA Age Groups & Championships	Wavertree	NW180030	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.26	32.90	359	30/04/17	Blackpool Rocks 2017	Blackpool	NW170320	3
100 Freestyle	1:10.83	1:12.00	357	30/04/17	Blackpool Rocks 2017	Blackpool	NW170320	3
200 Freestyle	2:31.83	2:34.10	383	05/05/18	Blackpool Rocks 2018	Blackpool	NW180042	3
400 Freestyle	6:03.90	6:07.70	256	06/09/16	Blackpool Aquatics 400m Time Trial	Blackpool	NW161764	4
50 Breaststroke	41.18	41.90	326	29/04/17	Blackpool Rocks 2017	Blackpool	NW170320	3
100 Breaststroke	1:30.32	1:31.70	329	07/12/17	Blackpool Aquatics Club Championships 2017	Blackpool	NW172471	4
200 Breaststroke	3:20.53	3:23.20	302	12/06/16	Preston Summer Spectacular 2016 Open Meet	Darwen	NW160845	3
50 Butterfly	36.32	36.80	302	05/05/19	Blackpool Rocks 2019	Blackpool	NW190260	3
100 Butterfly	1:22.34	1:23.30	282	28/10/17	Blackpool Lights 2017	Blackpool	NW170831	3
50 Backstroke	37.17	37.70	313	30/09/17	North Lancashire L2 Age Group Champs 2017	Blackpool	NW171572	2
100 Backstroke	1:22.01	1:23.00	299	27/10/19	Blackpool Lights 2019	Blackpool	NW191509	3
200 Backstroke	2:56.35	2:58.20	306	02/10/16	North Lancs L2 Age Groups & Champs	Blackpool	NW161714	2
200 Individual Medley	2:51.61	2:53.90	358	05/05/18	Blackpool Rocks 2018	Blackpool	NW180042	3
400 Individual Medley	6:03.68	6:08.50	360	02/04/17	Burnley Bobcats Last Chance Regional Qualifier	Darwen	NW170616	3
100 Individual Medley	1:19.62	1:19.60	357	30/04/17	Blackpool Rocks 2017	Blackpool	NW170320	3