

# Individual Best Times (All Time)

Holly Salisbury - (862880) - Carnforth & Dist Otters

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.54	27.80	566	07/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
100 Freestyle	1:01.22	59.80	602	07/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
200 Freestyle	2:13.89	2:11.30	598	08/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
400 Freestyle	4:50.55	4:45.70	531	01/06/14	BG North West Age Group Championships	Manchester	NWR401	1
50 Backstroke	33.95	33.40	495	05/02/17	Lancashire County Championships	Manchester	NW170200	1
100 Backstroke	1:14.07	1:13.00	463	01/03/15	Lancashire County Age Groups & Championships	Liverpool	CC150112	1
200 Backstroke	2:41.77	2:39.70	441	28/02/15	Lancashire County Age Groups & Championships	Liverpool	CC150112	1
200 Individual Medley	2:46.12	2:43.70	437	08/03/14	Lancashire Age Groups & Championships	Manchester	CC4086	1
400 Individual Medley	6:06.83	6:02.00	380	17/03/13	Lancashire County Championships	Liverpool	CC3062	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.67	29.40	511	05/11/16	ASA North West Region Winter Championships	Manchester	NW160340	2
100 Freestyle	1:00.52	1:01.90	572	06/11/16	ASA North West Region Winter Championships	Manchester	NW160340	2
200 Freestyle	2:11.74	2:14.30	587	05/11/16	ASA North West Region Winter Championships	Manchester	NW160340	2
400 Freestyle	4:42.63	4:47.60	548	23/11/14	Liverpool & Dist Inter Association Gala	Huyton	NW4920	2
800 Freestyle	10:14.76	10:24.10	468	19/01/14	North Lancashire Age Groups 2014	Blackpool	NW4147	3
50 Breaststroke	42.88	43.60	289	24/05/14	Blackpool Rocks Level 3 Open Meet	Blackpool	NW4243	3
100 Breaststroke	1:30.15	1:31.50	330	27/09/14	Ulverston ASC Grade Age Group Meet	Kendal	NW14081	3
50 Butterfly	34.28	34.80	359	16/07/16	City of Salford Summer Spectacular	Salford	NW160714	3
100 Butterfly	1:16.67	1:17.70	350	27/09/14	Ulverston ASC Grade Age Group Meet	Kendal	NW14081	3
50 Backstroke	32.90	33.50	452	24/07/16	North Lancashire Development Meet	Blackpool	NW161319	3
100 Backstroke	1:10.95	1:12.10	463	02/10/16	North Lancs L2 Age Groups & Champs	Blackpool	NW161714	2
200 Backstroke	2:31.50	2:33.70	483	24/05/14	Blackpool Rocks Level 3 Open Meet	Blackpool	NW4243	3
200 Individual Medley	2:38.44	2:40.90	454	27/09/14	Ulverston ASC Grade Age Group Meet	Kendal	NW14081	3
400 Individual Medley	5:55.63	6:00.50	386	02/02/13	North Lancashire AG & Youth Champs	Blackpool	NW3161	3
100 Individual Medley	1:14.72	1:14.70	432	24/07/16	North Lancashire Development Meet	Blackpool	NW161319	3