

# Individual Best Times (All Time)

Amber Harrison - (868463) - City of Sheffield Swim Squad Ltd

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.58	30.90	417	01/02/15	Sheffield & District ASA Championships	Sheffield	NE150146	4
100 Freestyle	1:09.07	1:07.80	419	10/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
200 Freestyle	2:31.73	2:29.40	411	30/11/13	City of Sheffield Snow Frills Gala	Sheffield	NE3174	3
400 Freestyle	5:21.24	5:16.80	393	01/02/15	Sheffield & District ASA Championships	Sheffield	NE150146	4
50 Breaststroke	46.33	45.60	249	21/09/14	City of Sheffield 32nd Annual Teaspoon Gala	Sheffield	NE4318	3
100 Breaststroke	1:38.88	1:37.60	272	16/11/13	Sheffield City 25th B Grade Meet	Sheffield	NE3415	3
50 Butterfly	32.84	32.30	411	23/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
100 Butterfly	1:17.25	1:16.30	370	23/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
200 Butterfly	3:07.99	3:06.30	272	19/01/14	Co Leeds New Year Meet 2014	Leeds	NE4019	3
50 Backstroke	36.10	35.50	411	22/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
100 Backstroke	1:16.98	1:15.90	413	23/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
200 Backstroke	2:49.27	2:47.30	384	23/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
200 Individual Medley	2:59.38	2:57.20	347	10/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.66	32.30	379	14/12/14	City of Bradford Level 3 Winter Meet	Shipley	NE14192	3
100 Freestyle	1:06.87	1:08.10	424	22/06/14	Retford 21st Annual Open Meet	Sheffield	EM4487	3
200 Freestyle	2:26.16	2:28.50	429	22/06/14	Retford 21st Annual Open Meet	Sheffield	EM4487	3
50 Breaststroke	46.43	47.10	228	19/05/13	Doncaster Dartes SC B Grade Meet 2013	Adwick	NE3413	3
100 Breaststroke	1:47.97	1:49.10	192	14/04/12	City of Derby 29th Short Course Meet	Derby	EM2052	3
50 Butterfly	33.22	33.80	395	07/12/14	ASANER BG Regional Senior & Youth Champs	Sunderland	NER429	2
100 Butterfly	1:18.46	1:19.40	326	22/06/14	Retford 21st Annual Open Meet	Sheffield	EM4487	3
50 Backstroke	35.68	36.20	354	22/06/14	Retford 21st Annual Open Meet	Sheffield	EM4487	3
100 Backstroke	1:16.40	1:17.40	370	22/06/14	Retford 21st Annual Open Meet	Sheffield	EM4487	3
200 Backstroke	2:45.38	2:47.40	371	21/07/13	Rotherham Metro A & B Grade Gala	Sheffield	NE3187	3
200 Individual Medley	2:54.75	2:57.00	339	20/07/13	Rotherham Metro A & B Grade Gala	Sheffield	NE3187	3
100 Individual Medley	1:22.13	1:22.10	325	20/10/13	Retford SC Early Bird Meet	Retford	EM3689	3