

# Individual Best Times (All Time)

Olivia Sheehan - (887282) - The University Of Birmingham

## Long Course

| Stroke                | LC Time  | Converted to SC | LC WA Pts | Date     | Meet  | Venue        | Licence  | Level |
|-----------------------|----------|-----------------|-----------|----------|---|--------------|----------|-------|
| 50 Freestyle          | 32.81    | 32.20           | 372       | 04/02/17 | Lancashire County Championships                   | Manchester   | NW170200 | 1     |
| 100 Freestyle         | 1:03.06  | 1:01.70         | 551       | 26/01/20 | Lancashire County Age Groups & County Champs      | Manchester   | NW200179 | 1     |
| 200 Freestyle         | 2:11.57  | 2:08.90         | 631       | 06/02/22 | Lancs County Age Groups & Championships 2022      | Wavertree LC | NW220241 | 1     |
| 400 Freestyle         | 4:32.40  | 4:27.20         | 645       | 01/04/23 | Derventio eXcel Spring Qualifier Meet 2023        | Sheffield    | EM230359 | 1     |
| 800 Freestyle         | 9:15.97  | 9:05.50         | 662       | 04/02/23 | Lancashire County Age Groups & Championships 2023 | Liverpool    | NW230072 | 1     |
| 1500 Freestyle        | 17:39.10 | 17:19.50        | 656       | 10/04/22 | British Championships 2022                        | Sheffield    | BSW020   | 1     |
| 50 Breaststroke       | 40.56    | 39.80           | 371       | 04/02/18 | Lancs County WPSA Age Groups & Championships      | Manchester   | NW180032 | 1     |
| 100 Breaststroke      | 1:39.65  | 1:38.40         | 266       | 31/01/16 | Lancashire County WPSA Age Group & Championships  | Manchester   | NW160230 | 1     |
| 200 Breaststroke      | 3:10.77  | 3:08.00         | 374       | 03/02/19 | Lancs County WPSA Age Groups & Championships 2019 | Wavertree    | NW190176 | 1     |
| 50 Butterfly          | 30.35    | 29.70           | 521       | 12/03/23 | 72nd ESSA National Inter-Divisional Championships | Coventry     | WM230386 | 1     |
| 100 Butterfly         | 1:05.24  | 1:04.10         | 614       | 06/05/23 | Swansea Aquatic May LC Meet                       | Swansea      | WL230007 | 1     |
| 200 Butterfly         | 2:20.54  | 2:18.30         | 651       | 26/03/23 | SE North West Regional Summer Championships 2023  | Liverpool    | NW230689 | 1     |
| 50 Backstroke         | 36.55    | 36.00           | 396       | 03/02/18 | Lancs County WPSA Age Groups & Championships      | Manchester   | NW180032 | 1     |
| 100 Backstroke        | 1:17.65  | 1:16.60         | 402       | 04/02/18 | Lancs County WPSA Age Groups & Championships      | Manchester   | NW180032 | 1     |
| 200 Backstroke        | 2:26.92  | 2:24.60         | 588       | 28/01/23 | Lancashire County Age Groups & Championships 2023 | Liverpool    | NW230071 | 1     |
| 200 Individual Medley | 2:30.74  | 2:28.10         | 585       | 07/05/22 | Swansea Aquatics Long Course Open Meet 2022       | Swansea      | WL220093 | 1     |
| 400 Individual Medley | 5:15.22  | 5:09.60         | 600       | 04/02/23 | Lancashire County Age Groups & Championships 2023 | Liverpool    | NW230072 | 1     |

## Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet   | Venue             | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-------------------|----------|-------|
| 50 Freestyle          | 29.21    | 29.90           | 483       | 29/02/20 | Greater Manchester Age Group Meet 2020           | Wigan             | NW200026 | 3     |
| 100 Freestyle         | 1:02.84  | 1:04.20         | 511       | 17/11/19 | Wigan BEST Future Stars Open Meet                | Wigan Life Centre | NW192346 | 2     |
| 200 Freestyle         | 2:10.68  | 2:13.30         | 601       | 20/10/19 | Manchester International Meet 2019               | Manchester        | NW190443 | 2     |
| 400 Freestyle         | 4:28.56  | 4:33.70         | 638       | 26/06/21 | Wigan BEST                                       | Leigh             | LEX2609  | 0     |
| 800 Freestyle         | 9:08.14  | 9:18.60         | 660       | 06/11/21 | NW Winter Regional Swimming Championships (25m)  | Manchester        | NW211011 | 2     |
| 1500 Freestyle        | 17:27.24 | 17:46.70        | 652       | 03/12/22 | National Winter Championships 2022               | Sheffield         | ENG027   | 2     |
| 50 Breaststroke       | 39.72    | 40.50           | 364       | 07/10/18 | Greater Manchester Autumn Meet 2018              | Wigan Life Centre | NW181633 | 3     |
| 100 Breaststroke      | 1:27.81  | 1:29.20         | 358       | 06/05/17 | Wigan Starter Meet                               | Wigan             | NW170322 | 3     |
| 200 Breaststroke      | 2:59.94  | 3:02.90         | 418       | 30/09/18 | Greater Manchester Autumn Meet 2018              | Wigan Life Centre | NW181632 | 3     |
| 50 Butterfly          | 30.62    | 31.20           | 504       | 02/10/22 | BCM SWPA Greater Manchester Autumn Meet 2022     | Wigan             | NW221310 | 3     |
| 100 Butterfly         | 1:05.30  | 1:06.50         | 567       | 11/12/22 | North West Arena Premier Division A - Final 2022 | Blackpool         | NW222515 | 3     |
| 200 Butterfly         | 2:17.70  | 2:20.00         | 655       | 06/11/22 | SE NW Winter Regional Swimming Championships     | Liverpool         | NW221980 | 2     |
| 50 Backstroke         | 34.93    | 35.50           | 377       | 29/09/18 | Greater Manchester Autumn Meet 2018              | Wigan Life Centre | NW181632 | 3     |
| 100 Backstroke        | 1:10.81  | 1:11.90         | 465       | 29/02/20 | Greater Manchester Age Group Meet 2020           | Wigan             | NW200026 | 3     |
| 200 Backstroke        | 2:25.30  | 2:27.60         | 548       | 24/06/23 | Preston SC Summer Spectacular Meet 2023          | Darwen            | NW230702 | 3     |
| 200 Individual Medley | 2:28.56  | 2:31.20         | 551       | 17/10/21 | City of Birmingham Winter Open Meet              | Birmingham        | WM210177 | 2     |
| 400 Individual Medley | 5:07.47  | 5:13.10         | 597       | 07/11/21 | NW Winter Regional Swimming Championships (25m)  | Manchester        | NW211011 | 2     |
| 100 Individual Medley | 1:12.29  | 1:12.30         | 477       | 17/11/18 | Wigan BEST Future Stars Open Meet                | Wigan             | NW182020 | 2     |