

# Individual Best Times (All Time)

Lauren Empson - (889007) - Rotherham Metro SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.49	29.80	464	31/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	NE190402	1
100 Freestyle	1:06.07	1:04.80	479	02/12/18	City of Sheffield Snow Frills Meet 2018	Sheffield	NE180165	3
200 Freestyle	2:19.72	2:17.20	526	20/01/19	Rotherham Metro A & B Long Course Graded Meet	Sheffield	NE190112	3
400 Freestyle	4:53.14	4:48.30	517	06/04/19	Derventio Excel 13th Long Course Open Meet	Sheffield	EM190236	1
800 Freestyle	9:58.90	9:49.20	530	24/02/19	Yorkshire County Championships	Sheffield	NE190129	1
50 Breaststroke	39.97	39.20	388	12/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
100 Breaststroke	1:26.51	1:25.00	407	19/01/19	Rotherham Metro A & B Long Course Graded Meet	Sheffield	NE190112	3
200 Breaststroke	3:02.19	2:59.30	430	12/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
50 Butterfly	33.02	32.40	404	06/04/19	Derventio Excel 13th Long Course Open Meet	Sheffield	EM190236	1
100 Butterfly	1:10.34	1:09.30	490	19/01/19	Rotherham Metro A & B Long Course Graded Meet	Sheffield	NE190112	3
200 Butterfly	2:31.56	2:29.50	519	19/01/19	Rotherham Metro A & B Long Course Graded Meet	Sheffield	NE190112	3
50 Backstroke	36.30	35.70	405	23/02/19	Yorkshire County Championships	Sheffield	NE190129	1
100 Backstroke	1:19.22	1:18.20	379	12/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
200 Backstroke	2:46.20	2:44.20	406	20/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE180029	3
200 Individual Medley	2:34.59	2:32.00	543	01/12/18	City of Sheffield Snow Frills Meet 2018	Sheffield	NE180165	3
400 Individual Medley	5:26.60	5:21.20	539	02/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200183	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.74	30.40	458	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Freestyle	1:03.47	1:04.80	496	22/09/18	Rotherham Metro A & B Short Course Graded Meet	Sheffield	NE180466	3
200 Freestyle	2:15.18	2:17.70	543	23/09/18	Derventio Excel 8th Short Course Open Meet	Matlock	EM181185	2
400 Freestyle	4:39.28	4:44.30	568	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
800 Freestyle	9:36.09	9:46.00	569	18/11/18	Doncater Dartes Distance Trials	Adwick	NE182247	4
50 Breaststroke	37.60	38.40	429	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Breaststroke	1:21.71	1:23.20	444	21/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
200 Breaststroke	3:09.31	3:12.10	359	17/07/16	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE160533	3
50 Butterfly	32.30	32.90	430	21/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
100 Butterfly	1:09.42	1:10.50	471	06/10/18	Lincoln Vulcans Short Course Level 2 Meet	Sheffield	EM180707	2
200 Butterfly	2:31.99	2:34.10	487	06/10/18	Lincoln Vulcans Short Course Level 2 Meet	Sheffield	EM180707	2
50 Backstroke	35.09	35.70	372	23/09/18	Derventio Excel 8th Short Course Open Meet	Matlock	EM181185	2
100 Backstroke	1:14.10	1:15.20	406	21/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
200 Backstroke	2:42.86	2:44.90	389	06/07/19	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE190336	3
200 Individual Medley	2:31.71	2:34.30	518	20/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
400 Individual Medley	5:17.90	5:23.40	540	23/09/18	Derventio Excel 8th Short Course Open Meet	Matlock	EM181185	2
100 Individual Medley	1:12.66	1:12.70	470	22/09/18	Rotherham Metro A & B Short Course Graded Meet	Sheffield	NE180466	3