

Individual Best Times (All Time)

Grace Holland - (909141) - Oldham SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|------------------|---------|-----------------|-----------|----------|---------------------------------------|------------|---------|-------|
| 50 Freestyle | 34.54 | 33.90 | 319 | 29/06/14 | Co of Leeds B Grade Meet | Leeds | NE14031 | 3 |
| 100 Freestyle | 1:28.64 | 1:27.70 | 198 | 21/01/12 | City of Leeds New Year B Grade Meet | Leeds | NE2179 | 3 |
| 200 Freestyle | 3:02.57 | 3:00.70 | 236 | 20/01/13 | City of Leeds New Year Meet | Leeds | NE3218 | 3 |
| 50 Breaststroke | 46.76 | 46.10 | 242 | 29/06/14 | Co of Leeds B Grade Meet | Leeds | NE14031 | 3 |
| 100 Breaststroke | 1:40.25 | 1:39.00 | 261 | 29/06/14 | Co of Leeds B Grade Meet | Leeds | NE14031 | 3 |
| 200 Breaststroke | 3:26.75 | 3:24.20 | 294 | 29/06/14 | Co of Leeds B Grade Meet | Leeds | NE14031 | 3 |
| 50 Butterfly | 39.62 | 39.10 | 234 | 11/05/14 | City of Manchester Aquatics Open Meet | Manchester | NW4425 | 1 |
| 100 Butterfly | 1:42.10 | 1:41.40 | 160 | 20/01/13 | City of Leeds New Year Meet | Leeds | NE3218 | 3 |
| 200 Butterfly | 3:42.28 | 3:40.80 | 164 | 20/01/13 | City of Leeds New Year Meet | Leeds | NE3218 | 3 |
| 50 Backstroke | 41.12 | 40.60 | 278 | 10/05/14 | City of Manchester Aquatics Open Meet | Manchester | NW4425 | 1 |
| 100 Backstroke | 1:42.55 | 1:41.80 | 174 | 21/01/12 | City of Leeds New Year B Grade Meet | Leeds | NE2179 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle | 32.42 | 33.10 | 353 | 16/10/16 | Greater Manchester Autumn Meet 2016 | Wigan | NW160336 | 3 |
| 100 Freestyle | 1:11.04 | 1:12.20 | 353 | 28/06/15 | Preston Summer Spectacular - L3 Open | Darwen | NW150775 | 3 |
| 200 Freestyle | 2:38.51 | 2:40.70 | 337 | 27/06/15 | Preston Summer Spectacular - L3 Open | Darwen | NW150775 | 3 |
| 400 Freestyle | 5:48.73 | 5:52.70 | 291 | 19/10/13 | Greater Manchester Autumn Meet 2013 | Manchester | NW3215 | 3 |
| 50 Breaststroke | 42.42 | 43.20 | 299 | 28/06/15 | Preston Summer Spectacular - L3 Open | Darwen | NW150775 | 3 |
| 100 Breaststroke | 1:30.93 | 1:32.30 | 322 | 28/06/15 | Preston Summer Spectacular - L3 Open | Darwen | NW150775 | 3 |
| 200 Breaststroke | 3:14.90 | 3:17.60 | 329 | 29/11/15 | Wigan B.E.S.T SC Future Stars Open Meet | Wigan | NW150862 | 2 |
| 50 Butterfly | 34.23 | 34.80 | 361 | 20/03/16 | Greater Manchester Age Group Meet 2016 | Wigan | NW160085 | 3 |
| 100 Butterfly | 1:15.82 | 1:16.80 | 362 | 29/11/15 | Wigan B.E.S.T SC Future Stars Open Meet | Wigan | NW150862 | 2 |
| 200 Butterfly | 2:47.93 | 2:49.80 | 361 | 28/11/15 | Wigan B.E.S.T SC Future Stars Open Meet | Wigan | NW150862 | 2 |
| 50 Backstroke | 36.50 | 37.00 | 331 | 01/10/16 | Greater Manchester Autumn Meet 2016 | Wigan | NW160335 | 3 |
| 100 Backstroke | 1:21.00 | 1:22.00 | 311 | 11/06/16 | Aquabears Open Summer Meet | Salford | NW160712 | 3 |
| 200 Backstroke | 2:54.06 | 2:56.00 | 319 | 31/01/15 | Greater Manchester Age Group Meet 2015 | Wigan | NW150008 | 3 |
| 200 Individual Medley | 2:53.16 | 2:55.40 | 348 | 28/11/15 | Wigan B.E.S.T SC Future Stars Open Meet | Wigan | NW150862 | 2 |
| 100 Individual Medley | 1:24.17 | 1:24.20 | 302 | 20/12/14 | Trafford Borough Christmas Sprint Meet | Stretford | NW14650 | 3 |