

Individual Best Times (All Time)

Emily Morris - (920086) - Garston SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.61	29.90	458	10/02/19	Lancs County WPSA Age Groups & Championships 2019	Manchester	NW190177	1
100 Freestyle	1:03.48	1:02.10	540	14/04/19	Newham & East London L1 National Qualifying Meet	London	LR190189	1
200 Freestyle	2:15.97	2:13.40	571	13/04/19	Newham & East London L1 National Qualifying Meet	London	LR190189	1
400 Freestyle	4:43.55	4:38.60	572	23/03/19	Liverpool Spring Open Meet 2019	Liverpool	NW190258	1
800 Freestyle	9:52.50	9:42.70	547	24/11/18	City of Liverpool Time Trial	Liverpool	NW182703	4
1500 Freestyle	19:39.32	19:21.70	475	10/11/18	City of Liverpool Time Trial	Liverpool	NW182702	4
50 Breaststroke	37.47	36.60	471	27/04/19	2019 SENW Summer Championships	Manchester	NW190232	1
100 Breaststroke	1:23.38	1:21.90	454	27/01/19	Lancs County WPSA Age Groups & Championships 2019	Manchester	NW190175	1
200 Breaststroke	3:00.83	2:57.90	440	14/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	EM180084	1
50 Butterfly	34.95	34.40	341	24/02/19	City Of Liverpool Splash & Dash 2019	Liverpool	NW190257	3
100 Butterfly	1:37.66	1:36.90	183	22/06/14	City of Liverpool SC L3 Summer Sprint Meet	Liverpool	NW4453	3
50 Backstroke	35.56	35.00	430	24/02/19	City Of Liverpool Splash & Dash 2019	Liverpool	NW190257	3
100 Backstroke	1:16.30	1:15.20	424	04/02/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180032	1
200 Backstroke	2:38.57	2:36.50	468	13/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	EM180084	1
200 Individual Medley	2:40.70	2:38.20	483	26/01/19	Lancs County WPSA Age Groups & Championships 2019	Manchester	NW190175	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.75	30.40	457	14/07/19	Len Thomas Memorial Sprint	Llandudno	WL191800	2
100 Freestyle	1:02.55	1:03.90	518	14/07/19	Len Thomas Memorial Sprint	Llandudno	WL191800	2
200 Freestyle	2:14.38	2:16.90	553	28/09/19	Wirral Metro Autumn Meet	Birkenhead	NW190441	2
400 Freestyle	4:41.16	4:46.10	556	31/03/19	Prescot & Everton Spring Meet 2019	Liverpool	NW190259	3
50 Breaststroke	37.13	38.00	446	14/07/19	Len Thomas Memorial Sprint	Llandudno	WL191800	2
100 Breaststroke	1:21.03	1:22.60	455	14/07/19	Len Thomas Memorial Sprint	Llandudno	WL191800	2
200 Breaststroke	2:55.14	2:58.10	453	19/11/17	Wigan BEST Future Stars Open Meet	Wigan	NW171049	2
50 Butterfly	33.57	34.10	383	14/07/19	Len Thomas Memorial Sprint	Llandudno	WL191800	2
100 Butterfly	1:15.75	1:16.70	363	14/07/19	Len Thomas Memorial Sprint	Llandudno	WL191800	2
50 Backstroke	33.43	34.00	430	14/07/19	Len Thomas Memorial Sprint	Llandudno	WL191800	2
100 Backstroke	1:13.18	1:14.30	421	18/11/17	Wigan BEST Future Stars Open Meet	Wigan	NW171049	2
200 Backstroke	2:32.97	2:35.10	470	24/06/18	North Lancashire Swimming & WP Inter Association	Palatine Pool Blackp	NW181078	3
200 Individual Medley	2:34.72	2:37.20	488	14/07/19	Len Thomas Memorial Sprint	Llandudno	WL191800	2
100 Individual Medley	1:15.51	1:15.50	419	09/07/17	Len Thomas Memorial Sprint Meet	Llandudno	WL171152	2