

Individual Best Times (All Time)

Lauren Cusick - (1316211) - Aquabears Of Rochdale SC - 50 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
28.35	577	F	27/03/22	SE North West Summer Regional Swimming Champs	Liverpool	Aquabears	1
28.36	576	F	06/02/22	Lancs County Age Groups & Championships 2022	Wavertree LC	Aquabears	1
28.36	576	F	12/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	Aquabears	1
28.43	572	H	12/03/22	Stockport Metro Spring Long Course Open Meet 2022	Stockport	Aquabears	1
28.48	569	H	12/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	Aquabears	1
28.53	566	H	11/02/24	Lancashire County Championships 2024	Manchester	Aquabears	1
28.56	564	H	01/10/23	COMAST Arena Manchester Winter Regional Qualifier	Manchester	Aquabears	3
28.59	563	F	11/02/24	Lancashire County Championships 2024	Manchester	Aquabears	1
28.63	560	H	06/02/22	Lancs County Age Groups & Championships 2022	Wavertree LC	Aquabears	1
28.73	554	H	06/08/22	Swim England National Summer Meet 2022	Sheffield	Aquabears	1
28.75	553	F	26/03/23	SE North West Regional Summer Championships 2023	Liverpool	Aquabears	1
28.76	553	H	26/03/23	SE North West Regional Summer Championships 2023	Liverpool	Aquabears	1
28.79	551	H	27/03/22	SE North West Summer Regional Swimming Champs	Liverpool	Aquabears	1
28.87	546	H	21/04/24	SENW Regional Summer Championships 2024	Manchester	Aquabears	1
31.21	432	F	03/02/18	Lancs County WPSA Age Groups & Championships	Manchester	Aquabears	1
31.25	431	H	03/02/18	Lancs County WPSA Age Groups & Championships	Manchester	Aquabears	1
33.21	359	F	04/02/17	Lancashire County Championships	Manchester	Aquabears	1
33.53	349	H	04/02/17	Lancashire County Championships	Manchester	Aquabears	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
28.87	546	H	21/04/24	SENW Regional Summer Championships 2024	Manchester	Aquabears	1
28.59	563	F	11/02/24	Lancashire County Championships 2024	Manchester	Aquabears	1
28.53	566	H	11/02/24	Lancashire County Championships 2024	Manchester	Aquabears	1
28.56	564	H	01/10/23	COMAST Arena Manchester Winter Regional Qualifier	Manchester	Aquabears	3
28.75	553	F	26/03/23	SE North West Regional Summer Championships 2023	Liverpool	Aquabears	1

28.76	553	H	26/03/23	SE North West Regional Summer Championships 2023	Liverpool	Aquabears	1
28.36	576	F	12/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	Aquabears	1
28.48	569	H	12/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	Aquabears	1
28.73	554	H	06/08/22	Swim England National Summer Meet 2022	Sheffield	Aquabears	1
28.35	577	F	27/03/22	SE North West Summer Regional Swimming Champs	Liverpool	Aquabears	1
28.79	551	H	27/03/22	SE North West Summer Regional Swimming Champs	Liverpool	Aquabears	1
28.43	572	H	12/03/22	Stockport Metro Spring Long Course Open Meet 2022	Stockport	Aquabears	1
28.36	576	F	06/02/22	Lancs County Age Groups & Championships 2022	Wavertree LC	Aquabears	1
28.63	560	H	06/02/22	Lancs County Age Groups & Championships 2022	Wavertree LC	Aquabears	1
31.21	432	F	03/02/18	Lancs County WPSA Age Groups & Championships	Manchester	Aquabears	1
31.25	431	H	03/02/18	Lancs County WPSA Age Groups & Championships	Manchester	Aquabears	1
33.21	359	F	04/02/17	Lancashire County Championships	Manchester	Aquabears	1
33.53	349	H	04/02/17	Lancashire County Championships	Manchester	Aquabears	1