

Individual Best Times (All Time)

Harrison Dale - (1469123) - Southport SC - 200 Backstroke - 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
2:28.05	432	H	05/05/24	SENW Regional Summer Championships 2024	Manchester	Southport	1
2:29.11	422	F	05/05/24	SENW Regional Summer Championships 2024	Manchester	Southport	1
2:32.21	397	H	11/05/24	ARENA Manchester Open Meet 2024	Manchester	Southport	1
2:32.69	393	H	10/02/24	Lancashire County Championships 2024	Manchester	Southport	1
2:32.74	393	H	31/03/24	Liverpool National Qualifier Meet 2024	Liverpool	Southport	1
2:33.00	391	H	16/03/24	City of Manchester International Swim Meet 2024	Manchester	Southport	1
2:33.37	388	F	16/03/24	City of Manchester International Swim Meet 2024	Manchester	Southport	1
2:34.22	382	H	30/04/23	SE North West Regional Summer Championships 2023	Liverpool	Southport	1
2:35.44	373	H	02/04/23	City Of Liverpool National Meet 2023	Liverpool	Southport	1
2:35.82	370	F	30/04/23	SE North West Regional Summer Championships 2023	Liverpool	Southport	1
2:36.80	363	H	29/01/23	Lancashire County Age Groups & Championships 2023	Liverpool	Southport	1
2:42.53	326	F	24/04/22	SE North West Summer Regional Swimming Champs	Liverpool	Southport	1
2:43.38	321	H	24/04/22	SE North West Summer Regional Swimming Champs	Liverpool	Southport	1
2:46.00	306	H	23/01/22	Lancs County Age Groups & Championships 2022	Wavertree LC	Southport	1
2:47.99	295	H	20/03/22	City of Liverpool National Meet	Liverpool	Southport	1

Swims in Date Order

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2:32.21	397	H	11/05/24	ARENA Manchester Open Meet 2024	Manchester	Southport	1
2:29.11	422	F	05/05/24	SENW Regional Summer Championships 2024	Manchester	Southport	1
2:28.05	432	H	05/05/24	SENW Regional Summer Championships 2024	Manchester	Southport	1
2:32.74	393	H	31/03/24	Liverpool National Qualifier Meet 2024	Liverpool	Southport	1
2:33.37	388	F	16/03/24	City of Manchester International Swim Meet 2024	Manchester	Southport	1
2:33.00	391	H	16/03/24	City of Manchester International Swim Meet 2024	Manchester	Southport	1
2:32.69	393	H	10/02/24	Lancashire County Championships 2024	Manchester	Southport	1
2:35.82	370	F	30/04/23	SE North West Regional Summer Championships 2023	Liverpool	Southport	1

2:34.22	382	H	30/04/23	SE North West Regional Summer Championships 2023	Liverpool	Southport	1
2:35.44	373	H	02/04/23	City Of Liverpool National Meet 2023	Liverpool	Southport	1
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2:47.99	295	H	20/03/22	City of Liverpool National Meet	Liverpool	Southport	1
2:46.00	306	H	23/01/22	Lancs County Age Groups & Championships 2022	Wavertree LC	Southport	1