

Individual Best Times (All Time)

Emily Armstrong - (767793) - Preston Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.43	33.80	322	17/03/12	Lancashire County Championships	Manchester	CC2016	1
50 Backstroke	49.80	49.40	156	13/03/10	Lancashire County Champs	Manchester	CC0027	1
100 Backstroke	1:18.91	1:17.90	383	01/03/15	Lancashire County Age Groups & Championships	Liverpool	CC150112	1
200 Backstroke	2:50.20	2:48.20	378	28/02/15	Lancashire County Age Groups & Championships	Liverpool	CC150112	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.71	32.40	378	27/09/15	North Lancashire Level 2 Meet	Blackpool	NW151377	2
100 Freestyle	1:08.61	1:09.80	392	26/09/15	North Lancashire Level 2 Meet	Blackpool	NW151377	2
200 Freestyle	2:29.85	2:32.20	398	12/07/14	Preston SC Guild Summer Spectacular	Darwen	NW4320	3
400 Freestyle	5:13.21	5:17.70	402	23/05/14	Blackpool Rocks Level 3 Open Meet	Blackpool	NW4243	3
800 Freestyle	10:51.20	11:00.00	394	19/01/14	North Lancashire Age Groups 2014	Blackpool	NW4147	3
50 Breaststroke	46.75	47.40	223	28/10/12	North Lancs SC L3 Meet	Blackpool	NW2607	3
50 Butterfly	42.68	43.10	186	05/11/11	North Lancashire Level 3 Open Meet	Blackpool	NW1530	3
50 Backstroke	35.05	35.60	373	11/01/15	North Lancashire Age Groups & Youth Championships	Blackpool	NW150127	2
100 Backstroke	1:14.93	1:16.00	393	25/05/14	Blackpool Rocks Level 3 Open Meet	Blackpool	NW4243	3
200 Backstroke	2:41.66	2:43.70	398	24/01/15	North Lancashire Age Groups & Youth Championships	Blackpool	NW150128	2
200 Individual Medley	2:53.08	2:55.30	349	26/04/14	Harrogate Spa Town Graded Meet	Harrogate	NE4181	3
100 Individual Medley	1:26.51	1:26.50	278	15/12/12	Preston SC Christmas Countdown Open Meet	Darwen	NW2511	3