

Individual Best Times (All Time)

Molly Baker - (1226717) - City of Sheffield Swim Squad Ltd

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.08	28.40	535	26/02/22	Yorkshire Swimming Association Championships 2022	Sheffield	NE220064	1
100 Freestyle	57.46	56.00	728	07/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1
200 Freestyle	2:03.64	2:00.80	760	02/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1
400 Freestyle	4:20.11	4:14.70	741	05/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1
800 Freestyle	8:58.44	8:47.60	729	07/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1
1500 Freestyle	17:20.05	17:00.10	693	03/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1
50 Breaststroke	37.54	36.70	468	26/02/22	Yorkshire Swimming Association Championships 2022	Sheffield	NE220064	1
100 Breaststroke	1:17.78	1:16.10	560	14/01/23	City of Derby SC 19th LC Open Meet 2023	Sheffield	EM230061	1
200 Breaststroke	2:42.95	2:39.70	601	06/08/22	Swim England National Summer Meet 2022	Sheffield	ENG024	1
50 Butterfly	31.18	30.60	480	26/02/22	Yorkshire Swimming Association Championships 2022	Sheffield	NE220064	1
100 Butterfly	1:10.50	1:09.40	487	18/09/22	City of Sheffield SS 39th Annual Teaspoon Gala	Sheffield	NE221502	3
200 Butterfly	2:47.02	2:45.10	387	31/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	NE190402	1
50 Backstroke	33.24	32.60	527	18/09/22	City of Sheffield SS 39th Annual Teaspoon Gala	Sheffield	NE221502	3
100 Backstroke	1:12.03	1:10.90	504	18/09/22	City of Sheffield SS 39th Annual Teaspoon Gala	Sheffield	NE221502	3
200 Backstroke	2:35.96	2:33.80	492	13/02/22	Yorkshire Swimming Association Championships 2022	Leeds	NE220063	1
200 Individual Medley	2:22.28	2:19.50	696	24/07/23	British Summer Championships	Sheffield	BSW025	1
400 Individual Medley	5:02.54	4:56.70	678	27/07/23	British Summer Championships	Sheffield	BSW025	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.80	29.50	504	09/10/21	Yorkshire Winter Champs	Leeds	NE210309	2
100 Freestyle	56.58	58.00	700	08/10/23	Swim England National County Team Champs 2023	Sheffield	ASA157	2
200 Freestyle	2:02.86	2:05.60	723	21/10/23	Loughborough Swimming International SC Meet 2023	Moorways SV	EM231601	2
400 Freestyle	4:19.87	4:25.20	705	22/10/23	Loughborough Swimming International SC Meet 2023	Moorways SV	EM231601	2
800 Freestyle	8:58.55	9:09.20	696	21/10/23	Loughborough Swimming International SC Meet 2023	Moorways SV	EM231601	2
1500 Freestyle	17:08.98	17:28.80	687	03/12/22	National Winter Championships 2022	Sheffield	ENG027	2
50 Breaststroke	36.08	36.90	486	07/11/21	SE North East Region Open Championships (25m) 2021	Sheffield	NE210917	2
100 Breaststroke	1:15.68	1:17.30	559	08/10/22	Yorkshire Swimming Association Winter Competitions	Leeds	NE221235	2
200 Breaststroke	2:43.72	2:46.90	555	20/11/22	The Leicester Open Meet 2022	Braunstone	EM221459	2
50 Butterfly	31.10	31.70	481	10/10/21	Yorkshire Winter Champs	Leeds	NE210309	2
100 Butterfly	1:10.47	1:11.50	451	09/10/22	Yorkshire Swimming Association Winter Competitions	Leeds	NE221235	2
200 Butterfly	2:47.11	2:49.00	366	04/11/18	Swim England North East Region Age Group (25)	Sheffield	NE182209	2
50 Backstroke	35.67	36.20	354	05/01/20	Harrogate Janus Meet	Harrogate Hydro	NE200095	3
100 Backstroke	1:07.62	1:08.80	534	08/10/22	Yorkshire Swimming Association Winter Competitions	Leeds	NE221235	2
200 Backstroke	2:46.19	2:48.20	366	04/01/20	Harrogate Janus Meet	Harrogate Hydro	NE200095	3
200 Individual Medley	2:21.21	2:24.00	642	20/10/23	Loughborough Swimming International SC Meet 2023	Moorways SV	EM231601	2
400 Individual Medley	5:02.85	5:08.60	625	20/11/22	The Leicester Open Meet 2022	Braunstone	EM221459	2
100 Individual Medley	1:17.36	1:17.40	389	07/07/19	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE190336	3