

Individual Best Times (All Time)

Aaron Alty - (1352083) - Preston Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.30	27.60	403	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
50 Breaststroke	38.71	37.90	301	26/03/23	SE North West Regional Summer Championships 2023	Liverpool	NW230689	1
200 Breaststroke	3:10.78	3:08.00	284	25/03/23	SE North West Regional Summer Championships 2023	Liverpool	NW230689	1
50 Backstroke	31.80	31.20	406	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
100 Backstroke	1:08.69	1:07.50	423	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.65	28.40	387	08/10/23	Clitheroe Dolphins Dash 2023	Darwen	NW231964	3
100 Freestyle	1:02.74	1:04.10	365	17/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231623	2
200 Freestyle	2:17.60	2:20.10	376	03/12/23	Preston Swimming Club Club Champs 2023	Westview LC	NW232570	3
50 Breaststroke	35.52	36.40	346	03/12/23	Preston Swimming Club Club Champs 2023	Westview LC	NW232570	3
100 Breaststroke	1:17.38	1:19.00	364	08/10/23	Clitheroe Dolphins Dash 2023	Darwen	NW231964	3
200 Breaststroke	2:58.20	3:01.10	306	17/09/22	North Lancs S&WPA Level 2 Meet	Blackpool	NW221654	2
50 Butterfly	30.61	31.20	358	08/10/23	Clitheroe Dolphins Dash 2023	Darwen	NW231964	3
50 Backstroke	30.95	31.60	364	08/10/23	Clitheroe Dolphins Dash 2023	Darwen	NW231964	3
100 Backstroke	1:07.40	1:08.60	368	01/10/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231624	2
200 Backstroke	2:35.01	2:37.10	316	16/10/22	North Lancs S&WPA Level 2 Meet	Blackpool	NW221655	2
200 Individual Medley	2:32.62	2:35.20	370	02/12/23	Preston SC Xmas Cracker 2023	Darwen	NW231907	3
100 Individual Medley	1:08.63	1:08.60	370	16/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231623	2