

# Individual Best Times (All Time)

Thomas Pascall - (1110668) - Newcastle SwimTeam

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	39.46	38.90	148	05/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
200 Freestyle	3:25.17	3:23.50	122	05/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
100 Breaststroke	1:52.98	1:51.90	127	05/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
100 Butterfly	1:53.92	1:53.20	81	05/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
50 Backstroke	43.70	43.20	156	05/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
200 Individual Medley	3:38.19	3:36.40	142	05/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.21	34.80	204	15/11/14	Borough Of Stockton Swim Scheme Meet	Billingham	NE14131	3
100 Freestyle	1:24.01	1:25.00	152	08/12/13	Derwentside ASC Christmas Cracker	Stanley	NE3702	3
200 Freestyle	3:16.22	3:18.00	129	13/01/13	Newburn ASC New Year Graded Meet	Stanley	NE3112	3
400 Freestyle	6:51.53	6:54.90	137	23/09/12	City of Newcastle ASC Club TT	Newcastle	NE2746	4
50 Breaststroke	46.74	47.40	152	29/03/14	North Tyneside Mad March Hare Extravaganza	Stanley	NE4109	3
100 Breaststroke	1:39.26	1:40.50	172	02/11/14	Wear Valley Guy Fawkes Meet	Bishop Auckland	NE4303	3
200 Breaststroke	3:37.33	3:39.80	169	19/01/14	Newburn New Year Graded Meet	Stanley	NE4304	3
50 Butterfly	45.43	45.80	109	09/06/12	Derwentside ASC 3rd Annual Charity Swim	Stanley	NE2436	4
100 Butterfly	1:42.47	1:43.20	101	12/01/13	Newburn ASC New Year Graded Meet	Stanley	NE3112	3
50 Backstroke	37.82	38.30	199	02/11/14	Wear Valley Guy Fawkes Meet	Bishop Auckland	NE4303	3
100 Backstroke	1:25.12	1:26.10	183	29/03/14	North Tyneside Mad March Hare Extravaganza	Stanley	NE4109	3
200 Backstroke	2:56.82	2:58.70	213	12/04/14	South Tyneside Spring Meet	South Shields	NE4405	3
200 Individual Medley	3:16.62	3:18.60	173	08/12/13	Derwentside ASC Christmas Cracker	Stanley	NE3702	3
100 Individual Medley	1:42.43	1:42.40	111	25/03/12	Gateshead & Whickham Invitation Meet	Dunston	NE2372	4