

# Individual Best Times (All Time)

Alexa Dean - (1169993) - Morpeth SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.27	30.60	430	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
100 Freestyle	1:05.72	1:04.40	487	10/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
200 Freestyle	2:28.59	2:26.20	438	17/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
400 Freestyle	5:40.44	5:36.30	330	07/05/22	SE North East Region Age Group Championships 2022	Leeds	NE220862	1
800 Freestyle	11:22.20	11:13.70	358	03/02/23	Northumberland & Durham County Championships 2023	Sunderland	NE230205	1
50 Breaststroke	35.79	34.90	540	27/04/24	SE North East Regional Age Group Championships	Leeds	NE240251	1
100 Breaststroke	1:19.98	1:18.40	515	18/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
200 Breaststroke	2:57.88	2:54.90	462	11/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
50 Butterfly	32.13	31.50	439	26/02/23	Northumberland & Durham County Championships 2023	Sunderland	NE230206	1
100 Butterfly	1:12.61	1:11.60	446	03/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
200 Butterfly	2:42.23	2:40.30	423	18/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
50 Backstroke	34.49	33.90	472	17/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
100 Backstroke	1:13.08	1:12.00	482	17/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
200 Backstroke	2:35.06	2:32.90	500	03/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
200 Individual Medley	2:36.74	2:34.20	520	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
400 Individual Medley	5:34.83	5:29.50	500	17/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.94	30.60	449	25/06/23	Tynemouth ASC Summer Meet 2023	North Shields	NE230545	3
100 Freestyle	1:05.51	1:06.80	451	24/06/23	Tynemouth ASC Summer Meet 2023	North Shields	NE230545	3
200 Freestyle	2:20.41	2:22.90	484	01/06/24	Wear Valley June Velocity Level 3 Meet 2024	Bishop Auckland	NE240991	3
400 Freestyle	5:03.08	5:07.70	444	22/07/23	Durham City Aquatics International Summer Meet	Durham	NE231411	3
800 Freestyle	10:54.76	11:03.50	387	21/10/22	Chester le Street ASC Junior Meet 2022	Chester le Street	NE222153	3
1500 Freestyle	20:48.70	21:05.10	384	07/01/24	Alnwick Dolphins Winter Invitational Meet 2024	Alnwick	NE240183	4
50 Breaststroke	35.55	36.40	508	02/06/24	Wear Valley June Velocity Level 3 Meet 2024	Bishop Auckland	NE240991	3
100 Breaststroke	1:19.00	1:20.60	491	02/06/24	Wear Valley June Velocity Level 3 Meet 2024	Bishop Auckland	NE240991	3
200 Breaststroke	2:51.82	2:54.90	480	02/06/24	Wear Valley June Velocity Level 3 Meet 2024	Bishop Auckland	NE240991	3
50 Butterfly	31.14	31.70	479	02/06/24	Wear Valley June Velocity Level 3 Meet 2024	Bishop Auckland	NE240991	3
100 Butterfly	1:11.01	1:12.10	440	04/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
200 Butterfly	2:42.15	2:44.10	401	24/06/23	Tynemouth ASC Summer Meet 2023	North Shields	NE230545	3
50 Backstroke	34.29	34.90	399	02/12/23	Derwentside ASC Christmas Cracker Meet 2023	Stanley	NE232206	3
100 Backstroke	1:12.45	1:13.60	434	01/06/24	Wear Valley June Velocity Level 3 Meet 2024	Bishop Auckland	NE240991	3
200 Backstroke	2:33.65	2:35.80	463	01/06/24	Wear Valley June Velocity Level 3 Meet 2024	Bishop Auckland	NE240991	3
200 Individual Medley	2:33.48	2:36.00	500	01/06/24	Wear Valley June Velocity Level 3 Meet 2024	Bishop Auckland	NE240991	3
400 Individual Medley	5:34.37	5:39.60	464	21/10/23	CW+Millfield Int'l Meet Part of 23/24 Arena Series	Millfield School	SW231690	2

100 Individual Medley 1:12.62 1:12.60 471 23/10/23 CW+Millfield Int'l Meet Part of 23/24 Arena Series Millfield School SW231690 2