

Individual Best Times (All Time)

Sassy Palfreman - (1173396) - City of Leeds SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.39	27.60	575	21/05/17	ASA North East Region Championships	Sunderland	NE170146	1
100 Freestyle	1:01.68	1:00.30	589	10/02/19	Yorkshire County Championships	Leeds	NE190128	1
200 Freestyle	2:14.58	2:12.00	589	15/12/18	City of Leeds Xmas Meet 2018	Leeds	NE180076	3
400 Freestyle	4:48.22	4:43.30	544	02/02/19	Yorkshire County Championships	Leeds	NE190127	1
800 Freestyle	10:19.17	10:09.80	479	31/03/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
50 Breaststroke	40.07	39.30	385	23/02/19	Yorkshire County Championships	Sheffield	NE190129	1
50 Butterfly	29.54	28.90	565	05/11/17	ASA North East Region Senior Junior Champs	Sheffield	NE172045	1
100 Butterfly	1:04.74	1:03.60	629	01/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
200 Butterfly	2:22.38	2:20.10	626	25/07/19	British Summer Championships	Glasgow	BSW011	1
50 Backstroke	32.72	32.10	553	04/11/17	ASA North East Region Senior Junior Champs	Sheffield	NE172045	1
100 Backstroke	1:10.24	1:09.10	543	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	NE180164	1
200 Backstroke	2:49.36	2:47.40	384	26/02/17	Yorkshire SA County Championships	Leeds	NE170143	1
200 Individual Medley	2:32.92	2:30.30	560	07/04/18	Derwentio Excel 12th Long Course Open Meet	Sheffield	EM180269	1
400 Individual Medley	5:23.01	5:17.50	557	03/02/19	Yorkshire County Championships	Leeds	NE190127	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.86	28.60	557	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Freestyle	59.93	1:01.30	589	04/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
200 Freestyle	2:11.55	2:14.20	589	10/02/18	Yorkshire County Championships	Leeds	NE180136	2
400 Freestyle	4:54.98	4:59.70	482	09/04/17	Harrogate District Spa Town A & B Grade Meet	Harrogate	NE170167	3
800 Freestyle	10:22.82	10:32.00	450	18/09/17	Harrogate District Club Championships	Harrogate	NE172040	4
50 Breaststroke	38.79	39.60	391	20/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
100 Breaststroke	1:28.81	1:30.20	346	01/10/16	Yorkshire SA Winter Competition	Leeds	NE162071	2
200 Breaststroke	3:09.05	3:11.80	360	09/04/17	Harrogate District Spa Town A & B Grade Meet	Harrogate	NE170167	3
50 Butterfly	29.57	30.20	560	21/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
100 Butterfly	1:04.46	1:05.60	589	03/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
200 Butterfly	2:19.96	2:22.20	624	14/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
50 Backstroke	31.84	32.50	498	19/11/17	Wigan BEST Future Stars Open Meet	Wigan	NW171049	2
100 Backstroke	1:08.27	1:09.40	519	03/02/18	Yorkshire County Championships	Leeds	NE180135	2
200 Backstroke	2:30.70	2:32.90	491	11/02/18	Yorkshire County Championships	Leeds	NE180136	2
200 Individual Medley	2:29.60	2:32.20	540	20/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
400 Individual Medley	5:20.09	5:25.50	529	04/02/18	Yorkshire County Championships	Leeds	NE180135	2
100 Individual Medley	1:11.39	1:11.40	495	10/06/17	Harrogate District SC Summer A Grade Meet	Harrogate	NE170165	3