

Individual Best Times (All Time)

Heidi Carr - (1304044) - Newcastle SwimTeam

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.97	30.30	443	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
100 Freestyle	1:06.50	1:05.20	470	03/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
200 Freestyle	2:22.88	2:20.40	492	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
400 Freestyle	5:00.52	4:55.80	480	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
800 Freestyle	10:18.60	10:09.20	481	24/03/24	York City Baths Club National Qualifier 2024	Leeds	NE240069	1
50 Breaststroke	56.79	56.20	135	20/01/19	City of Sunderland New Year Meet 2019	Sunderland	NE190293	1
50 Butterfly	32.34	31.70	431	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
100 Butterfly	1:11.14	1:10.10	474	03/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
200 Butterfly	2:34.64	2:32.60	488	12/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
50 Backstroke	32.76	32.10	551	13/05/23	SE NE Region Age Group Championships (50m) 2023	Sunderland	NE230132	1
100 Backstroke	1:11.89	1:10.80	507	22/04/23	SE NE Region Age Group Championships (50m) 2023	Sunderland	NE230131	1
200 Backstroke	2:36.67	2:34.50	485	03/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
200 Individual Medley	2:41.09	2:38.60	479	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.55	31.20	422	16/12/23	Middlesbrough ASC December Meet 2023	Middlesborough	NE231613	3
100 Freestyle	1:04.46	1:05.70	473	26/11/23	Tynemouth ASC Autumn Meet 2023	Tynemouth	NE231810	3
200 Freestyle	2:17.50	2:20.00	516	25/11/23	Tynemouth ASC Autumn Meet 2023	Tynemouth	NE231810	3
400 Freestyle	4:51.97	4:56.70	497	17/12/23	Middlesbrough ASC December Meet 2023	Middlesborough	NE231613	3
800 Freestyle	9:53.07	10:02.70	521	24/11/23	Tynemouth ASC Autumn Meet 2023	Tynemouth	NE231810	3
1500 Freestyle	19:10.47	19:28.30	492	20/10/23	Chester-le-Street ASC Junior Meet	Chester-le-Street	NE232239	3
50 Breaststroke	41.38	42.10	322	15/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
100 Breaststroke	1:30.93	1:32.30	322	17/06/23	Newcastle Swim Team Summer Spectacular Sprint Meet	Tynemouth	NE230909	3
50 Butterfly	31.13	31.70	480	16/12/23	Middlesbrough ASC December Meet 2023	Middlesborough	NE231613	3
100 Butterfly	1:08.38	1:09.50	493	26/11/23	Tynemouth ASC Autumn Meet 2023	Tynemouth	NE231810	3
200 Butterfly	2:32.00	2:34.10	487	05/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
50 Backstroke	32.34	33.00	475	04/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
100 Backstroke	1:11.56	1:12.70	451	15/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
200 Backstroke	2:31.75	2:33.90	481	14/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
200 Individual Medley	2:35.80	2:38.30	478	26/11/23	Tynemouth ASC Autumn Meet 2023	Tynemouth	NE231810	3
400 Individual Medley	5:28.68	5:34.00	488	13/01/24	Newcastle Swim Team County Qualifier Meet 2024	Tynemouth	NE240119	3
100 Individual Medley	1:13.64	1:13.60	451	17/12/23	Middlesbrough ASC December Meet 2023	Middlesborough	NE231613	3