

Individual Best Times (All Time)

Zak Wood - (1328848) - Halifax SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.82	29.10	344	04/03/23	Richmond Dales ASC April Fool Gala 2023	Leeds	NE230257	3
100 Freestyle	1:05.05	1:03.80	373	22/04/23	Stocksbridge Pentaqua Spring Open Meet 2023	Sheffield	NE230163	3
200 Freestyle	2:25.39	2:23.00	345	04/03/23	Richmond Dales ASC April Fool Gala 2023	Leeds	NE230257	3
50 Breaststroke	45.12	44.40	190	28/11/21	City of Sheffield Snow Frills Meet	Sheffield	NE210643	3
100 Breaststroke	1:38.25	1:37.00	194	14/05/22	Rotherham Metro Springtime Long Course Meet	Sheffield	NE220075	3
200 Breaststroke	3:59.15	3:56.90	144	29/06/19	City of Leeds Summer Meet 2019	Leeds	NE190131	3
50 Butterfly	36.92	36.40	219	28/11/21	City of Sheffield Snow Frills Meet	Sheffield	NE210643	3
100 Butterfly	1:36.55	1:35.80	134	10/03/19	Tean Jorvik Spring Festival 2019	Leeds	NE190333	3
50 Backstroke	34.04	33.40	331	22/04/23	Stocksbridge Pentaqua Spring Open Meet 2023	Sheffield	NE230163	3
100 Backstroke	1:15.78	1:14.70	315	14/05/23	Rotherham Metro Springtime Long Course Meet 2023	Sheffield	NE230500	3
200 Backstroke	2:47.11	2:45.10	300	28/11/21	City of Sheffield Snow Frills Meet	Sheffield	NE210643	3
200 Individual Medley	2:58.00	2:55.80	262	28/11/21	City of Sheffield Snow Frills Meet	Sheffield	NE210643	3
400 Individual Medley	6:58.10	6:53.90	195	05/01/19	City of Leeds New Year Meet 2019	Leeds	NE190132	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.03	29.70	334	17/06/23	Team Jorvik Viking Sprints 2023	Leeds	NE230734	3
100 Freestyle	1:03.23	1:04.50	356	19/11/23	City of Bradford SC Winter Short Course Meet 2023	Leeds	NE230911	3
200 Freestyle	2:24.35	2:26.70	326	12/12/21	Halifax SC Christmas Gala	Huddersfield	NE211280	4
400 Freestyle	5:03.25	5:07.80	342	25/06/23	Halifax SC Club Galas 2023	Huddersfield	NE230292	4
1500 Freestyle	23:33.19	23:47.80	215	15/10/17	BOK Grand Prix Invitational Series	Huddersfield	NE171825	4
50 Breaststroke	41.18	41.90	222	18/09/21	Rotherham Metro 'A' and 'B' Grade SC Graded Meet	Sheffield	NE210308	3
100 Breaststroke	1:42.55	1:43.80	156	19/01/20	Bradford Grassroots Invitational Meet 2020	Shipley	NE200213	4
200 Breaststroke	3:55.50	3:57.70	132	15/12/17	Halifax Internal Club Galas	Halifax	NE170630	4
50 Butterfly	34.02	34.60	261	18/06/22	Team Jorvik Viking Sprints 2022	Leeds	NE220621	3
100 Butterfly	1:20.00	1:20.90	213	17/12/23	Halifax SC Club Galas 2023	Huddersfield	NE231009	4
200 Butterfly	3:41.15	3:42.60	112	20/10/17	Halifax Internal Club Galas	Halifax	NE170629	4
50 Backstroke	33.12	33.70	297	17/09/22	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE220520	3
100 Backstroke	1:11.31	1:12.40	311	19/11/23	City of Bradford SC Winter Short Course Meet 2023	Leeds	NE230911	3
200 Backstroke	2:40.06	2:42.10	287	30/10/22	Halifax Club Gala	Huddersfield	NE220481	4
200 Individual Medley	2:46.07	2:48.40	287	11/12/22	Halifax Club Gala	Huddersfield	NE220482	4
400 Individual Medley	6:46.88	6:51.20	192	20/07/18	Halifax Club Galas 1-7 & Club 400m Time Trials	Halifax	NE180820	4
100 Individual Medley	1:16.12	1:16.10	271	24/07/21	Viking Sprints 2021	Leeds	NE210163	3