

Individual Best Times (All Time)

Zachariah Dale - (1361038) - Newcastle (Staffs) ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	23.77	22.90	680	27/07/23	British Summer Championships	Sheffield	BSW025	1
100 Freestyle	52.46	50.80	712	25/07/23	British Summer Championships	Sheffield	BSW025	1
200 Freestyle	1:59.95	1:57.00	614	29/04/23	West Midland Regional Summer Championships 2023	Coventry	WM230351	1
400 Freestyle	4:34.96	4:29.80	512	12/03/22	Stockport Metro Spring Long Course Open Meet 2022	Stockport	NW220367	1
50 Breaststroke	32.38	31.40	514	02/04/23	Derventio eXcel Spring Qualifier Meet 2023	Sheffield	EM230359	1
100 Breaststroke	1:11.74	1:10.00	498	01/04/23	Derventio eXcel Spring Qualifier Meet 2023	Sheffield	EM230359	1
200 Breaststroke	2:36.05	2:32.60	519	06/08/22	Swim England National Summer Meet 2022	Sheffield	ENG024	1
50 Butterfly	27.04	26.30	558	21/01/24	Staffordshire ASA County Championships 2024	Sandwell	WM240059	1
100 Butterfly	1:11.97	1:10.90	324	11/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	EM200101	1
50 Backstroke	27.36	26.60	637	27/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
100 Backstroke	59.95	58.60	637	11/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
200 Backstroke	2:13.44	2:10.90	590	12/03/23	72nd ESSA National Inter-Divisional Championships	Coventry	WM230386	1
200 Individual Medley	2:12.76	2:09.80	633	07/05/23	West Midland Regional Summer Championships 2023	Coventry	WM230352	1
400 Individual Medley	4:57.87	4:51.90	539	25/07/22	British Summer Championships	Sheffield	BSW022	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.42	24.30	637	04/11/23	SE West Midlands Winter Championships 2023	Sandwell	WM232038	2
100 Freestyle	50.17	51.80	713	15/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Freestyle	1:51.51	1:54.60	707	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
400 Freestyle	4:15.02	4:20.50	576	01/10/22	North Midlands Annual Championships	Macclesfield	NW221395	3
800 Freestyle	8:50.87	9:01.60	582	16/06/23	Newcastle Staffs SC Club Champs 2023	Newcastle under Lyme	WM231186	4
1500 Freestyle	17:12.01	17:31.80	552	16/09/22	Newcastle Staffs Club Championships 2022	Jubilee 2	WM221598	4
50 Breaststroke	30.63	31.60	540	04/11/23	SE West Midlands Winter Championships 2023	Sandwell	WM232038	2
100 Breaststroke	1:09.48	1:11.30	503	11/12/22	Newcastle Staff SC Yule in the Pool Meet 2022	Newcastle under Lyme	WM222165	3
200 Breaststroke	2:30.47	2:33.90	509	12/02/22	Staffordshire ASA County Championships 2022	Stafford	WM220148	2
50 Butterfly	26.53	27.20	551	10/09/23	Bakewell SC Open Meet 2023	Matlock	EM230872	3
100 Butterfly	59.77	1:01.00	510	21/05/23	Newcastle Staffs SC Time Trials 2023	Newcastle under Lyme	WM231188	4
200 Butterfly	2:54.63	2:56.40	229	10/02/19	Staffordshire ASA County Swimming Championships	Stafford	WM190385	2
50 Backstroke	25.75	26.50	633	17/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
100 Backstroke	56.47	57.90	626	14/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Backstroke	2:08.82	2:11.40	551	28/01/23	Staffordshire ASA Championships 2023	Stafford	WM230165	2
200 Individual Medley	2:09.10	2:12.10	612	14/10/23	National Arena Swim League WM Div 2 Rd 1	Snowdome LC	WM231838	4
400 Individual Medley	4:50.65	4:56.60	527	13/02/22	Staffordshire ASA County Championships 2022	Stafford	WM220148	2
100 Individual Medley	57.76	57.80	621	17/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2