

Individual Best Times (All Time)

Arash Zare - (1394479) - Barking & Dagenham Aquatics Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.04	31.40	277	07/03/20	NUEL Regional Qualifying Meet 2020	London	LR200113	3
100 Freestyle	1:07.78	1:06.50	330	24/07/21	London Region Festival of Swimming Meet 2021	London Aquatic C	LR210141	1
200 Freestyle	2:32.84	2:30.50	297	29/02/20	Essex Age Group Championships 2020	Basildon	ER200175	1
50 Breaststroke	35.64	34.70	386	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
100 Breaststroke	1:30.54	1:29.10	247	24/07/21	London Region Festival of Swimming Meet 2021	London Aquatic C	LR210141	1
50 Butterfly	29.88	29.20	414	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
100 Butterfly	1:13.77	1:12.70	301	24/07/21	London Region Festival of Swimming Meet 2021	London Aquatic C	LR210141	1
50 Backstroke	34.41	33.80	320	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
100 Backstroke	1:19.38	1:18.40	274	14/03/20	2020 London Region Spring Open Meet	London	LR200423	1
200 Backstroke	2:47.24	2:45.20	299	24/07/21	London Region Festival of Swimming Meet 2021	London Aquatic C	LR210141	1
200 Individual Medley	2:49.72	2:47.40	303	24/07/21	London Region Festival of Swimming Meet 2021	London Aquatic C	LR210141	1
400 Individual Medley	6:45.99	6:41.60	213	29/06/19	Romford Town End of Season Meet 2019	Basildon	LR190329	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.65	27.40	432	09/07/22	Romford Town SC End of Season Meet July 2022	Essex	LR220859	3
100 Freestyle	59.30	1:00.70	432	04/02/23	Essex Age Group County Championships 2023	Basildon	ER230022	2
200 Freestyle	2:08.70	2:11.40	460	17/12/22	RTSC Christmas Cracker Meet 2022	Basildon	LR221726	3
400 Freestyle	4:38.24	4:43.20	443	04/02/23	Essex Age Group County Championships 2023	Basildon	ER230022	2
50 Breaststroke	34.40	35.30	381	01/10/22	Romford Town SC Autumn Season Opener Meet 2022	Essex	LR221332	3
100 Breaststroke	1:17.50	1:19.10	362	15/10/22	Essex Winter Championships 2022	Basildon	ER221475	2
200 Breaststroke	3:28.47	3:31.00	191	07/12/19	Christmas at The Blue Light Pool 2019	Becontree	LR193014	3
50 Butterfly	28.40	29.10	449	02/10/22	Romford Town SC Autumn Season Opener Meet 2022	Essex	LR221332	3
100 Butterfly	1:03.94	1:05.10	417	15/10/22	Essex Winter Championships 2022	Basildon	ER221475	2
200 Butterfly	2:26.22	2:28.40	390	01/10/22	Romford Town SC Autumn Season Opener Meet 2022	Essex	LR221332	3
50 Backstroke	31.14	31.80	357	02/10/22	Romford Town SC Autumn Season Opener Meet 2022	Essex	LR221332	3
100 Backstroke	1:06.98	1:08.20	375	10/07/22	Romford Town SC End of Season Meet July 2022	Essex	LR220859	3
200 Backstroke	2:51.05	2:53.00	235	05/10/19	9th David Jacobs Memorial Meet	Basildon	LR192264	3
200 Individual Medley	2:24.38	2:27.10	437	18/12/22	RTSC Christmas Cracker Meet 2022	Basildon	LR221726	3
400 Individual Medley	5:16.57	5:22.10	408	17/12/22	RTSC Christmas Cracker Meet 2022	Basildon	LR221726	3
100 Individual Medley	1:13.82	1:13.80	297	07/11/21	SE London Winter Championships 2021	London	LR211006	2