

Individual Best Times (All Time)

Aaron Armstrong - (1439055) - Sandwell Aquatics Club

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|----------------|---------|-----------------|-----------|----------|-------------------------|---------------|----------|-------|
| 50 Freestyle | 47.38 | 47.80 | 77 | 27/09/19 | OSTC Club Championships | West Bromwich | WM192766 | 4 |
| 200 Freestyle | 4:30.87 | 4:32.20 | 49 | 27/09/19 | OSTC Club Championships | West Bromwich | WM192766 | 4 |
| 50 Backstroke | 59.66 | 1:00.00 | 50 | 27/09/19 | OSTC Club Championships | West Bromwich | WM192766 | 4 |
| 100 Backstroke | 2:05.31 | 2:06.00 | 57 | 27/09/19 | OSTC Club Championships | West Bromwich | WM192766 | 4 |