

# Individual Best Times (All Time)

Zach Air - (1486702) - Morpeth SC

## Long Course

| Stroke                | LC Time  | Converted to SC | LC WA Pts | Date     | Meet   | Venue      | Licence  | Level |
|-----------------------|----------|-----------------|-----------|----------|--|------------|----------|-------|
| 50 Freestyle          | 30.75    | 30.10           | 314       | 27/04/24 | SE North East Regional Age Group Championships     | Leeds      | NE240251 | 1     |
| 100 Freestyle         | 1:16.16  | 1:15.10         | 232       | 04/02/24 | Northumberland & Durham SA County Championships 24 | Sunderland | NE240247 | 1     |
| 200 Freestyle         | 3:10.95  | 3:09.10         | 152       | 05/02/23 | Northumberland & Durham County Championships 2023  | Sunderland | NE230205 | 1     |
| 400 Freestyle         | 5:54.55  | 5:50.60         | 239       | 03/02/24 | Northumberland & Durham SA County Championships 24 | Sunderland | NE240247 | 1     |
| 800 Freestyle         | 11:13.88 | 11:05.20        | 302       | 11/05/24 | SE North East Regional Age Group Championships     | Leeds      | NE240252 | 1     |
| 50 Breaststroke       | 47.93    | 47.30           | 158       | 03/02/24 | Northumberland & Durham SA County Championships 24 | Sunderland | NE240247 | 1     |
| 100 Breaststroke      | 1:38.44  | 1:37.10         | 192       | 17/02/24 | Northumberland & Durham SA County Championships 24 | Sunderland | NE240248 | 1     |
| 200 Breaststroke      | 3:38.74  | 3:36.30         | 188       | 04/02/24 | Northumberland & Durham SA County Championships 24 | Sunderland | NE240247 | 1     |
| 50 Butterfly          | 38.02    | 37.50           | 200       | 03/02/24 | Northumberland & Durham SA County Championships 24 | Sunderland | NE240247 | 1     |
| 50 Backstroke         | 34.54    | 34.00           | 316       | 12/05/24 | SE North East Regional Age Group Championships     | Leeds      | NE240252 | 1     |
| 100 Backstroke        | 1:29.01  | 1:28.10         | 194       | 18/02/24 | Northumberland & Durham SA County Championships 24 | Sunderland | NE240248 | 1     |
| 200 Backstroke        | 2:47.59  | 2:45.60         | 297       | 11/05/24 | SE North East Regional Age Group Championships     | Leeds      | NE240252 | 1     |
| 200 Individual Medley | 3:03.32  | 3:01.20         | 240       | 03/02/24 | 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          | 30.84    | 31.50           | 279       | 23/03/24 | Tynemouth ASC NER Qualifier                    | Tynemouth       | NE240406 | 3     |
| 100 Freestyle         | 1:10.80  | 1:12.00         | 254       | 02/06/24 | Wear Valley June Velocity Level 3 Meet 2024    | Bishop Auckland | NE240991 | 3     |
| 200 Freestyle         | 2:36.90  | 2:39.10         | 254       | 02/06/24 | Wear Valley June Velocity Level 3 Meet 2024    | Bishop Auckland | NE240991 | 3     |
| 400 Freestyle         | 5:57.93  | 6:01.80         | 208       | 14/01/24 | Newcastle Swim Team County Qualifier Meet 2024 | Tynemouth       | NE240119 | 3     |
| 800 Freestyle         | 12:33.43 | 12:41.10        | 203       | 07/01/24 | Alnwick Dolphins Winter Invitational Meet 2024 | Alnwick         | NE240183 | 4     |
| 50 Breaststroke       | 40.73    | 41.50           | 229       | 01/06/24 | Wear Valley June Velocity Level 3 Meet 2024    | Bishop Auckland | NE240991 | 3     |
| 100 Breaststroke      | 1:34.78  | 1:36.10         | 198       | 23/03/24 | Tynemouth ASC NER Qualifier                    | Tynemouth       | NE240406 | 3     |
| 200 Breaststroke      | 3:15.70  | 3:18.40         | 231       | 01/06/24 | Wear Valley June Velocity Level 3 Meet 2024    | Bishop Auckland | NE240991 | 3     |
| 50 Butterfly          | 33.67    | 34.20           | 269       | 01/06/24 | Wear Valley June Velocity Level 3 Meet 2024    | Bishop Auckland | NE240991 | 3     |
| 100 Butterfly         | 1:40.69  | 1:41.40         | 106       | 28/01/24 | Tynemouth ASC Junior Invitational Meet 2024    | Tynemouth       | NE240016 | 4     |
| 50 Backstroke         | 36.02    | 36.60           | 231       | 24/03/24 | Tynemouth ASC NER Qualifier                    | Tynemouth       | NE240406 | 3     |
| 100 Backstroke        | 1:19.88  | 1:20.90         | 221       | 02/06/24 | Wear Valley June Velocity Level 3 Meet 2024    | Bishop Auckland | NE240991 | 3     |
| 200 Backstroke        | 2:49.74  | 2:51.70         | 240       | 24/03/24 | Tynemouth ASC NER Qualifier                    | Tynemouth       | NE240406 | 3     |
| 200 Individual Medley | 2:48.12  | 2:50.50         | 277       | 02/06/24 | Wear Valley June Velocity Level 3 Meet 2024    | Bishop Auckland | NE240991 | 3     |
| 100 Individual Medley | 1:18.32  | 1:18.30         | 249       | 01/06/24 | Wear Valley June Velocity Level 3 Meet 2024    | Bishop Auckland | NE240991 | 3     |