

# Individual Best Times (All Time)

Sam Amirbashiri - (157779) - Cleethorpes & Dist SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.79	30.10	313	20/03/10	Yorkshire County Champs	Sheffield	CC0040	1
100 Freestyle	1:11.41	1:10.20	282	28/11/09	Sheffield City B Grade Mt	Sheffield	NE9396	3
200 Freestyle	2:57.36	2:55.40	190	17/01/09	Rotherham Metro A B Graded	Sheffield	NE9006	3
50 Breaststroke	45.41	44.70	186	16/01/10	Rotherham Metro A&B Meet	Sheffield	NE0066	3
100 Breaststroke	1:39.94	1:38.70	184	17/01/10	Rotherham Metro A&B Meet	Sheffield	NE0066	3
200 Breaststroke	3:56.33	3:54.10	149	19/01/08	Rotherham Metro A B Meet	Sheffield	NE8038	3
50 Butterfly	39.65	39.20	177	17/01/10	Rotherham Metro A&B Meet	Sheffield	NE0066	3
100 Butterfly	1:30.52	1:29.70	163	16/01/10	Rotherham Metro A&B Meet	Sheffield	NE0066	3
50 Backstroke	39.92	39.40	205	17/01/10	Rotherham Metro A&B Meet	Sheffield	NE0066	3
100 Backstroke	1:25.71	1:24.80	218	16/01/10	Rotherham Metro A&B Meet	Sheffield	NE0066	3
200 Backstroke	3:21.79	3:20.10	170	20/01/08	Rotherham Metro A B Meet	Sheffield	NE8038	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.31	29.00	361	29/11/14	Cleethorpes & District Club Championships	Grimsby	NE4771	4
100 Freestyle	1:07.82	1:09.00	289	04/07/10	Kingston Upon Hull Open Meet	Hull	NE0311	3
200 Freestyle	2:30.66	2:33.00	286	04/07/10	Kingston Upon Hull Open Meet	Hull	NE0311	3
50 Breaststroke	44.39	45.10	177	03/07/10	Kingston Upon Hull Open Meet	Hull	NE0311	3
100 Breaststroke	1:37.58	1:38.90	181	19/09/09	Rotherham Metro A B L3 Mt	Sheffield	NE9009	3
50 Butterfly	36.80	37.30	206	29/11/14	Cleethorpes & District Club Championships	Grimsby	NE4771	4
50 Backstroke	39.20	39.70	179	04/07/10	Kingston Upon Hull Open Meet	Hull	NE0311	3
100 Backstroke	1:23.82	1:24.80	191	19/09/09	Rotherham Metro A B L3 Mt	Sheffield	NE9009	3
200 Backstroke	3:05.23	3:07.00	185	04/10/09	Kingston Upon Hull Qualif	Hull	NE9596	3
200 Individual Medley	2:55.27	2:57.50	244	03/07/10	Kingston Upon Hull Open Meet	Hull	NE0311	3
100 Individual Medley	1:23.75	1:23.80	203	19/09/09	Rotherham Metro A B L3 Mt	Sheffield	NE9009	3