

# Individual Best Times (All Time)

Amelia Forsyth - (1645277) - Aqua Force Swimming Academy Hart

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.67	38.10	227	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Breaststroke	41.24	40.50	353	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
100 Breaststroke	1:44.09	1:42.90	233	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.81	34.40	311	14/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
100 Freestyle	1:19.32	1:20.40	254	17/12/23	Middlesbrough ASC December Meet 2023	Middlesborough	NE231613	3
200 Freestyle	2:57.89	2:59.80	238	08/06/24	Middlesbrough ASC June Meet 2024	Middlesborough	NE240090	3
50 Breaststroke	40.82	41.60	335	15/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
100 Breaststroke	1:33.77	1:35.10	294	09/06/24	Middlesbrough ASC June Meet 2024	Middlesborough	NE240090	3
200 Breaststroke	3:23.01	3:25.60	291	09/06/24	Middlesbrough ASC June Meet 2024	Middlesborough	NE240090	3
50 Butterfly	41.36	41.80	204	16/12/23	Middlesbrough ASC December Meet 2023	Middlesborough	NE231613	3
50 Backstroke	40.02	40.50	251	10/03/24	Middlesbrough ASC March 2024 Meet	Middlesborough	NE240019	3
200 Individual Medley	3:11.52	3:13.60	257	09/06/24	Middlesbrough ASC June Meet 2024	Middlesborough	NE240090	3
100 Individual Medley	1:28.71	1:28.70	258	17/12/23	Middlesbrough ASC December Meet 2023	Middlesborough	NE231613	3