

Individual Best Times (All Time)

Adam Smith - (203027) - East Leeds SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.50	24.70	551	26/04/14	Stocksbridge Pentaqua Spring Open Meet	Sheffield	NE4173	3
100 Freestyle	1:01.61	1:00.20	440	07/05/11	Sports Aid Yorkshire & Humberside Meet	Leeds	NE1168	1
200 Freestyle	2:31.10	2:28.80	307	03/10/09	Co Leeds Junior Open Meet	Leeds	NE9299	1
400 Freestyle	5:25.29	5:20.90	309	24/02/08	Yorkshire County Champs	Leeds	CC8040	2
50 Breaststroke	30.84	29.80	595	18/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	NE4110	1
100 Breaststroke	1:12.33	1:10.60	486	17/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	NE4110	1
200 Breaststroke	2:49.20	2:46.10	407	07/08/10	BG Wales Summer Nationals	Swansea	WAL311	1
50 Butterfly	27.34	26.60	540	15/03/14	Yorkshire County Championships	Sheffield	CC4069	1
100 Butterfly	1:12.16	1:11.10	321	27/11/10	Sheffield City B Grade	Sheffield	NE0385	3
50 Backstroke	30.64	30.00	454	05/05/13	ASA North East Youth & Senior Championship	Sunderland	NER318	1
100 Backstroke	1:10.83	1:09.70	386	04/08/10	BG Wales Summer Nationals	Swansea	WAL311	1
200 Backstroke	2:29.05	2:26.80	423	08/08/10	BG Wales Summer Nationals	Swansea	WAL311	1
200 Individual Medley	2:29.69	2:27.00	441	04/08/10	BG Wales Summer Nationals	Swansea	WAL311	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.41	26.20	499	07/10/12	City of Leeds SC October B Grade Meet	Leeds	NE2377	3
100 Freestyle	55.96	57.40	514	13/10/12	Yorkshire SA Winter Competition 2012	Sheffield	NE2844	2
200 Freestyle	2:14.32	2:16.90	404	05/12/10	City of Bradford Xmas Meet	Shipley	NE0851	2
400 Freestyle	5:18.74	5:23.10	295	12/01/08	BO Kirklees Open Meet	Huddersfield	NE8037	1
50 Breaststroke	30.97	32.00	522	30/11/13	ASA North East Region Senior & Junior Meet	Sunderland	NER327	2
100 Breaststroke	1:10.03	1:11.80	491	14/10/12	Yorkshire SA Winter Competition 2012	Sheffield	NE2844	2
200 Breaststroke	2:49.47	2:52.60	356	04/12/10	City of Bradford Xmas Meet	Shipley	NE0851	2
50 Butterfly	27.07	27.80	518	30/11/13	ASA North East Region Senior & Junior Meet	Sunderland	NER327	2
100 Butterfly	1:03.25	1:04.40	431	08/02/14	Middlesbrough ASC AA Grade 2014	Middlesbrough	NE4012	3
50 Backstroke	29.78	30.40	409	19/11/11	Stockport Metro November Open Meet	Stockport	NW1482	2
100 Backstroke	1:04.25	1:05.50	425	14/10/12	Yorkshire SA Winter Competition 2012	Sheffield	NE2844	2
200 Backstroke	2:26.79	2:29.00	372	25/04/10	Harrogate A&B Grade Meet	Harrogate	NE0151	3
200 Individual Medley	2:24.36	2:27.10	437	07/11/10	BG North East SC Champs	Sunderland	NER029	2
100 Individual Medley	1:07.49	1:07.50	389	17/09/11	Rotherham Metro A & B Grade Gala	Sheffield	NE1162	3