

Individual Best Times (All Time)

Ilia Zaiats - (359022) - Chapeltown SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|--|------------|---------|-------|
| 50 Freestyle | 25.85 | 25.00 | 529 | 15/03/14 | Yorkshire County Championships | Sheffield | CC4069 | 1 |
| 100 Freestyle | 57.63 | 56.20 | 537 | 07/07/13 | Borough of Barnsley SC 6th Summer Sizzler | Sheffield | NE3418 | 3 |
| 200 Freestyle | 2:14.21 | 2:11.60 | 438 | 03/02/13 | Sheffield & District ASA Championships | Sheffield | NE3188 | 4 |
| 400 Freestyle | 5:22.51 | 5:18.10 | 317 | 08/05/10 | Sports Aid Open Meet | Leeds | NE0073 | 1 |
| 50 Breaststroke | 35.77 | 34.90 | 381 | 04/05/13 | ASA North East Youth & Senior Championship | Sunderland | NER318 | 1 |
| 100 Breaststroke | 1:16.92 | 1:15.30 | 404 | 04/05/14 | ASANER Youth & Senior Championships 2014 | Sunderland | NER421 | 1 |
| 200 Breaststroke | 2:50.31 | 2:47.20 | 399 | 03/02/13 | Sheffield & District ASA Championships | Sheffield | NE3188 | 4 |
| 50 Butterfly | 28.85 | 28.20 | 459 | 04/05/13 | ASA North East Youth & Senior Championship | Sunderland | NER318 | 1 |
| 100 Butterfly | 1:06.81 | 1:05.70 | 405 | 14/12/13 | BoB SC 18th Annual Christmas Sprint | Sheffield | NE31002 | 3 |
| 50 Backstroke | 33.31 | 32.70 | 353 | 07/07/13 | Borough of Barnsley SC 6th Summer Sizzler | Sheffield | NE3418 | 3 |
| 100 Backstroke | 1:28.34 | 1:27.40 | 199 | 28/11/09 | Sheffield City B Grade Mt | Sheffield | NE9396 | 3 |
| 200 Individual Medley | 2:25.81 | 2:23.10 | 477 | 07/07/13 | Borough of Barnsley SC 6th Summer Sizzler | Sheffield | NE3418 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|---|--------------|---------|-------|
| 50 Freestyle | 26.78 | 27.50 | 426 | 22/04/12 | Stocksbridge Pentaqua SC Spring Sprints | Stocksbridge | NE2287 | 3 |
| 100 Freestyle | 56.32 | 57.80 | 504 | 12/10/13 | Yorkshire Winter Competition | Sheffield | NE3973 | 2 |
| 200 Freestyle | 2:12.61 | 2:15.20 | 420 | 26/11/11 | Lincoln Vulcans Short Course Open Meet | Grantham | EM1238 | 3 |
| 50 Breaststroke | 35.08 | 36.00 | 359 | 22/04/12 | Stocksbridge Pentaqua SC Spring Sprints | Stocksbridge | NE2287 | 3 |
| 100 Breaststroke | 1:12.83 | 1:14.50 | 437 | 13/10/13 | Yorkshire Winter Competition | Sheffield | NE3973 | 2 |
| 200 Breaststroke | 3:19.73 | 3:22.40 | 217 | 19/07/09 | Rotherham Metro A B Meet | Sheffield | NE9008 | 3 |
| 50 Butterfly | 29.78 | 30.40 | 389 | 22/04/12 | Stocksbridge Pentaqua SC Spring Sprints | Stocksbridge | NE2287 | 3 |
| 100 Butterfly | 1:27.36 | 1:28.20 | 163 | 18/07/09 | Rotherham Metro A B Meet | Sheffield | NE9008 | 3 |
| 50 Backstroke | 33.68 | 34.30 | 282 | 22/04/12 | Stocksbridge Pentaqua SC Spring Sprints | Stocksbridge | NE2287 | 3 |
| 100 Backstroke | 1:25.01 | 1:26.00 | 183 | 19/07/09 | Rotherham Metro A B Meet | Sheffield | NE9008 | 3 |
| 200 Individual Medley | 2:20.49 | 2:23.30 | 475 | 13/10/13 | Yorkshire Winter Competition | Sheffield | NE3973 | 2 |
| 100 Individual Medley | 1:20.82 | 1:20.80 | 226 | 19/07/09 | Rotherham Metro A B Meet | Sheffield | NE9008 | 3 |