

Individual Best Times (All Time)

Heidi Smith - (398378) - Doncaster Dartes SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.28	27.50	581	01/04/12	City of Sheffield Premier Meet	Sheffield	NE2143	1
100 Freestyle	1:00.55	59.20	622	27/05/12	City of Sheffield No Frills Gala	Sheffield	NE2144	1
200 Freestyle	2:11.28	2:08.60	635	26/05/12	City of Sheffield No Frills Gala	Sheffield	NE2144	1
400 Freestyle	4:41.18	4:36.10	586	15/05/11	City of Manchester Aquatics Open Meet	Manchester	NW1044	1
800 Freestyle	9:45.52	9:35.60	567	28/05/11	City of Sheffield No Frills Meet	Sheffield	NE1118	1
50 Breaststroke	36.33	35.50	517	15/03/14	Yorkshire County Championships	Sheffield	CC4069	1
100 Breaststroke	1:17.97	1:16.30	556	05/05/12	North East Region Youth & Senior Champs	Sunderland	NER221	1
200 Breaststroke	2:48.21	2:45.00	546	30/06/12	ESSA Inter-Divisional Championships	Liverpool	NW2401	1
50 Butterfly	31.10	30.50	484	23/09/12	City of Sheffield Teaspoon Gala	Sheffield	NE2146	3
100 Butterfly	1:10.17	1:09.10	494	26/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	NE4592	3
50 Backstroke	33.34	32.70	522	23/09/12	City of Sheffield Teaspoon Gala	Sheffield	NE2146	3
100 Backstroke	1:10.49	1:09.30	537	29/01/11	North & North West Zonal Competition	Sheffield	ZM1169	1
200 Backstroke	2:28.23	2:26.00	573	26/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	NE4592	3
200 Individual Medley	2:27.92	2:25.20	619	27/05/12	City of Sheffield No Frills Gala	Sheffield	NE2144	1
400 Individual Medley	5:24.02	5:18.60	552	20/12/14	City of Leeds Christmas Meet	Leeds	NE4024	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.82	28.60	559	03/12/11	BG North East Region Championships	Sunderland	NER124	2
100 Freestyle	59.57	1:01.00	600	13/05/12	Middlesbrough 11th Open Meet	Middlesbrough	NE2183	2
200 Freestyle	2:07.92	2:10.60	641	12/05/12	Middlesbrough 11th Open Meet	Middlesbrough	NE2183	2
400 Freestyle	4:39.07	4:44.10	569	04/12/11	BG North East Region Championships	Sunderland	NER124	2
800 Freestyle	9:29.07	9:39.10	590	03/12/11	BG North East Region Championships	Sunderland	NER124	2
50 Breaststroke	36.71	37.60	461	17/11/12	Armthorpe SC Schofield Home Champs	Armthorpe	NE2562	4
100 Breaststroke	1:15.94	1:17.60	553	12/05/12	Middlesbrough 11th Open Meet	Middlesbrough	NE2183	2
200 Breaststroke	2:43.40	2:46.60	558	13/05/12	Middlesbrough 11th Open Meet	Middlesbrough	NE2183	2
50 Butterfly	31.43	32.00	466	26/11/11	Armthorpe Schofield Home Club Championship	Armthorpe	NE1379	4
100 Butterfly	1:07.69	1:08.80	509	13/10/12	Yorkshire SA Winter Competition 2012	Sheffield	NE2844	2
50 Backstroke	33.17	33.80	441	26/11/11	Armthorpe Schofield Home Club Championship	Armthorpe	NE1379	4
100 Backstroke	1:06.87	1:08.10	553	13/05/12	Middlesbrough 11th Open Meet	Middlesbrough	NE2183	2
200 Backstroke	2:23.18	2:25.50	573	06/11/10	BG North East SC Champs	Sunderland	NER029	2
200 Individual Medley	2:24.47	2:27.20	600	22/07/12	City of Bradford End of Season Meet	Shipley	NE2293	3
400 Individual Medley	5:03.74	5:09.50	619	07/12/14	ASANER BG Regional Senior & Youth Champs	Sunderland	NER429	2
100 Individual Medley	1:08.43	1:08.40	563	06/10/13	Doncaster Metropolitan ASA Individual Champ	Adwick	NE3920	4