

Individual Best Times (All Time)

Samuel Cross - (524308) - Alnwick Dolphin SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.07	25.30	515	12/01/14	City of Sunderland New Year Meet 2014	Sunderland	NE4174	1
100 Freestyle	57.74	56.30	534	13/07/13	City of Sunderland Summer Splash	Sunderland	NE3542	3
200 Freestyle	2:06.86	2:04.10	519	05/05/13	ASA North East Youth & Senior Championship	Sunderland	NER318	1
400 Freestyle	4:29.72	4:24.50	543	04/05/13	ASA North East Youth & Senior Championship	Sunderland	NER318	1
1500 Freestyle	17:59.42	17:40.20	525	17/02/13	Northumberland & Durham County Champs	Sunderland	CC3096	1
50 Breaststroke	37.45	36.60	332	10/03/13	Northumberland & Durham County Champs	Sunderland	CC3097	1
50 Butterfly	29.42	28.80	433	01/02/14	NDSA Championships	Sunderland	CC4064	1
100 Butterfly	1:05.47	1:04.30	430	09/03/14	Northumberland & Durham SA County Champs	Sunderland	CC4066	1
200 Butterfly	2:26.69	2:24.50	425	02/02/13	Northumberland & Durham County Champs	Sunderland	CC3095	1
50 Backstroke	31.60	31.00	413	13/07/13	City of Sunderland Summer Splash	Sunderland	NE3542	3
200 Individual Medley	2:28.11	2:25.40	455	05/05/13	ASA North East Youth & Senior Championship	Sunderland	NER318	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.36	26.20	502	01/12/13	ASA North East Region Senior & Junior Meet	Sunderland	NER327	2
100 Freestyle	55.25	56.70	534	30/11/13	ASA North East Region Senior & Junior Meet	Sunderland	NER327	2
200 Freestyle	2:02.00	2:04.80	540	01/12/13	ASA North East Region Senior & Junior Meet	Sunderland	NER327	2
400 Freestyle	4:27.85	4:33.00	497	14/10/12	Tynemouth ASC Autumn Gala	Tynemouth	NE2379	3
800 Freestyle	11:04.38	11:13.00	297	15/11/09	Autumn Series N & Durham	Gateshead	NE9176	3
1500 Freestyle	17:34.40	17:53.80	518	21/04/13	Alnwick Dolphins Time Trials & Club Champs	Alnwick	NE3517	4
50 Breaststroke	37.44	38.30	295	11/05/13	Tynemouth ASC Open Sprints & Teams 2013	Tynemouth	NE3325	3
100 Breaststroke	1:16.51	1:18.10	377	09/11/13	Alnwick Dolphins Time Trials	Alnwick	NE31015	4
200 Breaststroke	3:19.98	3:22.60	216	13/06/10	Derwentside Open Graded	Stanley	NE0468	3
50 Butterfly	28.41	29.10	448	30/11/13	ASA North East Region Senior & Junior Meet	Sunderland	NER327	2
100 Butterfly	1:04.08	1:05.30	414	07/09/13	South Tyneside ASC Autumn Meet	Hebburn	NE3829	3
200 Butterfly	2:21.17	2:23.40	433	01/12/12	ASA North East Region Age Groups Meet	Sunderland	NER227	2
50 Backstroke	30.82	31.50	369	01/12/13	ASA North East Region Senior & Junior Meet	Sunderland	NER327	2
100 Backstroke	1:06.26	1:07.50	388	09/11/13	Alnwick Dolphins Time Trials	Alnwick	NE31015	4
200 Backstroke	2:21.01	2:23.40	420	07/09/13	South Tyneside ASC Autumn Meet	Hebburn	NE3829	3
200 Individual Medley	2:23.69	2:26.40	444	20/10/13	Tynemouth ASC Autumn Gala	Tynemouth	NE3828	3
400 Individual Medley	5:08.38	5:14.00	441	16/06/13	Alnwick Dolphins Time Trials & Club Champs	Alnwick	NE3517	4
100 Individual Medley	1:07.12	1:07.10	395	11/05/13	Tynemouth ASC Open Sprints & Teams 2013	Tynemouth	NE3325	3