

# Individual Best Times (All Time)

Jack Laverty - (548364) - North Tyneside SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.26	27.50	405	07/02/16	Northumberland & Durham County Champs	Sunderland	NE160071	1
100 Freestyle	1:05.70	1:04.40	362	13/07/13	City of Sunderland Summer Splash	Sunderland	NE3542	3
200 Freestyle	2:39.47	2:37.30	261	14/01/12	City of Sunderland New Year Meet	Sunderland	NE2185	3
400 Freestyle	5:12.86	5:08.30	348	13/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
50 Breaststroke	37.20	36.30	339	28/02/16	Northumberland & Durham County Champs	Sunderland	NE160072	1
100 Breaststroke	1:42.97	1:41.70	168	14/01/12	City of Sunderland New Year Meet	Sunderland	NE2185	3
200 Breaststroke	3:13.49	3:10.70	272	12/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	NE4760	3
50 Butterfly	30.09	29.50	405	27/02/16	Northumberland & Durham County Champs	Sunderland	NE160072	1
100 Butterfly	1:20.79	1:19.80	229	12/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
50 Backstroke	34.54	34.00	316	12/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	NE4760	3
100 Backstroke	1:12.67	1:11.60	358	16/01/16	City of Sunderland New Year Meet	Sunderland	NE160356	1
200 Backstroke	2:37.26	2:35.10	360	08/03/14	Northumberland & Durham SA County Champs	Sunderland	CC4066	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.81	28.50	380	10/01/16	Newcastle Swim Team Last Chance County Qualifier	South Shields	NE160228	3
100 Freestyle	1:01.45	1:02.80	388	06/12/15	Blyth Lifeguard Xmas Cracker 2015	Blyth	NE152186	3
200 Freestyle	2:13.99	2:16.60	407	10/01/16	Newcastle Swim Team Last Chance County Qualifier	South Shields	NE160228	3
400 Freestyle	4:52.39	4:57.20	382	29/03/14	North Tyneside Mad March Hare Extravaganza	Stanley	NE4109	3
800 Freestyle	14:36.23	14:42.80	129	24/10/10	Autumn Graded Series 2010	Stanley	NE0532	3
1500 Freestyle	19:26.36	19:43.90	382	09/10/15	Tynemouth ASC Autumn NER Qualifier	Tynemouth	NE151452	3
50 Breaststroke	36.48	37.30	319	05/06/16	Blyth Summer Sprint 2016	Blyth	NE161167	3
100 Breaststroke	1:21.96	1:23.50	306	19/10/14	Durham City Medley Challenge	Durham	NE14545	3
200 Breaststroke	2:57.88	3:00.80	308	20/03/16	North Tyneside Mad March Hare Extravaganza	Staney	NE160153	3
50 Butterfly	30.87	31.50	349	05/06/16	Blyth Summer Sprint 2016	Blyth	NE161167	3
100 Butterfly	1:09.24	1:10.30	328	28/03/15	North Tyneside Mad March Hare Extravaganza	Stanley	NE150372	3
200 Butterfly	2:47.77	2:49.60	258	21/02/16	Derwentside ASC Development Meet 2016	Stanley	NE160099	3
50 Backstroke	31.92	32.50	332	05/06/16	Blyth Summer Sprint 2016	Blyth	NE161167	3
100 Backstroke	1:09.49	1:10.60	336	06/12/15	Blyth Lifeguard Xmas Cracker 2015	Blyth	NE152186	3
200 Backstroke	2:31.93	2:34.10	336	30/03/14	North Tyneside Mad March Hare Extravaganza	Stanley	NE4109	3
200 Individual Medley	2:33.48	2:36.00	364	28/03/15	North Tyneside Mad March Hare Extravaganza	Stanley	NE150372	3
400 Individual Medley	6:11.09	6:15.80	253	13/10/12	Tynemouth ASC Autumn Gala	Tynemouth	NE2379	3
100 Individual Medley	1:19.84	1:19.80	235	24/03/13	North Tyneside Mad March Hare	Stanley	NE3419	3