

Individual Best Times (All Time)

Holly Smith - (774764) - South Tyneside SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.30	37.70	234	12/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	NE4760	3
100 Freestyle	1:24.36	1:23.40	230	02/11/14	City of Sunderland Firecracker Meet	Sunderland	NE14446	3
200 Freestyle	2:55.63	2:53.60	265	02/11/14	City of Sunderland Firecracker Meet	Sunderland	NE14446	3
400 Freestyle	6:06.70	6:02.80	264	02/11/14	City of Sunderland Firecracker Meet	Sunderland	NE14446	3
50 Breaststroke	55.61	55.00	144	13/07/13	City of Sunderland Summer Splash	Sunderland	NE3542	3
100 Breaststroke	2:02.53	2:01.50	143	06/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
200 Breaststroke	4:09.80	4:07.70	166	14/07/13	City of Sunderland Summer Splash	Sunderland	NE3542	3
50 Butterfly	44.67	44.20	163	13/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	NE4760	3
100 Butterfly	2:00.73	2:00.10	97	14/07/13	City of Sunderland Summer Splash	Sunderland	NE3542	3
200 Butterfly	3:44.47	3:43.10	159	12/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	NE4760	3
50 Backstroke	45.19	44.70	209	02/11/14	City of Sunderland Firecracker Meet	Sunderland	NE14446	3
100 Backstroke	1:43.06	1:42.30	172	13/07/13	City of Sunderland Summer Splash	Sunderland	NE3542	3
200 Backstroke	3:49.54	3:48.10	154	05/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
200 Individual Medley	3:29.72	3:27.80	217	01/11/14	City of Sunderland Firecracker Meet	Sunderland	NE14446	3
400 Individual Medley	7:18.59	7:14.60	222	01/11/14	City of Sunderland Firecracker Meet	Sunderland	NE14446	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.26	36.80	252	14/09/14	South Tyneside ASC Autumn Meet	South Shields	NE14441	3
100 Freestyle	1:19.00	1:20.10	257	05/12/15	Derwentside Christmas Cracker	Stanley	NE150753	3
200 Freestyle	2:47.53	2:49.60	285	06/06/15	Derwentside 6th Annual Charity Meet 2015	Stanley	NE150583	3
400 Freestyle	5:35.67	5:39.80	327	17/10/15	South Tyneside SC Autumn Meet	South Shields	NE151545	3
800 Freestyle	11:52.65	12:00.70	300	17/10/14	Tynemouth ASC Autumn Gala	Tynemouth	NE14444	3
50 Breaststroke	48.20	48.90	203	06/12/15	Derwentside Christmas Cracker	Stanley	NE150753	3
100 Breaststroke	1:47.28	1:48.50	196	06/06/15	Derwentside 6th Annual Charity Meet 2015	Stanley	NE150583	3
200 Breaststroke	3:40.84	3:43.20	226	07/06/15	Derwentside 6th Annual Charity Meet 2015	Stanley	NE150583	3
50 Butterfly	44.75	45.20	161	12/04/14	South Tyneside Spring Meet	South Shields	NE4405	3
100 Butterfly	1:42.84	1:43.60	145	13/04/14	South Tyneside Spring Meet	South Shields	NE4405	3
200 Butterfly	3:29.92	3:31.40	184	12/04/14	South Tyneside Spring Meet	South Shields	NE4405	3
50 Backstroke	41.45	41.90	226	17/10/15	South Tyneside SC Autumn Meet	South Shields	NE151545	3
100 Backstroke	1:27.86	1:28.80	243	06/12/15	Derwentside Christmas Cracker	Stanley	NE150753	3
200 Backstroke	3:03.89	3:05.70	270	11/01/15	P & D Last Chance County Qualifier	Stanley	NE150136	3
200 Individual Medley	3:05.32	3:07.40	284	17/10/15	South Tyneside SC Autumn Meet	South Shields	NE151545	3
400 Individual Medley	6:41.23	6:45.60	268	08/02/14	Durham City Very Last Chance Qualifier	Durham	NE4299	3
100 Individual Medley	1:30.50	1:30.50	243	28/03/15	North Tyneside Mad March Hare Extravaganza	Stanley	NE150372	3