

Individual Best Times (All Time)

Freya Simpson - (813742) - Shiverers SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.88	32.20	370	18/01/14	Rushmoor Royals January L1 Open Meet	Crawley	SE4197	1
100 Freestyle	1:08.85	1:07.60	423	08/06/13	ASA South East Region Age Group Championships 2013	Crawley	SER304	1
200 Freestyle	2:26.52	2:24.10	456	14/03/15	Sussex County Championships	Crawley	CC150379	1
400 Freestyle	5:07.22	5:02.60	449	15/03/15	Sussex County Championships	Crawley	CC150379	1
800 Freestyle	10:35.26	10:26.10	444	23/02/14	Sussex County Champs & Age Groups Comp	Crawley	CC4090	1
50 Breaststroke	39.98	39.20	388	01/02/14	ISA National Swimming Championships	Coventry	WM4055	1
100 Breaststroke	1:32.29	1:30.90	335	15/06/14	ASA South East Region Age Group Championships	Crawley	SER419	1
200 Breaststroke	3:05.53	3:02.70	407	15/03/15	Sussex County Championships	Crawley	CC150379	1
50 Butterfly	33.50	32.90	387	01/02/14	ISA National Swimming Championships	Coventry	WM4055	1
100 Butterfly	1:19.34	1:18.40	341	15/03/15	Sussex County Championships	Crawley	CC150379	1
200 Butterfly	3:02.13	3:00.40	299	01/06/14	ASA South East Region Age Group Championships	Crawley	SER418	1
50 Backstroke	40.74	40.20	286	18/01/14	Rushmoor Royals January L1 Open Meet	Crawley	SE4197	1
100 Backstroke	1:26.14	1:25.20	294	26/05/13	ASA South East Region Age Group Champs	Crawley	SER303	1
200 Backstroke	2:52.46	2:50.50	364	25/05/13	ASA South East Region Age Group Champs	Crawley	SER303	1
200 Individual Medley	2:45.87	2:43.50	439	24/01/15	ISA National Swimming Championships	London	LR150306	3
400 Individual Medley	5:52.16	5:47.10	430	14/03/15	Sussex County Championships	Crawley	CC150379	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.50	32.20	385	24/01/14	Shiverers Development Meet	Hove	SE4205	4
100 Freestyle	1:06.73	1:08.00	427	24/01/14	Shiverers Development Meet	Hove	SE4205	4
200 Freestyle	2:22.92	2:25.30	459	01/03/14	Sussex County Champs & Age Group Comp	Crawley	CC4091	2
400 Freestyle	5:01.10	5:05.70	453	15/03/14	Sussex County Championships	Crawley	CC4092	2
800 Freestyle	10:45.75	10:54.70	404	24/02/13	Sussex County Championships	Crawley	CC3044	2
50 Breaststroke	40.52	41.30	343	01/03/14	Sussex County Champs & Age Group Comp	Crawley	CC4091	2
100 Breaststroke	1:25.87	1:27.30	382	15/02/14	Sussex Secondary Schools Individual Champs	Horsham	SE4367	3
200 Breaststroke	3:01.70	3:04.60	406	10/01/15	Brighton Tom Handley Open Meet	Brighton	SE150032	2
50 Butterfly	34.22	34.80	361	24/01/14	Shiverers Development Meet	Hove	SE4205	4
100 Butterfly	1:15.20	1:16.20	371	16/03/14	Sussex County Championships	Crawley	CC4092	2
200 Butterfly	2:49.15	2:51.00	353	02/03/14	Sussex County Champs & Age Group Comp	Crawley	CC4091	2
50 Backstroke	36.94	37.50	319	16/03/13	Sussex County Championship	Crawley	CC3046	2
100 Backstroke	1:18.94	1:20.00	336	03/05/14	Atlantis SC Horsham 2014 Spring Open Meet	Horsham	SE4038	3
200 Backstroke	2:45.68	2:47.70	369	24/01/14	Shiverers Development Meet	Hove	SE4205	4
200 Individual Medley	2:39.69	2:42.10	444	16/03/14	Sussex County Championships	Crawley	CC4092	2
400 Individual Medley	5:36.36	5:41.50	456	02/03/14	Sussex County Champs & Age Group Comp	Crawley	CC4091	2
100 Individual Medley	1:15.80	1:15.80	414	15/03/14	Sussex County Championships	Crawley	CC4092	2