

# Individual Best Times (All Time)

Freja Smith - (831912) - AquaJets Newcastle SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.46	30.80	422	16/01/16	City of Sunderland New Year Meet	Sunderland	NE160356	1
100 Freestyle	1:05.52	1:04.20	491	02/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
200 Freestyle	2:17.98	2:15.40	547	04/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170190	1
400 Freestyle	4:45.01	4:40.00	563	02/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
800 Freestyle	9:45.14	9:35.20	568	31/03/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
50 Breaststroke	43.58	42.90	299	17/01/16	City of Sunderland New Year Meet	Sunderland	NE160356	1
100 Breaststroke	1:34.32	1:33.00	314	02/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
200 Breaststroke	3:57.74	3:55.50	193	08/07/12	City of Sunderland Summer Splash	Sunderland	NE2187	3
50 Butterfly	35.33	34.80	330	20/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
50 Backstroke	38.05	37.50	351	20/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
200 Individual Medley	2:52.71	2:50.40	389	19/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.20	30.90	437	06/11/16	ASA North East Region Age Group Championships	Sunderland	NE162069	2
100 Freestyle	1:06.79	1:08.00	425	20/11/16	Tynemouth Winter Gala	Tynemouth	NE161575	3
200 Freestyle	2:16.53	2:19.00	527	05/11/16	ASA North East Region Age Group Championships	Sunderland	NE162069	2
400 Freestyle	4:43.99	4:48.90	540	05/11/16	ASA North East Region Age Group Championships	Sunderland	NE162069	2
800 Freestyle	9:45.08	9:54.90	543	06/11/16	ASA North East Region Age Group Championships	Sunderland	NE162069	2
50 Breaststroke	42.82	43.60	290	11/10/15	Tynemouth ASC Autumn NER Qualifier	Tynemouth	NE151452	3
100 Breaststroke	1:26.48	1:27.90	374	17/12/16	Tynemouth Club Championships	Tynemouth	NE160606	4
200 Breaststroke	3:10.92	3:13.70	350	23/04/16	Chester le Street Annual Club Gala	Chester-le-Street	NE160684	3
50 Butterfly	36.17	36.70	306	12/07/15	Newcastle Swim Team Summer Gala	Tynemouth	NE151334	3
100 Butterfly	1:21.84	1:22.80	288	17/12/16	Tynemouth Club Championships	Tynemouth	NE160606	4
50 Backstroke	40.08	40.60	250	22/03/15	Tynemouth ASC Club Championships	Tynemouth	NE150819	4
100 Backstroke	1:18.59	1:19.60	340	09/10/16	City of Sunderland Short Course Qualifier	Sunderland	NE162066	2
200 Backstroke	2:46.43	2:48.40	364	07/01/18	Peterlee & Derwentside New Year Meet 2018	Stanley	NE180176	3
200 Individual Medley	2:45.46	2:47.80	399	17/12/16	Tynemouth Club Championships	Tynemouth	NE160606	4
100 Individual Medley	1:24.67	1:24.70	297	28/03/15	North Tyneside Mad March Hare Extravaganza	Stanley	NE150372	3