

Individual Best Times (All Time)

Alice Day - (852830) - Darlington Dolphin Masters SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:05.40	1:04.10	494	26/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
200 Freestyle	2:16.89	2:14.30	560	22/01/17	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE170150	3
400 Freestyle	4:43.27	4:38.30	573	03/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
800 Freestyle	9:46.10	9:36.20	565	09/02/18	N & D 2018 Championships	Sunderland	NE180243	1
1500 Freestyle	18:38.40	18:19.80	557	02/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
50 Butterfly	32.88	32.30	410	26/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170190	1
100 Butterfly	1:13.07	1:12.00	437	20/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE180029	3
200 Butterfly	2:45.41	2:43.50	399	05/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170189	1
50 Backstroke	35.10	34.50	448	26/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
100 Backstroke	1:17.62	1:16.60	402	21/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE180029	3
200 Backstroke	2:43.00	2:40.90	431	26/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170190	1
200 Individual Medley	2:43.46	2:41.00	459	08/07/17	City of Sunderland Summer Splash 2017	Sunderland	NE171638	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.96	30.60	448	07/10/18	Darlington Dander October Meet	Darlington	NE181621	3
100 Freestyle	1:04.04	1:05.30	483	07/10/18	Darlington Dander October Meet	Darlington	NE181621	3
200 Freestyle	2:14.79	2:17.30	548	03/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
400 Freestyle	4:35.70	4:40.70	590	04/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
800 Freestyle	9:23.42	9:33.60	608	03/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
50 Breaststroke	40.19	41.00	351	29/09/18	South Tyneside Autumn Meet 2018	South Shields	NE182121	3
100 Breaststroke	1:35.94	1:37.20	274	18/06/16	Scarborough Annual A & B Graded Meet	Scarborough	NE160150	3
50 Butterfly	32.30	32.90	430	21/09/19	Billingham ASC Autumn Meet 2019	Billingham	NE191138	3
100 Butterfly	1:12.68	1:13.70	411	07/10/18	Darlington Dander October Meet	Darlington	NE181621	3
200 Butterfly	2:53.39	2:55.20	328	13/09/15	Billingham Autumn Meet	Billingham	NE151008	3
50 Backstroke	34.38	35.00	396	07/10/18	Darlington Dander October Meet	Darlington	NE181621	3
100 Backstroke	1:17.61	1:18.60	353	19/06/16	Scarborough Annual A & B Graded Meet	Scarborough	NE160150	3
200 Backstroke	2:39.68	2:41.80	413	03/12/16	Derwentside Christmas Cracker Meet 2016	Stanley	NE160159	3
200 Individual Medley	2:40.01	2:42.50	441	14/05/17	Wear Valley May Level 3 Meet	Bishop Auckland	NE170292	3
100 Individual Medley	1:17.10	1:17.10	393	06/10/19	Darlington Dander October Meet	Darlington	NE192019	3