

# Individual Best Times (All Time)

Aaron Harrison - (858786) - City of Leeds SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.65	25.90	483	30/05/15	Sports Aid Long Course Licensed Meet	Leeds	NE150214	1
100 Freestyle	57.04	55.60	554	28/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	NE150211	1
200 Freestyle	2:05.27	2:02.50	539	16/05/15	City of Leeds National Qualifying Meet 2015	Leeds	NE150110	1
400 Freestyle	4:29.50	4:24.20	544	16/05/15	City of Leeds National Qualifying Meet 2015	Leeds	NE150110	1
1500 Freestyle	18:15.88	17:56.90	502	03/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
50 Breaststroke	33.63	32.70	459	28/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	NE150211	1
100 Breaststroke	1:14.77	1:13.10	440	29/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	NE150211	1
200 Breaststroke	2:37.39	2:34.00	506	28/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	NE150211	1
50 Butterfly	30.43	29.80	391	31/01/15	Yorkshire County Championships	Sheffield	NE150621	1
100 Butterfly	1:08.61	1:07.50	374	02/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Butterfly	2:34.86	2:32.80	361	21/02/15	Yorkshire County Championships	Leeds	NE150623	1
50 Backstroke	32.80	32.20	370	31/01/15	Yorkshire County Championships	Sheffield	NE150621	1
100 Backstroke	1:11.27	1:10.10	379	22/02/15	Yorkshire County Championships	Leeds	NE150623	1
200 Backstroke	2:29.61	2:27.40	418	14/02/15	Yorkshire County Championships	Leeds	NE150622	1
200 Individual Medley	2:21.78	2:19.00	519	29/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	NE150211	1
400 Individual Medley	5:07.22	5:01.50	491	09/05/15	ASA North East Regional Championships	Sunderland	NE151022	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.77	27.50	427	29/08/15	Sheffield City 12th Annual Open Sprints Meet	Sheffield	NE150776	3
100 Freestyle	57.70	59.10	469	29/08/15	Sheffield City 12th Annual Open Sprints Meet	Sheffield	NE150776	3
200 Freestyle	2:16.47	2:19.00	386	27/10/13	City of Leeds October Grand Prix	Leeds	NE3602	2
400 Freestyle	4:42.94	4:47.90	422	24/11/13	City of Bradford Winter Meet	Leeds	NE3644	3
50 Breaststroke	33.58	34.50	410	29/08/15	Sheffield City 12th Annual Open Sprints Meet	Sheffield	NE150776	3
100 Breaststroke	1:13.74	1:15.40	421	12/10/14	Yorkshire Winter Championships	Sheffield	NE14602	2
200 Breaststroke	2:37.25	2:40.60	446	06/12/14	ASANER BG Regional Age Group Champs	Sunderland	NER430	2
50 Butterfly	29.52	30.20	399	29/08/15	Sheffield City 12th Annual Open Sprints Meet	Sheffield	NE150776	3
100 Butterfly	1:06.25	1:07.40	375	29/08/15	Sheffield City 12th Annual Open Sprints Meet	Sheffield	NE150776	3
200 Butterfly	2:28.20	2:30.30	374	26/10/14	City of Leeds Grand Prix	Leeds	NE4022	2
50 Backstroke	30.50	31.20	380	29/08/15	Sheffield City 12th Annual Open Sprints Meet	Sheffield	NE150776	3
100 Backstroke	1:06.45	1:07.60	384	29/08/15	Sheffield City 12th Annual Open Sprints Meet	Sheffield	NE150776	3
200 Backstroke	2:21.95	2:24.30	412	26/10/14	City of Leeds Grand Prix	Leeds	NE4022	2
200 Individual Medley	2:23.48	2:26.20	446	12/10/14	Yorkshire Winter Championships	Sheffield	NE14602	2
400 Individual Medley	5:14.27	5:19.80	417	01/12/13	ASA North East Region Senior & Junior Meet	Sunderland	NER327	2
100 Individual Medley	1:20.30	1:20.30	231	23/06/12	Team Jorvik Sprints 3 Grades Meet	Leeds	NE2375	4