

Individual Best Times (All Time)

Rosie Hainsworth - (863456) - North Tyneside SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:44.59	1:43.80	120	07/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
200 Freestyle	3:36.14	3:34.50	142	12/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
50 Breaststroke	1:02.73	1:02.20	100	07/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
100 Breaststroke	2:14.27	2:13.30	108	13/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
200 Breaststroke	4:35.87	4:33.90	123	14/07/13	City of Sunderland Summer Splash	Sunderland	NE3542	3
50 Butterfly	57.00	56.70	78	14/07/13	City of Sunderland Summer Splash	Sunderland	NE3542	3
50 Backstroke	43.04	42.60	243	09/07/16	City of Sunderland Summer Splash 2016	Sunderland	NE160857	3
100 Backstroke	1:57.69	1:57.00	115	06/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
200 Individual Medley	3:58.39	3:56.70	148	13/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.56	34.20	318	14/01/17	Newcastle Swim Team County Qualifier Meet	South Shields	NE170148	3
100 Freestyle	1:15.53	1:16.60	294	16/10/16	DCASC Medley Challenge	Durham	NE161591	3
200 Freestyle	2:47.86	2:49.90	283	14/01/17	Newcastle Swim Team County Qualifier Meet	South Shields	NE170148	3
400 Freestyle	6:25.28	6:28.90	216	01/11/14	Wear Valley Guy Fawkes Meet	Bishop Auckland	NE4303	3
50 Breaststroke	44.91	45.60	252	04/03/17	Derwentside Development Meet	Stanley	NE170164	3
100 Breaststroke	1:36.67	1:38.00	268	16/10/16	DCASC Medley Challenge	Durham	NE161591	3
200 Breaststroke	3:25.89	3:28.40	279	19/11/16	Tynemouth Winter Gala	Tynemouth	NE161575	3
50 Butterfly	38.94	39.40	245	25/03/17	North Tyneside Mad March Hare Extravaganza	Stanley	NE170005	3
100 Butterfly	1:29.51	1:30.40	220	04/03/17	Derwentside Development Meet	Stanley	NE170164	3
50 Backstroke	39.44	39.90	262	04/03/17	Derwentside Development Meet	Stanley	NE170164	3
100 Backstroke	1:25.51	1:26.40	264	04/12/16	Blyth Xmas Cracker	Blyth	NE161209	3
200 Backstroke	3:04.54	3:06.30	267	25/03/17	North Tyneside Mad March Hare Extravaganza	Stanley	NE170005	3
200 Individual Medley	3:06.44	3:08.50	279	18/11/16	Tynemouth Winter Gala	Tynemouth	NE161575	3
400 Individual Medley	6:36.95	6:41.40	277	19/11/16	Tynemouth Winter Gala	Tynemouth	NE161575	3
100 Individual Medley	1:28.54	1:28.50	259	25/03/17	North Tyneside Mad March Hare Extravaganza	Stanley	NE170005	3