

Individual Best Times (All Time)

Rosa Pollard Smith - (920343) - Cambridge University Swimming &

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle | 29.72 | 29.00 | 501 | 10/07/16 | City of Sunderland Summer Splash 2016 | Sunderland | NE160857 | 3 |
| 100 Freestyle | 1:04.96 | 1:03.70 | 504 | 09/07/16 | City of Sunderland Summer Splash 2016 | Sunderland | NE160857 | 3 |
| 200 Freestyle | 2:23.05 | 2:20.60 | 490 | 10/07/16 | City of Sunderland Summer Splash 2016 | Sunderland | NE160857 | 3 |
| 50 Breaststroke | 42.93 | 42.20 | 313 | 28/02/15 | Northumberland & Durham County Championships | Sunderland | NE150631 | 1 |
| 100 Breaststroke | 1:34.48 | 1:33.10 | 312 | 08/02/15 | Northumberland & Durham County Championships | Sunderland | NE150630 | 1 |
| 200 Breaststroke | 3:12.40 | 3:09.60 | 365 | 25/02/17 | Northumberland & Durham SA 2017 Championships | Sunderland | NE170190 | 1 |
| 50 Butterfly | 31.52 | 30.90 | 465 | 26/02/17 | Northumberland & Durham SA 2017 Championships | Sunderland | NE170190 | 1 |
| 100 Butterfly | 1:10.99 | 1:09.90 | 477 | 03/02/18 | N & D 2018 Championships | Sunderland | NE180242 | 1 |
| 50 Backstroke | 31.67 | 31.00 | 610 | 27/05/18 | DX 2nd Long Course Open Meet | Sheffield | EM180319 | 1 |
| 100 Backstroke | 1:08.88 | 1:07.70 | 576 | 06/05/18 | North East Region Championships | Sheffield | NE180150 | 1 |
| 200 Backstroke | 2:31.48 | 2:29.30 | 537 | 05/05/18 | North East Region Championships | Sheffield | NE180150 | 1 |
| 200 Individual Medley | 2:36.63 | 2:34.10 | 522 | 04/02/18 | N & D 2018 Championships | Sunderland | NE180242 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|-------------------------------------|--------------------|----------|-------|
| 50 Freestyle | 29.27 | 30.00 | 480 | 25/06/17 | Durham City Club Summer Gala 2017 | Durham | NE171227 | 4 |
| 100 Freestyle | 1:03.33 | 1:04.60 | 499 | 17/06/18 | Middlesbrough June 2018 Meet | The Neptune Centre | NE180011 | 3 |
| 200 Freestyle | 2:20.28 | 2:22.70 | 486 | 14/10/17 | BOSSS Winter Swim Festival 2017 | Billingham | NE172049 | 2 |
| 400 Freestyle | 5:03.71 | 5:08.30 | 441 | 11/12/16 | Middlesbrough Christmas Meet | Middlesbrough | NE161276 | 3 |
| 800 Freestyle | 10:37.10 | 10:46.10 | 420 | 15/01/17 | Durham City 2017 Winter Gala | Durham | NE170434 | 4 |
| 50 Breaststroke | 38.91 | 39.70 | 387 | 19/11/17 | Tynemouth ASC Winter Gala | Tynemouth | NE172171 | 3 |
| 100 Breaststroke | 1:27.62 | 1:29.00 | 360 | 20/12/15 | N & D Christmas Qualifier Meet | Durham | NE152029 | 4 |
| 200 Breaststroke | 3:05.53 | 3:08.40 | 381 | 20/11/16 | Durham City 2016 Autumn Meet | Durham | NE161173 | 4 |
| 50 Butterfly | 31.20 | 31.80 | 477 | 09/12/17 | Middlesbrough Christmas 2017 Meet | The Neptune Centre | NE171230 | 3 |
| 100 Butterfly | 1:08.75 | 1:09.80 | 485 | 13/05/17 | Wear Valley May Level 3 Meet | Bishop Auckland | NE170292 | 3 |
| 200 Butterfly | 3:00.40 | 3:02.10 | 291 | 20/11/16 | Durham City 2016 Autumn Meet | Durham | NE161173 | 4 |
| 50 Backstroke | 31.41 | 32.00 | 519 | 17/06/18 | Middlesbrough June 2018 Meet | The Neptune Centre | NE180011 | 3 |
| 100 Backstroke | 1:08.01 | 1:09.20 | 525 | 13/05/18 | Wear Valley May L3 Meet | Bishop Auckland | NE180001 | 3 |
| 200 Backstroke | 2:27.97 | 2:30.20 | 519 | 26/11/17 | Durham City Autumn Club Gala 2017 | Durham | NE172263 | 4 |
| 200 Individual Medley | 2:35.50 | 2:38.00 | 481 | 25/06/17 | Durham City Club Summer Gala 2017 | Durham | NE171227 | 4 |
| 400 Individual Medley | 7:13.61 | 7:17.70 | 212 | 15/12/13 | Durham City ASC Distance Time Trial | Durham | NE3916 | 4 |
| 100 Individual Medley | 1:11.64 | 1:11.60 | 490 | 26/11/17 | Durham City Autumn Club Gala 2017 | Durham | NE172263 | 4 |