

# Individual Best Times (All Time)

Samuel Arrowsmith - (921675) - Tiverton SC

Long Course

| Stroke                | LC Time  | Converted to SC | LC WA Pts | Date     | Meet                                              | Venue     | Licence  | Level |
|-----------------------|----------|-----------------|-----------|----------|---------------------------------------------------|-----------|----------|-------|
| 50 Freestyle          | 25.92    | 25.10           | 524       | 19/01/23 | Devon County Championships 2023                   | Plymouth  | SW230243 | 1     |
| 100 Freestyle         | 58.58    | 57.10           | 511       | 18/01/22 | Devon County ASA Championships & Age Groups 2022  | Plymouth  | SW220041 | 1     |
| 200 Freestyle         | 2:10.40  | 2:07.70         | 478       | 25/01/20 | Chester le Street & Derwentside Burns Meet 2020   | Sheffield | NE200004 | 1     |
| 400 Freestyle         | 4:40.59  | 4:35.50         | 482       | 13/05/17 | ASA SWR Summer Championships                      | Bristol   | SW170195 | 1     |
| 800 Freestyle         | 9:37.79  | 9:27.70         | 479       | 12/01/19 | Devon County Championships & Age Group Comp       | Plymouth  | SW190261 | 1     |
| 1500 Freestyle        | 18:52.39 | 18:34.00        | 455       | 24/02/18 | Devon County Championships and Age Groups 2018    | Plymouth  | SW180381 | 1     |
| 50 Breaststroke       | 32.93    | 32.00           | 489       | 31/03/19 | PL Spring Regional Qualifier L1 & L3 Open 2019    | Plymouth  | SW190505 | 1     |
| 100 Breaststroke      | 1:13.96  | 1:12.20         | 454       | 04/05/19 | ASA SWR Summer Championships                      | Plymouth  | SW190488 | 1     |
| 200 Breaststroke      | 2:44.43  | 2:41.20         | 444       | 15/03/20 | The Plymouth Leander Spring Regional LC Qualifier | Plymouth  | SW200025 | 1     |
| 50 Butterfly          | 27.26    | 26.60           | 545       | 24/04/23 | SE South West Summer Regional Championships 2023  | Plymouth  | SW230523 | 1     |
| 100 Butterfly         | 59.85    | 58.60           | 564       | 12/03/22 | 71st ESSA National Inter-Divisional Championships | Coventry  | WM220488 | 1     |
| 200 Butterfly         | 2:11.65  | 2:09.20         | 588       | 03/08/19 | Swim England National Summer Meet                 | Sheffield | ENG014   | 1     |
| 50 Backstroke         | 30.19    | 29.50           | 474       | 18/01/23 | Devon County Championships 2023                   | Plymouth  | SW230243 | 1     |
| 100 Backstroke        | 1:05.94  | 1:04.70         | 479       | 16/01/24 | Devon County Age Group Championships 2024         | Plymouth  | SW240141 | 1     |
| 200 Backstroke        | 2:40.26  | 2:38.20         | 340       | 15/04/17 | Exeter City SC & Taunton Deane SC                 | Street    | SW170472 | 1     |
| 200 Individual Medley | 2:22.32  | 2:19.50         | 513       | 19/01/23 | Devon County Championships 2023                   | Plymouth  | SW230243 | 1     |
| 400 Individual Medley | 5:09.92  | 5:04.20         | 479       | 05/05/19 | ASA SWR Summer Championships                      | Plymouth  | SW190488 | 1     |

Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet                                               | Venue                | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|----------------------------------------------------|----------------------|----------|-------|
| 50 Freestyle          | 25.19    | 26.00           | 512       | 20/11/21 | Plymouth Leander Winter National Qualifier L2 Open | Plymouth             | SW210901 | 2     |
| 100 Freestyle         | 56.47    | 57.90           | 500       | 03/03/19 | Devon County Inter Club Competition                | Plymouth             | SW190552 | 3     |
| 200 Freestyle         | 2:02.90  | 2:05.70         | 528       | 19/10/19 | Exeter City Lindsay Powell Memorial Meet 2019      | Plymouth Life Centre | SW191981 | 2     |
| 400 Freestyle         | 4:24.72  | 4:30.00         | 515       | 15/01/19 | Devon County Championships & Age Group Comp        | Plymouth             | SW190569 | 2     |
| 1500 Freestyle        | 18:30.95 | 18:49.40        | 442       | 14/10/22 | Millfield & Team Bath AS Level 2 Short Course Meet | Millfield            | SW221660 | 2     |
| 50 Breaststroke       | 31.32    | 32.30           | 505       | 12/12/23 | Plymouth Leander Christmas Open SC L3 2023         | Plymouth             | SW232227 | 3     |
| 100 Breaststroke      | 1:09.30  | 1:11.10         | 507       | 15/01/20 | Devon County ASA Championships & Age Group Comp    | Plymouth             | SW200248 | 2     |
| 200 Breaststroke      | 2:33.82  | 2:37.20         | 476       | 16/01/20 | Devon County ASA Championships & Age Group Comp    | Plymouth             | SW200248 | 2     |
| 50 Butterfly          | 26.72    | 27.40           | 539       | 07/10/23 | Exeter City Lyndsay Powell Memorial Meet 2023      | Plymouth             | SW231387 | 2     |
| 100 Butterfly         | 58.14    | 59.40           | 555       | 18/11/22 | BUCS Short Course 2022-23                          | Sheffield            | NE222500 | 2     |
| 200 Butterfly         | 2:08.25  | 2:10.70         | 578       | 07/12/19 | Swim England National Winter Championships (25m)   | Sheffield            | ENG017   | 2     |
| 50 Backstroke         | 29.43    | 30.10           | 424       | 27/06/21 | Tiverton                                           | EVLC                 | LEX2503  | 0     |
| 100 Backstroke        | 1:01.79  | 1:03.10         | 478       | 14/01/23 | Devon County ASA Interclub Meet 2023               | Plymouth             | SW230191 | 2     |
| 200 Backstroke        | 2:18.19  | 2:20.60         | 446       | 09/07/23 | Tiverton Swimming Club Championships 2023          | Tiverton             | SW230693 | 4     |
| 200 Individual Medley | 2:15.06  | 2:17.90         | 534       | 14/01/23 | Devon County ASA Interclub Meet 2023               | Plymouth             | SW230191 | 2     |
| 400 Individual Medley | 4:51.36  | 4:57.30         | 523       | 01/12/18 | Plymouth Leander Christmas Open                    | Plymouth             | SW182221 | 3     |
| 100 Individual Medley | 1:02.15  | 1:02.20         | 498       | 08/10/23 | Exeter City Lyndsay Powell Memorial Meet 2023      | Plymouth             | SW231387 | 2     |