

Individual Best Times (All Time)

James Arnold - (950756) - Havant & Waterlooville SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.81	26.00	474	26/05/18	DX 2nd Long Course Open Meet	Sheffield	EM180319	1
100 Freestyle	58.16	56.70	523	27/05/18	DX 2nd Long Course Open Meet	Sheffield	EM180319	1
200 Freestyle	2:08.00	2:05.30	506	26/05/18	DX 2nd Long Course Open Meet	Sheffield	EM180319	1
400 Freestyle	4:31.11	4:25.90	534	07/05/18	Swim England South East Championships 2018	Wycombe	SE181206	1
1500 Freestyle	19:33.29	19:15.60	409	29/01/17	Hampshire County Swimming Championships 2017	Portsmouth	SE170464	1
50 Butterfly	28.50	27.80	477	09/03/19	Windsor LC Level 3 Regional Chaser Open Meet	Guildford	SE190318	3
100 Butterfly	1:06.58	1:05.40	409	04/02/18	Hampshire County Championships 2018	Mountbatten LC	SE180161	1
50 Backstroke	31.56	30.90	415	20/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
100 Backstroke	1:07.11	1:05.90	454	20/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
200 Backstroke	2:26.15	2:23.90	449	09/03/19	Windsor LC Level 3 Regional Chaser Open Meet	Guildford	SE190318	3
400 Individual Medley	6:01.31	5:56.40	302	24/01/16	Hampshire County Swimming Championships 2016	Portsmouth	SE160575	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.78	26.60	478	10/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
100 Freestyle	55.49	57.00	527	09/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
200 Freestyle	2:01.39	2:04.20	548	10/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
400 Freestyle	4:18.30	4:23.70	554	16/03/19	Forest of Bere Regional Chaser Meet	Waterlooville	SE190315	3
50 Breaststroke	37.26	38.10	300	22/06/19	Havant & Waterlooville Swim Out Of Your Skin Open	Waterlooville	SE191638	3
100 Breaststroke	1:37.83	1:39.10	180	24/10/15	Havant & Waterlooville Club Championships	Waterlooville	SE151951	4
200 Breaststroke	4:29.68	4:31.60	88	19/01/13	Havant & Waterlooville Club Championships	Waterlooville	SE3130	4
50 Butterfly	28.28	28.90	454	09/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
100 Butterfly	1:06.38	1:07.50	372	03/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
200 Butterfly	3:03.29	3:05.00	198	02/07/16	Hampshire County Development Competition 2016	Waterlooville	SE161070	3
50 Backstroke	30.51	31.20	380	23/06/19	Havant & Waterlooville Swim Out Of Your Skin Open	Waterlooville	SE191638	3
100 Backstroke	1:05.24	1:06.50	406	09/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
200 Backstroke	2:18.31	2:20.70	445	10/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
200 Individual Medley	2:24.94	2:27.60	432	23/06/19	Havant & Waterlooville Swim Out Of Your Skin Open	Waterlooville	SE191638	3
400 Individual Medley	5:09.64	5:15.30	436	19/10/18	Havant & Waterlooville Club Championships 2018	Waterlooville	SE182347	4
100 Individual Medley	1:07.13	1:07.10	395	12/10/19	Havant & Waterlooville Club Championships 2019	Waterlooville	SE193108	4